WAVE START TIMES

RUNFEST PORT MACQUARIE
SAT 2 - SUN 3 MARCH 2024
PRESENTED BY
EIRE

3km #RunSweatInspire from 1.00pm

Wave #	Target Race Time	Start Time Enter Start area for at
1	Under 12 mins	12.55pm for a 1.00pm start
2	12 mins to 15 mins	1.02pm
3	15 mins to 20 mins	1.04pm
4	20+ mins	1.06pm

Rydges Half Marathon from 7am

Wave #	Target Race Time	Start Time Enter Start area for at
1	Under 90 mins	6.55am for a 7.00am start
2	All remaining Treble runners to continue to roll through start line	7.01am
3	1 hour 30 mins - 1 hour 45 mins	7.02 am
4	1 hour 46 mins - 2 hours	7.04 am
5	2 hours 1 min - 2 hours 15 mins	7.06 am
6	2 hours 16 mins - 2 hours 30 mins	7.08 am
7	2 hours 30 mins+	7.04 am

Athlete's Foot 10km from 9am

Wave #	Target Race Time	Start Time Enter Start area for at
1	Under 40 mins	8.55am for a 9.00am start
2	All remaining Treble runners to continue to roll through start line	9.01am
3	40 mins - 45 mins	9.02 am
4	46 mins - 50 mins	9.04 am
5	51 mins - 55 mins	9.06 am
6	56 mins - 60 mins	9.08 am
7	61 mins - 70 mins	9.10 am
8	71 mins - 80 mins	9.12 am
9	80 mins+	9.14 am

Chop 'n Chill 5km from 10am

Wave #	Target Race Time	Start Time Enter Start area for at
1	Under 20 mins	9.55am for a 10.00am start
2	All remaining Treble runners to continue to roll through start line	10.01am
3	20 mins - 22.30 mins	10.02 am
4	22.30 mins - 25 mins	10.04 am
5	25 mins - 27.30 mins	10.06 am
6	27.30 mins - 30 mins	10.08 am
7	30 mins - 32.30 mins	10.10 am
8	32.30 mins - 35 mins	10.12 am
9	35 mins+	10.14 am