



2010 TIME STANDARDS FOR START WAVES

FINISH TIME STANDARDS (TOP SEED)

Start Wave	10K	5K	5mi/8K	15K	10 Mile	1/2 Mar
Top Seed Open Men	36:30	17:36	29:05	56:00	1:00:00	1:20:00
Top Seed Open Women	40:00	19:18	32:00	58:00	1:05:20	1:30:00
Top Seed Masters Men	38:00	18:20	30:05	1:01:00	1:02:30	1:25:00
Top Seed Masters Women	41:30	20:01	33:20	1:03:00	1:08:00	1:32:00

FINISH TIME STANDARDS (SUB SEED THRU WALKERS)

Start Wave	10K	5K	5mi/8K	15K	10 Mile	1/2 Mar
Sub Seed	41:59	20:15	33:23	1:04:35	1:09:36	1:33:00
A	49:59	24:05	39:43	1:16:59	1:22:59	1:50:51
B	53:59	26:00	42:52	1:23:11	1:29:39	1:59:43
C	56:30	27:12	44:52	1:26:50	1:33:32	2:04:41
D	58:59	28:23	46:49	1:30:54	1:37:58	2:10:44
E	1:01:29	29:34	48:48	1:34:46	1:42:07	2:16:23
F	1:03:59	30:46	50:47	1:38:36	1:46:16	2:21:40
G	1:06:29	31:57	52:45	1:42:27	1:50:24	2:27:07
H	1:08:59	33:08	54:44	1:46:17	1:54:31	2:32:33
J	1:11:30	34:20	56:44	1:50:09	1:58:40	2:38:00
K	1:14:15	35:39	58:55	1:54:21	2:03:11	2:43:56
L	1:17:29	37:11	1:01:28	1:59:17	2:08:29	2:50:53
M	1:21:00	38:52	1:04:16	2:04:09	2:14:14	2:58:25
N	1:25:00	40:47	1:07:26	2:10:43	2:20:46	3:06:56
P	1:29:45	43:03	1:11:13	2:17:55	2:28:29	3:17:02
R	1:35:00	45:34	1:15:24	2:25:52	2:37:00	3:28:07
S	1:41:00	48:28	1:20:11	2:34:54	2:46:41	3:40:44
T	1:49:59	52:48	1:27:21	2:48:23	3:01:08	3:59:32
U	2:06:00	1:00:37	1:40:11	3:12:19	3:26:45	4:32:50
W	>2:06:00	>1:00:37	>1:40:11	>3:12:19	>3:26:45	>4:32:50

Times standards listed represent the slowest time for each start wave. Individual waves may be sub-divided based on final registration numbers.