WAVE START TIMES

RUN FEST
SOUTH WEST ROCKS
SUNDAY 9 | JUNE 2024

PRESENTED BY
COASTLINE
Where your goals are ours

All events are net timed

Coastline Credit Union Marathon from 6.40am

Wave #	Target Race Time	Enter Start area at
1	Under 3 hours	6.35am
2	3 hours - 3 hours 30 mins	6.40am
3	3 hours 30 mins - 4 hours	6.41am
4	4 hours - 4 hours 30 mins	6.42am
5	4 hours 30 mins- 5 hours	6.43am
6	5 hours +	6.44am

Salt at South West Rocks Half Marathon from 6.40am

Wave #	Target Race Time	Enter Start area at
1	Under 90mins	6.35am
2	1hour 30 mins - 1 hour 45 mins	6.40am
3	1 hour 45 mins - 2 hours	6.41am
4	2 hours - 2hours 15 mins	6.42am
5	2 hours 15 mins - 2 hours 30 mins	6.43am
6	2 hours 30 mins +	6.44am

CDCM Kitchen + Bathroom 10k Fun Run from 7am

Wave #	Target Race Time	Enter Start area at
1	Under 40 mins	6.55am
2	40 - 45 mins	7am
3	45 - 50 mins	7.01am
4	50 - 55 mins	7.02am
5	55 - 60 mins	7.03am
6	60 - 65 mins	7.04am
7	65 mins +	7.05am

Chop 'n Chill 5k Fun Run from 8am

Wave #	Target Race Time	Enter Start area at
1	Under 20 mins	7.55am
2	20 - 22.30 mins	8am
3	22.30 mins - 25 mins	8.01am
4	25 mins - 30 mins 27.30 mins	8.02am
5	30 mins - 35 mins	8.03am
6	35 mins +	8.04am