

Relish Running Races

PLEASE COLLECT YOUR RACE NUMBER FROM THE DESK LINKED TO YOUR EVENT WAVE NUMBER, SHOWN IN THE LEFT HAND COLUMN

| Event Wave | Race Wave | Register (suggested) | Race Briefing | Start | Reg On Day? | Bib Background (Range) |
|------------|-------------------|----------------------|---------------|-------|-------------|------------------------|
| 1 | 3km Wave 1 | 09:00 - 09:15 | 09:55 | 10:00 | No | Gold (1-328) |
| 2 | 1.5km (All waves) | 09:10 - 09:25 | 10:05 | 10:10 | Yes | Silver (72-200) |
| 3 | 3km Wave 2 | 09:20 - 09:35 | 10:15 | 10:20 | Yes | Bronze (501-619) |
| 4 | 3km Wave 3 | 09:30 - 09:45 | 10:25 | 10:30 | No | Gold (882-1,000) |
| 5 | 10km Wave 1 | 10:00 - 10:15 | 10:55 | 11:00 | No | Red (>350) |
| 6 | 6km Wave 1 | 10:10 - 10:25 | 11:05 | 11:10 | No | Black (9,000 - 9,500) |
| 7 | 10km Wave 2 | 10:20 - 10:35 | 11:15 | 11:20 | No | Purple (<8,500) |
| 8 | 6km Wave 2 | 10:30 - 10:45 | 11:25 | 11:30 | No | Black (<9,000) |
| 9 | 10km Wave 3 | 10:40 - 10:55 | 11:35 | 11:40 | No | Pink (3,501 - 4,000) |
| 10 | 6km Wave 3 | 10:50 - 11:05 | 11:45 | 11:50 | No | Black (>9,501) |
| 11 | 10km Wave 4 | 11:00 - 11:15 | 11:55 | 12:00 | No | Red (<350) |
| 12 | 6km Wave 4, 5 & 6 | 11:10 - 11:25 | 12:05 | 12:10 | Yes | Blue (2,501 - 3,000) |
| 13 | 10km Wave 5 & 6 | 11:20 - 11:35 | 12:15 | 12:20 | Yes | Purple (>8.501) |

Race briefing takes place at the start line. Please note it will not be possible to swap waves as our timing computers are pre programmed with all runners in the above waves, with the above gaps between runners. If you start in the incorrect wave you will be disqualified. If your race number can be clearly seen as you cross the line that will greatly assist in recording your results. Results will be posted online Monday at noon due to a lack of coverage at the race venue.

There are no winners prizes for the 1.5km or 3km. Prize winners for the 6km and 10km will be contacted after the race by email, around Wednesday or Thursday. If you have pre ordered food, remember your race number is also your meal ticket!