

## **Sequence of Event**

- ASSEMBLY TIME FOR 3K,5K AND 10K PARTICIPANTS FROM 5:15AM - 6:00AM
- 10K FLAG OFF AT 6:30AM
- 5K FLAG OFF AT 6:40AM
- 3K FLAG OFF AT 7:00AM
- ASSEMBLY TIME FOR 1K FROM 6:15AM - 7:00AM
- 1K FLAG OFF AT 7:30AM
- ALL RACES ARE EXPECTED TO BE FINISHED BY 8AM.
- AFTER THE RACE DO NOT FORGET TO TAKE YOUR MEDALS.
- COLLECT REFRESHMENTS FROM THE REFRESHMENTS COUNTER.
- WATCH OUT FOR CAMERA AND KEEP SMILING :)