

## RUN EXE 5K 2024

# WAVE STARTS

- We are trailing 2 wave starts to help reduce congestion at the start.
  - Wave 1: Sub 19mins - red sticker, will start first
  - Wave 2: Over 19mins - yellow sticker, will start **1min later**.
- Runners, please wait **behind** wave 1 or wave 2 sign, and wait to be called to the start line.
- Please let faster runners start towards the front in each wave.
- We are trailing this to help reduce initial congestion after the start - we'll review after a few races.
- Please make sure we can see your race number at the finish line – 4 safety pins attached on your chest.
- Please keep your race number for the series.
- After the finish, please move left on to the grass as soon as soon as possible.

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