

Run For The Ages

10K Trail Chase

Head Start Table

Head Start by Age Group (Minutes)				
Age Group	Male		Female	
	Start Group	Minutes	Start Group	Minutes
70+	A	22	AAA	30
65-69	C	18	AA	25
60-64	G	14	B	21
55-59	K	10	D	17
50-54	R	7	E	14
45-49	S	5	H	12
40-44	U	3	J	10
35-39	V	2	M	9
30-34	X	1	O	8
25-29	Y	0	P	8
20-24	Z	0	Q	8
16-19	W	2	N	9
13-15	T	5	I	11
U 13	L	10	F	14

Start Group	Age Group	Clock Start
AAA	F 70+	0
AA	F 65-69	5
A	M 70+	8
B	F 60-64	9
C	M 65-69	12
D	F 55-59	13
E	F 50-54	16
F	F U-13	16
G	M 60-64	16
H	F 45-49	18
I	F 13-15	19
J	F 40-44	20
K	M 55-59	20
L	M U-13	20
M	F 35-39	21
N	F 16-19	21
O	F 30-34	22
P	F 25-29	22
Q	F 20-24	22
R	M 50-54	23
S	M 45-49	25
T	M 13-15	25
U	M 40-44	27
V	M 35-39	28
W	M 16-19	28
X	M 30-34	29
Y	M 25-29	30
Z	M 20-24	30