

**The TEN High School Invitational - WAVE LIGHT PACES**

<b>EVT#</b>	<b>Start Time</b>	<b>Event Name</b>	<b>Pace #1</b>	<b>Pace #2</b>
<b>Day Session</b>				
1	11:00 AM	Boys 3200 Run OPEN	10:45	
2	11:14 AM	Boys 3200 Run OPEN	10:10	
3	11:27 AM	Boys 800 Run OPEN	2:35	
4	11:34 AM	Boys 800 Run OPEN	2:20	
5	11:39 AM	Boys 800 Run OPEN	2:13	
6	11:43 AM	Boys 800 Run OPEN	2:07	
7	11:48 AM	Boys 800 Run OPEN	2:02	
8	11:53 AM	Boys 800 Run OPEN	2:00	
9	11:57 AM	Boys 800 Run OPEN	1:57	
10	12:02 PM	Girls 800 Run OPEN	2:48	
11	12:08 PM	Girls 800 Run OPEN	2:40	
12	12:13 PM	Girls 800 Run OPEN	2:30	
13	12:18 PM	Girls 800 Run OPEN	2:26	
14	12:23 PM	Girls 800 Run OPEN	2:20	
15	12:28 PM	Boys 1600 Run OPEN	5:45	
16	12:37 PM	Boys 1600 Run OPEN	5:35	
17	12:45 PM	Boys 1600 Run OPEN	5:24	
18	12:53 PM	Boys 1600 Run OPEN	5:14	
19	1:01 PM	Boys 1600 Run OPEN	5:08	
20	1:08 PM	Boys 1600 Run OPEN	4:59	
21	1:16 PM	Boys 1600 Run OPEN	4:55	
22	1:23 PM	Boys 1600 Run OPEN	4:52	
23	1:30 PM	Boys 1600 Run OPEN	4:48	
24	1:37 PM	Boys 1600 Run OPEN	4:42	
25	1:44 PM	Boys 1600 Run OPEN	4:39	
26	1:51 PM	Boys 1600 Run OPEN	4:34	
27	1:58 PM	Boys 1600 Run OPEN	4:29	
28	2:05 PM	Boys 1600 Run OPEN	4:23	
29	2:12 PM	Girls 1600 Run OPEN	6:40	
30	2:22 PM	Girls 1600 Run OPEN	6:10	
31	2:31 PM	Girls 1600 Run OPEN	5:55	
32	2:40 PM	Girls 1600 Run OPEN	5:47	
33	2:48 PM	Girls 1600 Run OPEN	5:37	
34	2:56 PM	Girls 1600 Run OPEN	5:28	
35	3:04 PM	Girls 1600 Run OPEN	5:22	
36	3:12 PM	Girls 1600 Run OPEN	5:12	
37	3:19 PM	Boys 3200 Run OPEN	9:15	
38	3:32 PM	Girls 3200 Run OPEN	11:50	
39	3:50 PM	Boys 800 Run OPEN	1:54	
40	3:54 PM	Girls 800 Run OPEN	2:19	
41	3:59 PM	Boys 1600 Run OPEN	4:16 (63-65-65-63)	4:20 (64-66-66-64)
42	4:06 PM	Girls 1600 Run OPEN	5:00 (75-75-75-75)	5:08 (77-77-77-77)
<b>Evening Session</b>				
101	6:00 PM	Boys 1600 Run ELITE	4:12 (62-64-64-62)	4:16 (63-65-65-63)
102	6:08 PM	Girls 1600 Run ELITE	4:56 (73-75-75-73)	5:00 (75-75-75-75)
103	6:20 PM	Boys 800 Run ELITE	1:49 (53-56)	1:52 (55-57)
104	6:25 PM	Girls 800 Run ELITE	2:04 (61-63)	2:08 (63-65)
201	6:30 PM	Womens 1500 Run PRO		
202	6:40 PM	Mens 1500 Run PRO		
107	6:50 PM	Boys 3200 Run ELITE	9:00 (68-68-68-68-67-67-67)	9:08 (69-69-69-69-68-68-68-68)
108	7:05 PM	Girls 3200 Run ELITE	10:40 (81-81-81-81-79-79-79)	10:52 (82-82-82-82-81-81-81-81)
203	7:20 PM	Womens 10000 Run PRO		
204	8:00 PM	Mens 10000 Run PRO		
111	8:38 PM	Boys 1600 Run ELITE	4:04 (60-62-62-60)	4:10 (62-63-63-62)
112	8:45 PM	Girls 1600 Run ELITE	4:46 (71-72-72-71)	4:52 (72-74-74-72)
205	8:55 PM	Womens 10000 Run PRO		
206	9:35 PM	Mens 10000 Run PRO		