

## Simultaneous Van Guidelines and Start Time Information (Option #1)

Team Pace	Van 1 Arrival at Exchange 6	Start Time for Van 1 at Exchange 12	Van 2 Arrival at Exchange 12	Start Time for Van 2 at Exchange 18	Van 1 Arrival at Exchange 18	Start Time for Van 1 at Exchange 24	Van 2 Arrival at Exchange 24	Start Time For Van 2 at Exchange 30	Finish Time
10:15	10:55 AM	5:00 PM	5:00 PM	11:20 AM	11:20 PM	5:10 AM	5:10 AM	10:15 AM	3:30 PM
10:30	11:10 AM	5:00 PM	5:25 PM	11:20 AM	11:30 PM	5:10 AM	5:20 AM	10:15 AM	3:38 PM
10:45	11:20 AM	5:00 PM	5:45 PM	11:20 AM	11:40 PM	5:10 AM	5:30 AM	10:15 AM	3:46 PM
11:00	11:30 AM	5:00 PM	6:05 PM	11:20 AM	11:50 PM	5:10 AM	5:40 AM	10:15 AM	3:54 PM
11:15	11:40 PM	5:00 PM	6:20 PM	11:20 AM	12:00 AM	5:10 AM	5:50 AM	10:15 AM	4:01 PM

	Yellow indicates the designated start time at these van exchange zones
	Green indicates your expected finish time using the designated start times
	Blue indicates the different paces for the 10+ min/mile teams

1. To keep pace with the race, Vans starting at Major Exchanges should leave no later than the time in yellow for the given exchange zone. For example, Van 1 should start at Exchange #12 (Leg #13) no later than 5:00 PM on Friday afternoon - even if Van 2 has not arrived yet.
2. The arrival columns show what time your current active van should arrive at the zone based on what pace your team is running and their start time. For example, if your team is running a 10:45 pace, then your Van #1 will arrive at exchange #18 at 11:40 PM - 20 minutes after your van 2 should have already left. You can use this to see how much down time this van will have until their next designated start time. In this example, Van #1 will need to start their next set of legs at 5:10 AM so will have 5 hours and 30 minutes of down time.
3. The final column in green shows your expected finish time if your team follows the guide.
4. Your team can leave earlier than the times in yellow, but do not leave any later than these times.