

Bryan Clay Invitational 2025 Pacing Lights Information

Wednesday April 16 - Running Events - MORNING SESSION

7:30 AM W Open B 10k [slow to fast] 2 Heats

W 10000m Open B		
	WaveLight 1	WaveLight 2
Heat 1	36:00.00	36:30.00
Heat 2	34:40.00	35:00.00

8:50 AM M Open B 10k [fast to slow] 2 Heats

M 10000m Open B		
	WaveLight 1	WaveLight 2
Heat 1	30:00:00	30:20:00
Heat 2	30:30:00	30:50:00

Wednesday April 16 - Running Events - EVENING SESSION

4:45 PM M Steeple Open [slow to fast] 7 Heats

M 3000n SC Open Sections		
	WaveLight 1	WaveLight 2
Heat 1	9:08.00	-
Heat 2	9:04.00	-
Heat 3	9:00.00	-
Heat 4	8:56.00	-
Heat 5	8:52.00	-
Heat 6	8:48.00	-
Heat 7	8:44.00	-

6:25 PM W Steeple Open [slow to fast] 6 Heats

W 3000m SC Open Sections		
	WaveLight 1	WaveLight 2
Heat 1	10:55.00	-
Heat 2	10:50.00	-
Heat 3	10:45.00	-
Heat 4	10:37.00	-
Heat 5	10:26.00	-
Heat 6	10:20.00	-

7:55 PM W Steeple Invite [slow to fast] 2 Heats

W 3000m SC Invitational		
	WaveLight 1	WaveLight 2
Heat 1	10:00	-
Heat 2	9:30.00	-

8:25 PM M Steeple Invite [fast to slow] 2 Heats		
M 3000m SC Invitational		
	WaveLight 1	WaveLight 2
Heat 1	8:20.00	-
Heat 2	8:37.00	-
8:55 PM W Invite 10k Invite 1 1 Heat		
W 10000m Invitational - H1		
	WaveLight 1	WaveLight 2
Heat 1	32:10:00	32:40:00
9:31 PM M Invite 10k Invite 1 1 Heat		
M 10000m Invitational - H1		
	WaveLight 1	WaveLight 2
Heat 1	28:00:00	-
10:05 PM W Invite 10k Invite 2 1 Heat		
W 10000m Invitational - H2		
	WaveLight 1	WaveLight 2
Heat 2	33:20:00	-
10:42 PM M Invite 10k Invite 2 1 Heat		
M 10000m Invitational - H2		
	WaveLight 1	WaveLight 2
Heat 2	28:45:00	-
11:16 PM M Invite 10k Open A 1 Heat		
M 10000m Open A		
	WaveLight 1	WaveLight 2
Heat 1	29:15:00	29:40:00