



Start Times 2025

Team #	Team Name	Type	Start time
2	The Runaways	Regular Team	7:00 AM
4	Sprinting Snails	Regular Team	6:00 AM
5	Rum Runners	Regular Team	7:00 AM
6	Beauties and the Beasts	Regular Team	8:00 AM
7	Northern Lights	Regular Team	8:00 AM
8	Canadian Road Apples	Regular Team	8:00 AM
9	Not Fast, Just Furious	Regular Team	7:00 AM
10	Ocean Palm Runs This Place	Regular Team	6:00 AM
11	No Destination Squad	Regular Team	6:00 AM
12	Bay Rush	Regular Team	7:00 AM
13	The Barbell Boyz	Regular Team	7:00 AM
14	Gal Pals	Regular Team	6:00 AM
15	Middle Age Moms in a Rush	Regular Team	6:00 AM
16	Terry's Turtles	Regular Team	6:00 AM
17	Unimaginable Ops 6	Regular Team	8:00 AM
18	Imagine Getting Passed by a Middle School Girl	Regular Team	8:00 AM
19	Relayed	Regular Team	7:00 AM
20	Sloth Striders	Regular Team	6:00 AM
22	Orange You Fast	Regular Team	7:00 AM
25	Teetotalers	Ultra Team	7:00 AM
50	Coffee Run Wine I	Oceans Half	10:00 AM
51	Coffee Run Wine II	Oceans Half	10:00 AM
52	May the Course be with YOU!!	Oceans Half	10:30 AM
53	Run for Fun	Oceans Half	10:30 AM
54	Millennial Golden Girls	Oceans Half	10:00 AM
55	The Kili Girls	Oceans Half	10:00 AM
56	Team Sassy	Oceans Half	10:30 AM
57	Flaglerlicious	Oceans Half	10:30 AM
58	Three Amigos	Oceans Half	10:00 AM

Listed by start time

Team #	Team Name	Event	Start time
4	Sprinting Snails	Regular Team	6:00 AM
10	Ocean Palm Runs This Place	Regular Team	6:00 AM
11	No Destination Squad	Regular Team	6:00 AM
14	Gal Pals	Regular Team	6:00 AM
15	Middle Age Moms in a Rush	Regular Team	6:00 AM
16	Terry's Turtles	Regular Team	6:00 AM
20	Sloth Striders	Regular Team	6:00 AM
2	The Runaways	Regular Team	7:00 AM
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9	Not Fast, Just Furious	Regular Team	7:00 AM
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22	Orange You Fast	Regular Team	7:00 AM
25	Teetotalers	Ultra Team	7:00 AM
6	Beauties and the Beasts	Regular Team	8:00 AM
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17	Unimaginable Ops 6	Regular Team	8:00 AM
18	Imagine Getting Passed by a Middle School Girl	Regular Team	8:00 AM
50	Coffee Run Wine I	Oceans Half	10:00 AM
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56	Team Sassy	Oceans Half	10:30 AM
58	Three Amigos	Oceans Half	10:00 AM
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53	Run for Fun	Oceans Half	10:30 AM
57	Flaglerlicious	Oceans Half	10:30 AM

HOLDING TIMES: VERY IMPORTANT!

Insert your start time and runner paces into the pace calculator, check your arrival times at every exchange and compare it to this table. Contact RD if you have any arrival times outside of these times.

Exchange	Can't arrive before	Can't arrive after
1	6:45a	9:15a
2	7:45a	10:15a
3	8:30a	11a
4	9a	11:15a
5	9:30	11:45a
6	10a	12:15p
7	10:45a	12:45p
8	11a	1:25p
9	11:30a	2:00p
10	11:45a	2:30p
11	12:30p	3:20p