

Time limit-minutes	Start time	Total Miles
45	8:00 AM	3
45	8:45 AM	6
45	9:30 AM	9
40	10:10 AM	12
40	10:50 AM	15
40	11:30 AM	18
35	12:05 PM	21
35	12:40 PM	24
35	1:15 PM	27
30	1:45 PM	30
30	2:15 PM	33
30	2:45 PM	36
25	3:10 PM	39
25	3:35 PM	42
25	4:00 PM	45
25	4:25 PM	48
25	4:50 PM	51
25	5:15 PM	54
25	5:40 PM	57
25	6:05 PM	60
25	6:30 PM	63
25	6:55 PM	66