



DTC Elite Qualifying Standards

Members must have hit a standard within the past 365 days.

DISTANCE	M OPEN	MEN 40-49	MEN 50+	W OPEN	W 40-49	WOMEN 50+
5K	17:30	19:00	20:30	20:00	21:00	23:15
8K	28:30	30:30	33:00	32:15	35:30	38:00
10K	35:45	38:15	41:30	40:30	44:45	48:00
Half	1:22	1:27	1:34	1:31	1:37	1:49
Full	2:51	3:02	3:18	3:09	3:20	3:46