

National Guard Marathon and Workshop And Time Trials for National Guard Marathoners

**3-7 MAY 2018, Lincoln, Nebraska
National Guard Marathon Qualifications**

Each participant must meet the qualifications stated below to attend the Recruiting/Retention Workshop for marathoners at NGB expense. One of the three quotas is reserved for a new runner (a new runner is defined as an individual that has not participated in the Recruiting/Retention Workshop in the last two years). The intent is to ensure that participants are the best qualified to project a strong image as Recruiter's Aids. This year the team will consist of the following: **40 fastest male runners under the age of 40 that meet the 4hrs time requirements; 15 fastest females under the age of 40 that meet the 4hrs and 30 mins time requirements; and 3 males/3 females over the age of 40 who meet the 4hrs and 30 mins time requirements. The over 40 Masters age category will start after the 40 males/15 females fastest time. Master participants who finish in the top 40 or top 15 who are over the age of 40 will be counted in 40 or 15 fastest runner's numbers.**

**Qualifications must be within 18 months prior to the
Lincoln/National Guard Marathon.**

**Finish times must be equal to or faster than the qualifying times
listed below. State coordinators may be required to furnish proof of
qualification.**

| <u>RUNNER TYPE</u> | <u>MARATHON TIME</u> | <u>MILE PACE</u> |
|---|-----------------------------|-------------------------|
| Open (Men under age 40) | 4 hours , 00 minutes | 9:09 |
| Masters (Men/ Women age 40 and over) | 4 hours, 30 minutes | 10:31 |
| Women (Under the age of 40) | 4 hours, 30 minutes | 10:31 |

*These are only times for qualifying for funding to attend the Lincoln National Guard Marathon at NGB expense. Criteria to make the All Guard Team are separate.