

**STEEPLECHASE PACE CHART**  
(400 meter oval with Waterjump inside oval)

NOTE: The stagger is the distance in meters between the regular 3000m start and the actual SC starting line

<b>Stagger</b>	<b>Lap Distance</b>	<b>64</b>	<b>65</b>	<b>66</b>	<b>67</b>	<b>68</b>	<b>69</b>	<b>70</b>	<b>71</b>
0	400	8:00.0	8:07.5	8:15.0	8:22.5	8:30.0	8:37.5	8:45.0	8:52.5
5	399.29	8:00.9	8:08.4	8:15.9	8:23.4	8:30.9	8:38.4	8:45.9	8:53.4
10	398.57	8:01.7	8:09.2	8:16.8	8:24.3	8:31.8	8:39.4	8:46.9	8:54.4
15	397.86	8:02.6	8:10.1	8:17.7	8:25.2	8:32.7	8:40.3	8:47.8	8:55.4
20	397.14	8:03.4	8:11.0	8:18.6	8:26.1	8:33.7	8:41.2	8:48.8	8:56.3
25	396.42	8:04.3	8:11.9	8:19.5	8:27.0	8:34.6	8:42.2	8:49.7	8:57.3
30	395.71	8:05.2	8:12.8	8:20.4	8:27.9	8:35.5	8:43.1	8:50.7	8:58.3
35	395	8:06.1	8:13.7	8:21.3	8:28.9	8:36.5	8:44.1	8:51.6	8:59.2
40	394.29	8:07.0	8:14.6	8:22.2	8:29.8	8:27.4	8:45.0	8:52.6	9:00.2
45	393.57	8:07.8	8:15.5	8:23.1	8:30.7	8:38.3	8:46.0	8:53.6	9:01.2
50	392.86	8:08.7	8:16.4	8:24.0	8:31.6	8:39.3	8:46.9	8:54.5	9:02.2
<b>Stagger</b>	<b>Lap Distance</b>	<b>72</b>	<b>73</b>	<b>74</b>	<b>75</b>	<b>76</b>	<b>77</b>	<b>78</b>	<b>79</b>
0	400	9:00.0	9:07.5	9:15.0	9:22.5	9:30.0	9:37.5	9:45.0	9:52.5
5	399.29	9:01.1	9:08.5	9:16.0	9:23.5	9:31.0	9:38.5	9:46.0	9:53.6
10	398.57	9:01.9	9:09.5	9:17.0	9:24.5	9:32.0	9:39.6	9:47.1	9:54.6
15	397.86	9:02.9	9:10.4	9:18.0	9:25.5	9:33.1	9:40.6	9:48.2	9:55.7
20	397.14	9:03.9	9:11.4	9:19.0	9:26.5	9:34.1	9:41.7	9:49.2	9:56.8
25	396.42	9:04.9	9:12.4	9:20.0	9:27.6	9:35.1	9:42.7	9:50.3	9:57.8
30	395.71	9:05.8	9:13.4	9:21.0	9:28.6	9:36.2	9:43.8	9:51.3	9:58.9
35	395	9:06.8	9:14.4	9:22.0	9:29.6	9:37.2	9:44.8	9:52.4	10:00.0
40	394.29	9:07.8	9:15.4	9:23.0	9:30.7	9:38.3	9:45.9	9:53.5	10:01.1
45	393.57	9:08.8	9:16.4	9:24.1	9:31.7	9:39.3	9:46.9	9:54.6	10:02.2
50	392.86	9:09.8	9:17.5	9:25.1	9:32.7	9:40.4	9:48.0	9:55.6	10:03.3
<b>Stagger</b>	<b>Lap Distance</b>	<b>80</b>	<b>81</b>	<b>82</b>	<b>83</b>	<b>84</b>	<b>85</b>	<b>86</b>	<b>87</b>
0	400	10:00.0	10:07.5	10:15.0	10:22.5	10:30.0	10:37.5	10:45.0	10:52.5
5	399.29	10:01.1	10:08.6	10:16.1	10:23.6	10:31.1	10:38.6	10:46.1	10:53.7
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<b>Stagger</b>	<b>Lap Distance</b>	<b>88</b>	<b>89</b>	<b>90</b>	<b>91</b>	<b>92</b>	<b>93</b>	<b>94</b>	<b>95</b>
0	400	11:00.0	11:07.5	11:15.0	11:22.5	11:30.0	11:37.5	11:45.0	11:52.5
5	399.29	11:01.2	11:08.7	11:16.2	11:23.7	11:31.2	11:38.7	11:46.3	11:53.8
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50	392.86	11:12.0	11:19.6	11:27.3	11:34.9	11:42.5	11:50.2	11:57.8	12:05.4
<b>Stagger</b>	<b>Lap Distance</b>	<b>96</b>	<b>97</b>	<b>98</b>	<b>99</b>	<b>100</b>	<b>101</b>	<b>102</b>	<b>103</b>
0	400	12:00.0	12:07.5	12:15.0	12:22.5	12:30.0	12:37.5	12:45.0	12:52.5
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