COURSE & TIMING INFORMATION - 2O22 RACES

MARATHON

Marathon Minimum Age Requirement

CNO Financial Indianapolis Monumental Marathon participants must be 16 years of age or older on race day.

Marathon Course Time Limit

The time limit is 6.5 hours for the CNO Financial Indianapolis Monumental Marathon. The course will close on a rolling schedule, with the finish line closing at 3:00 p.m. Marathon runners must sustain a minimum pace of 15:00 per mile to finish ahead of the course closure. Marathon participants must reach the Marathon/Half Marathon course split (between miles 7 & 8) by 10:15 a.m. to continue the race.

Wave Start

The CNO Financial Indianapolis Monumental Marathon and Half Marathon will use seeded wave starts A thru E.

Approximate Race Start Schedule, subject to change:

- 7:58 a.m. ET – Wheelchair Race Start
- 8:00 a.m. ET – Marathon and Half Marathon Elites and Wave A
- 8:05 a.m. ET – Marathon and Half Marathon Wave B
- 8:10 a.m. ET – Marathon and Half Marathon Wave C
- 8:15 a.m. ET – Marathon and Half Marathon Wave D
- 8:20 a.m. ET – Marathon and Half Marathon Wave E
- 8:35 a.m. ET – 5K Race Start

COURSE & TIMING INFORMATION - 2022 RACES

Marathon Estimated Finish Times

Participants must select their corresponding time/pace in the Estimated Finish Time section on the registration form to be assigned to a start wave.

Estimated Finish Times will range from 3:00 and faster (under 6:53 per mile) to 6:21 – 6:30 (14:31 – 14:59 per mile).

3:00 and faster (under 6:53 per mile)	4:41 – 4:50 (10:42 – 11:05 per mile)
3:01 – 3:07 (6:53 – 7:09 per mile)	4:51 – 5:00 (11:06 – 11:27 per mile)
3:08 – 3:15 (7:10 – 7:28 per mile)	5:01 – 5:10 (11:28 – 11:51 per mile)
3:16 – 3:25 (7:28 – 7:50 per mile)	5:11 – 5:20 (11:52 – 12:14 per mile)
3:26 – 3:35 (7:51 – 8:13 per mile)	5:21 – 5:30 (12:15 – 12:37 per mile)
3:36 – 3:45 (8:14 – 8:36 per mile)	5:31 – 5:40 (12:38 – 12:59 per mile)
3:46 – 3:55 (8:37 – 8:58 per mile)	5:41 – 5:50 (13:00 – 13:22 per mile)
3:56 – 3:59 (8:59 – 9:07 per mile)	5:51 – 6:00 (13:23 – 13:44 per mile)
4:00 – 4:10 (9:08 – 9:33 per mile)	6:01 – 6:10 (13:45 – 14:07 per mile)
4:11 – 4:20 (9:34 – 9:56 per mile)	6:11 – 6:20 (14:08 – 14:30 per mile)
4:21 – 4:30 (9:57 – 10:19 per mile)	6:21 – 6:30 (14:31 – 14:59 per mile)
4:31 – 4:40 (10:20 – 10:41 per mile)	

Timing & Results

Unofficial results are available onsite at the results tent or online the afternoon of the event. Results are made official approximately one week after the event after all inquiries have been processed.

The event is chip timed so results are unaffected by the different wave start times. To help us gather timing data correctly please ensure your race bib is:

- Clearly visible on the front of the torso,
- Unaltered and unmodified; do not fold or wrinkle, and
- Not covered by clothing, accessories, etc.

COURSE & TIMING INFORMATION - 2022 RACES

HALF MARATHON

Half Marathon Minimum Age Requirement

CNO Financial Indianapolis Monumental Half Marathon participants must be 10 years of age or older on race day.

Half Marathon Course Time Limit

Half Marathon participants must sustain a minimum pace of 15:00 per mile for the first ten (10) miles to finish ahead of course closure. The course will close on a rolling schedule, with the Finish Line closing at 3:00 p.m.

Wave Start

The CNO Financial Indianapolis Monumental Marathon and Half Marathon will use seeded wave starts A thru E.

Approximate Race Start Schedule, subject to change:

- 7:58 a.m. ET – Wheelchair Race Start
- 8:00 a.m. ET – Marathon and Half Marathon Elites and Wave A
- 8:05 a.m. ET – Marathon and Half Marathon Wave B
- 8:10 a.m. ET – Marathon and Half Marathon Wave C
- 8:15 a.m. ET – Marathon and Half Marathon Wave D
- 8:20 a.m. ET – Marathon and Half Marathon Wave E
- 8:35 a.m. ET – 5K Race Start

COURSE & TIMING INFORMATION - 2022 RACES

Half Marathon Estimated Finish Times

Participants must select their corresponding time/pace in the Estimated Finish Time section on the registration form to be assigned to a start wave.

Estimated Finish Times will range from 1:23 and faster (under 6:22 per mile) to 3:11 – 3:15 (14:31 – 14:59 per mile).

1:23 and faster (under 6:22 per mile)	2:21 – 2:25 (10:42 – 11:04 per mile)
1:24 – 1:31 (6:23 – 6:59 per mile)	2:26 – 2:30 (11:05 – 11:27 per mile)
1:32 – 1:38 (7:00 - 7:28 per mile)	2:31 – 2:35 (11:28 – 11:50 per mile)
1:39 – 1:45 (7:29 – 8:04 per mile)	2:36 – 2:40 (11:51 – 12:13 per mile)
1:46 – 1:50 (8:05 – 8:24 per mile)	2:41 – 2:45 (12:14 – 12:36 per mile)
1:51 – 1:55 (8:25 – 8:50 per mile)	2:46 – 2:50 (12:37 – 12:58 per mile)
1:56 – 1:59 (8:51 – 9:05 per mile)	2:51 – 2:55 (12:59 – 13:21 per mile)
2:00 – 2:05 (9:06 – 9:33 per mile)	2:56 – 3:00 (13:22 – 13:44 per mile)
2:06 – 2:10 (9:34 – 9:55 per mile)	3:01 – 3:05 (13:45 – 14:07 per mile)
2:11 – 2:15 (9:56 – 10:18 per mile)	3:06 – 3:10 (14:08 – 14:30 per mile)
2:16 – 2:20 (10:19 – 10:41 per mile)	3:11 – 3:15 (14:31 – 14:59 per mile)

Timing & Results

Unofficial results are available onsite at the results tent or online the afternoon of the event. Results are made official approximately one week after the event after all inquiries have been processed.

The event is chip timed so results are unaffected by the different wave start times. To help us gather timing data correctly please ensure your race bib is:

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COURSE & TIMING INFORMATION - 2022 RACES

5K

5K Minimum Age Requirement

There is no minimum age requirement for the 5K.

5K Course Time Limit

The 5K course requires a minimum pace of 18:00 per mile.

Wave Start

The CNO Financial Indianapolis Monumental Marathon and Half Marathon will use seeded wave starts. 5K Participants will line up at the Start Line after all Marathon and Half Marathon participants have cleared the area.

Approximate Race Start Schedule, subject to change:

- 7:58 a.m. ET – Wheelchair Race Start
- 8:00 a.m. ET – Marathon and Half Marathon Elites and Wave A
- 8:05 a.m. ET – Marathon and Half Marathon Wave B
- 8:10 a.m. ET – Marathon and Half Marathon Wave C
- 8:15 a.m. ET – Marathon and Half Marathon Wave D
- 8:20 a.m. ET – Marathon and Half Marathon Wave E
- 8:35 a.m. ET – 5K Race Start

COURSE & TIMING INFORMATION - 2022 RACES

5K Estimated Finish Times

Participants will select their corresponding time/pace in the Estimated Finish Time section on the registration form. Estimated Finish Times will range from 25 minutes and faster (under 8:04 per mile) to 50 minutes + (15:49 per mile and above).

> 25 minutes or faster (under 8:04 per mile)
>
> 25 – 29 minutes (8:05 – 9:21 per mile)
>
> 30 – 34 minutes (9:22 – 10:58 per mile)
>
> 35 – 39 minutes (10:59 – 12:35 per mile)
>
> 40 – 44 minutes (12:36 – 14:12 per mile)
>
> 45 – 49 minutes (14:13 – 15:48 per mile)
>
> 50 minutes + (15:49 per mile and above)

Timing & Results

Unofficial results are available onsite at the results tent or online the afternoon of the event. Results are made official approximately one week after the event after all inquiries have been processed.

The event is chip timed so results are unaffected by the different wave start times. To help us gather timing data correctly please ensure your race bib is:

- Clearly visible on the front of the torso,
- Unaltered and unmodified; do not fold or wrinkle, and
- Not covered by clothing, accessories, etc.