

Pre-Wave Race

START TIMES	CATEGORY	LAP(S)	DISTANCE*
8:45 a.m.	Lil' Shredders (9 and Under)	1 (small)	Mini Course
9:00 a.m.	Shredder Boys (10-12)	2 (small)	~3-5 miles
9:01 a.m.	Shredder Girls (10-12)	2 (small)	~3-5 miles

Wave 1

START TIMES	CATEGORY	LAP(S)	DISTANCE*
9:30 a.m.	JV Boys	2	14 miles
9:31 a.m.	Fresh/Soph Boys	2	14 miles
9:32 a.m.	JH Boys	1	7 miles
9:33 a.m.	Varsity Girls	2	14 miles
9:34 a.m.	Sport Women	2	14 miles
9:35 a.m.	JV Girls	2	14 miles
9:36 a.m.	Novice Men	2	14 miles
9:37 a.m.	Fresh/Soph Girls	2	14 miles
9:38 a.m.	Novice Women	1	7 miles
9:39 a.m.	JH Girls	1	7 miles

WAVE 2

START TIMES	CATEGORY	LAP(S)	DISTANCE*
11:15 a.m.	Elite Men	4	28 miles
11:16 a.m.	Varsity Boys	3	21 miles
11:17 a.m.	Expert Men	3	21 miles
11:18 a.m.	Expert Men (40-49)	3	21 miles
11:19 a.m.	Elite Women	3	21 miles
11:20 a.m.	Expert Men (50-59)	3	21 miles
11:21 a.m.	Expert Women	2	14 miles
11:22 a.m.	Expert Men (60+)	2	14 miles
11:24 a.m.	Sport Men	2	14 miles
11:25 a.m.	Sport Men (35-49)	2	14 Miles
11:26 a.m.	Sport Men (50+)	2	14 miles

*Lap distance subject to change.

*If there are more than 10 racers in each category, categories may be subdivided.