



NEDBANK

XC 2 Start Times and Laps

Official practice 7:30 to 8:45

**Bike number boards required
Compulsory for all U10 and U12 riders**

Be at the start at least 15 minutes before your race time

Category	Age	Code	Time	Start Order	Laps	Approximate time	
Race 1 09:00 Start							
Sprog Boys (U12)	11-12	SB	09:00	1	3	30 min	Short course
Sub-Junior Girls (U14)	13-14	JG	09:00	1	3	30 min	Short course
Nipper Boys (U10)	< 10	NB	09:00	2	2	20 min	Short course
Sprog Girls (U12)	11-12	SG	09:00	2	2	20 min	Short course
Nipper Girls (U10)	< 10	NG	09:00	2	2	20 min	Short course

Race 2 10:00 Start							
Sports Women		SW	10:00	1	4	60 min	Short course
Sports Men		SM	10:00	2	5	60 min	Short course

Race 3 11:00 Start							
Sub-Junior Boys (U14)	13-14	JB	11:00	1	2	45 min	Full lap
Youth Girls (U16)	15-16	YG	11:00	1	2	45 min	Full lap
Junior Women	17-18	JW	11:00	2	3	60 min	Full lap
Sub Vet Women	30-39	SVW	11:00	2	3	60 min	Full lap
Veteran Women	40-49	VW	11:00	2	3	60 min	Full lap
Rhino Women	70kg+	RW	11:00	3	3	60 min	Full lap
Master Women	50+	MW	11:00	3	3	45 min	Full lap
Grand Master Women	60+	GMW	11:00	3	2	45 min	Full lap

Race 4 12:00 Start							
Elite & U23 Men	19-29	EM	12:00	1	6	90 min	Full lap
Junior Men	17-18	JM	12:00	1	5	90 min	Full lap
Sub Vet Men	30-39	SVM	12:00	1	5	90 min	Full lap
Elite & U23 Women	19-29	EW	12:00	1	5	75 min	Full lap
Youth Boys (U16)	15-16	YB	12:00	2	4	75 min	Full lap
Veteran Men	40-49	VM	12:00	2	4	75 min	Full lap
Rhino Men	90kg+	RM	12:00	3	3	60 min	Full lap
Master Men	50+	MM	12:00	3	3	60 min	Full lap
Grand Master Men	60+	GMM	12:00	3	3	60 min	Full lap

NCF and Rock 'n Rut reserve the right to change the number of laps. The number of laps will be communicated at race briefing before each race starts.

