



## NEDBANK XC 2 Start Times and Laps

Please be at the start at least 20 minutes before your race time

Category	Age	Code	Time	Start Order	Laps	Approximate time	
<b>Race 1 08:30 Start</b>							
Sprog Boys (U12)	11-12	SB	8:30	1	4	35 min	Short course
Sub-Junior Girls (U14)	13-14	JG	8:30	1	4	35 min	Short course
Nipper Boys (U10)	< 10	NB	8:32	2	3	30 min	Short course
Sprog Girls (U12)	11-12	SG	8:32	2	3	30 min	Short course
Nipper Girls (U10)	< 10	NG	8:32	2	2	20 min	Short course

<b>Race 2 9:30 Start</b>							
Marathon Men		MaM	9:30	1	4	60 min	Short course
Grand Master Men	60+	GMM	9:30	1	3	60 min	Short course
Marathon Women		MaW	9:32	2	3	45 min	Short course
Master Women	50+	MW	9:32	2	4	45 min	Short course
Grand Master Women	60+	GMW	9:32	2	3	45 min	Short course
E-bike open Women		EOW	9:34	3	4	45 min	Short course
Rhino Women	70kg+	RW	9:34	3	3	45 min	Short course

<b>Race 3 10:30 Start</b>							
Elite & U23 Women	19-29	EW	10:30	1	5	75 min	Full lap
Junior Women	17-18	JW	10:32	2	4	60 min	Full lap
Sub Vet Women	30-39	SVW	10:34	3	4	60 min	Full lap
Veteran Women	40-49	VW	10:34	3	4	60 min	Full lap
Youth Girls (U16)	15-16	YG	10:34	3	2	45 min	Full lap

<b>Race 4 12:00 Start</b>							
Youth Boys (U16)	15-16	YB	12:00	1	3	60 min	Full lap
Veteran Men	40-49	VM	12:00	1	4	75 min	Full lap
Master Men	50+	MM	12:02	2	3	60 min	Full lap
Rhino Men	90kg+	RM	12:04	3	3	60 min	Full lap
Sub-Junior Boys (U14)	13-14	JB	12:06	4	2	45 min	Full lap

<b>Race 5 14:00 Start</b>							
Elite & U23 Men	19-29	EM	14:00	1	6	80 min	Full lap
Sub Vet Men	30-39	SVM	14:00	1	5	75 min	Full lap
Junior Men	17-18	JM	14:02	2	4	75 min	Full lap
E-bike open Men		EOM	14:04	3	5	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.

