



## NEDBANK XC 1 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 & Track
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### Race 1 07:30 Start

Sprog Boys (U12)	11-12	SB	7:30	1	3	30 min Green course
Sub-Junior Girls (U14)	13-14	JG	7:30	1	3	30 min Green course
Nipper Boys (U10)	< 10	NB	7:32	2	2	20 min Green course
Sprog Girls (U12)	11-12	SG	7:32	2	2	20 min Green course
Nipper Girls (U10)	< 10	NG	7:32	2	2	20 min Green course

### Race 2 08:00 Start

Sub-Junior Boys (U14)	13-14	JB	8:00	1	3	45 min Blue Course
Youth Girls (U16)	15-16	YG	8:00	1	3	45 min Blue Course
Marathon Men		MaM	8:00	1	4	45 min Blue Course
Marathon Women		MaW	8:02	2	3	60 min Blue Course
E-bike open Women		EOW	8:02	2	4	60 min Blue Course
Master Women	50+	MW	8:04	3	3	60 min Blue Course
Grand Master Women	60+	GMW	8:04	3	2	60 min Blue Course
Rhino Women	70kg+	RW	8:04	3	2	60 min Blue Course

### Race 3 09:00 Start

Youth Boys (U16)	15-16	YB	9:00	1	4	60 min Red Course
E-bike open Men		EOM	9:00	1	5	60 min Red Course
Master Men	50+	MM	9:02	2	4	60 min Red Course
Grand Master Men	60+	GMM	9:02	2	3	60 min Red Course
Rhino Men	90kg+	RM	9:02	2	3	60 min Red Course

### Race 4 10:00 Start

Elite & U23 Women	19-29	EW	10:00	1	5	75 min Red Course
Junior Women	17-18	JW	10:02	2	4	60 min Red Course
Sub Vet Women	30-39	SVW	10:04	3	4	60 min Red Course
Veteran Women	40-49	VW	10:04	3	4	60 min Red Course

### Race 4 11:30 Start

Sub Vet Men	30-39	SVM	11:30	1	5	85 min Red Course
Veteran Men	40-49	VM	11:30	2	5	85 min Red Course

### Race 5 13:00 Start

Junior Men	17-18	JM	13:00	1	5	75 min Red Course
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### Race 6 14:30 Start

Elite & U23 Men	19-29	EM	14:30	1	6	85 min Red Course
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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

