



## NEDBANK XC ZERO - Start Times and Laps

**Please be at the start at least 10 minutes before your race time**

Category	Age	Code	Time	Start Order	Laps	Approximate time
<b>Race 1 08:00 Start</b>						
Sprog Boys (U12)	11-12	SB	8:00	1	4	40 min Kids course (light blue)
Sub-Junior Girls (U14)	13-14	JG	8:00	1	4	40 min Kids course (light blue)
Nipper Boys (U10)	< 10	NB	8:02	2	3	35 min Kids course (light blue)
Sprog Girls (U12)	11-12	SG	8:02	2	3	35 min Kids course (light blue)
Nipper Girls (U10)	< 10	NG	8:02	2	2	30 min Kids course (light blue)
<b>Race 2 09:00 Start</b>						
Sub-Junior Boys (U14)	13-14	JB	9:00	1	4	40 min Short lap (dark blue)
Youth Girls (U16)	15-16	YG	9:00	1	4	40 min Short lap (dark blue)
Marathon Men		MaM	9:02	2	4	40 min Short lap (dark blue)
Grand Master Men	60+	GMM	9:02	2	3	35 min Short lap (dark blue)
Marathon Women		MaW	9:04	3	3	35 min Short lap (dark blue)
Rhino Women	70kg+	RW	9:04	3	3	35 min Short lap (dark blue)
Grand Master Women	60+	GMW	9:04	3	2	30 min Short lap (dark blue)
<b>Race 3 10:00 Start</b>						
Elite & U23 Women	19-29	EW	9:30	1	5	75 min Full lap
Sub Vet Women	30-39	SVW	9:30	1	4	60 min Full lap
Veteran Women	40-49	VW	9:32	2	4	60 min Full lap
Junior Women	17-18	JW	9:32	2	3	60 min Full lap
Master Women	50+	MW	9:34	3	3	45 min Full lap
<b>Race 4 11:30 Start</b>						
E-bike open Men		EOM	11:00	2	5	60 min Full lap
Youth Boys (U16)	15-16	YB	11:02	1	4	60 min Full lap
Master Men	50+	MM	11:02	2	4	60 min Full lap
Rhino Men	90kg+	RM	11:04	3	3	60 min Full lap
<b>Race 5 13:00 Start</b>						
Elite & U23 Men	19-29	EM	13:00	1	7	80 min Full lap
Sub Vet Men	30-39	SVM	13:00	1	5	75 min Full lap
Junior Men	17-18	JM	13:02	2	5	75 min Full lap
Veteran Men	40-49	VM	13:02	2	5	75 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.

