



2022 NEDBANK XCO NATIONALS 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		
Race 1 08:30 Start								
Sprog Boys (U12)	11-12	SB	08:30		1	3	35 - 40 min	Blue track
Sub-Junior Girls (U14)	13-14	JG	08:30		1	3	35 - 40 min	Blue track
Nipper Boys (U10)	< 10	NB	08:32		2	2	25 - 35 min	Blue track
Sprog Girls (U12)	11-12	SG	08:32		2	2	25 - 35 min	Blue track
Nipper Girls (U10)	< 10	NG	08:32		2	1	20 - 30 min	Blue track
Race 2 09:45 Start								
E-bike open Men		EOM	09:45		1	5	±60 min	Red track
Youth Boys (U16)	15-16	YB	09:45		1	4	45 - 55 min	Red track
Sub-Junior Boys (U14)	13-14	JB	09:47		2	3	40 - 50 min	Red track
Sub Vet Men	30-40	SVM	09:47		2	4	60 - 75 min	Red track
Veteran Men	40-49	VM	09:47		2	4	60 - 75 min	Red track
Master Men	50+	MM	09:49		3	3	50 - 60 min	Red track
Grand Master Men	60+	GMM	09:49		3	2	40 - 50 min	Red track
Race 3 10:45 Start								
Elite Women	23<	EW	10:45		1	5	75 - 100 min	Red track
U23 Women	19--23	U23W	10:47		2	5	75 - 100 min	Red track
Junior Women	17-18	JW	10:49		3	4	60 - 75 min	Red track
Sub Vet Women	30-39	SVW	10:51		4	4	60 - 75 min	Red track
Veteran Women	40-49	VW	10:51		4	4	60 - 75 min	Red track
Youth Girls (U16)	15-16	YG	10:51		4	3	45 - 55 min	Red track
Master Women	50+	MW	10:53		5	2	50 - 60 min	Red track
Grand Master Women	60+	GMW	10:53		5	2	40 - 50 min	Red track
Race 5 12:00 Start								
Elite Men	23<	EM	12:00		1	6	75 - 100 min	Red track
U23 Men	19--23	U23M	12:02		2	6	75 - 100 min	Red track
Junior Men	17-18	JM	12:04		3	5	60 - 75 min	Red track

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.

