

**WAVE NUMBER IS WRITTEN ON UPPER
RIGHT CORNER OF NUMBER PLATE**

1-2 min intervals starting at 11 am, wave 1

WAVE #	Approx Time	Categories
1	11:00	30 mile Expert/Open Male 30 mile Expert/Open Female
2	11:02	30 mile Junior Male 18 and Under 30 mile Junior Female 18 and Under
3	11:04	15 mile Expert/Open Male 15 mile Expert/Open Female
4	11:06	15 mile Junior 2 Male 15-18 15 mile Junior 2 Female 15-18
5	11:08	30 mile Male Under 40
6	11:10	30 mile Male 40-49 Group 1
6B	11:11	30 mile Male 40-49 Group 2 (if needed)
7	11:12	30 mile Male 50-59 Group 1
7B	11:13	30 mile Male 50-59 Group 2 (if needed)
8	11:14	30 mile Female 40+ 30 mile Female Under 40
9	11:16	30 mile Male 60+
10	11:18	30 mile Clydesdale
11	11:20	15 mile Male Under 40 Group 1
11B	11:21	15 mile Male Under 40 Group 2 (if needed)
12	11:22	15 mile Male 40-49 Group 1
12B	11:23	15 mile Male 40-49 Group 2 (if needed)
13	11:24	15 mile Male 50-59 Group 1
13B	11:25	15 mile Male 50-59 Group 2 (if needed)
14	11:26	15 mile Junior 1 Male 10-14 15 mile Junior 1 Female 10-14
15	11:28	15 mile Female 40-49 15 mile Female Under 40 15 mile Female 50+
16	11:30	15 mile Male 60+ 15 mile Clydesdale

Riders in categories with two start waves are assigned to a wave in the order you registered. No requests for specific start waves. Exact wave number given at Check-in.

If you start in the wrong wave, you are not eligible for podium prizes.