

START WAVES - WRITTEN ON YOUR NUMBER PLATE/BIB

TRAIL RUN – 8:58	ALL
WAVE 1 – 9:00	ADVANCED/EXPERT MALE 40+ ADVANCED/EXPERT MALE UNDER 40 ADVANCED/EXPERT FEMALE
WAVE 2 – 9:01	2 PERSON COED INTERMEDIATE/EXPERT 2 PERSON MALE INTERMEDIATE/EXPERT
WAVE 3 – 9:02	2 PERSON ADULT/CHILD 2 PERSON 18 AND UNDER
WAVE 4 – 9:03	INTERMEDIATE/SPORT MALE UNDER 40 JUNIOR MALE 18 AND UNDER JUNIOR FEMALE 18 AND UNDER
WAVE 5 – 9:04	INTERMEDIATE/SPORT MALE 40+ INTERMEDIATE/SPORT FEMALE
WAVE 6 – 9:05	MALE 50-59 MALE 60+ FEMALE 50+
WAVE 7 – 9:06	2 PERSON MALE BEGINNER/INTERMEDIATE
WAVE 8 – 9:07	2 PERSON COED BEGINNER/INTERMEDIATE 2 PERSON FEMALE
WAVE 9 – 9:08	CLYDESDALE
WAVE 10 – 9:09	BEGINNER MALE 40+ BEGINNER FEMALE
WAVE 11 – 9:10	BEGINNER MALE UNDER 40
WAVE 12 – 9:11	3 PERSON BEGINNER/FAMILY