

WAVE 1: MIDDLE SCHOOL (INDIVIDUAL TIME TRIAL)

Category	Staging Time	Start Time	Lap Count	Estimated Duration
Boys 8th, 7th and 6th	8:45 AM	9:00 AM	1	45 minutes or less
Racers will be staged and started by category with an approximate start interval of 5 seconds between riders. Each category will have a 2 minute gap before the start of the first rider in the next category.				
Girls 8th, 7th and 6th	9:20 AM	9:35 AM	1	45 minutes or less
Racers will be staged and started by category with an approximate start interval of 5 seconds between riders. Each category will have a 2 minute gap before the start of the first rider in the next category.				

WAVE 2: GIRLS - JV1, FRESHMAN, JV2 (MASS START RACE)

Category & Start Group*	Staging Time	Start Time	Lap Count	Estimated Duration
Female JV1 A	10:02 AM	10:17 AM	2	75 minutes or less
Female JV1 B	10:02 AM	10:19 AM	2	75 minutes or less
Female Freshman A	10:07 AM	10:22 AM	2	75 minutes or less
Female Freshman B	10:07 AM	10:24 AM	2	75 minutes or less
Female JV2 A	10:12 AM	10:27 AM	2	75 minutes or less
Female JV2 B	10:12 AM	10:29 AM	2	75 minutes or less

WAVE 3: BOYS JV2 (MASS START RACE)

Category & Start Group*	Staging Time	Start Time	Lap Count	Estimated Duration
Male JV2 A	11:20 AM	11:35 AM	2	75 minutes or less
Male JV2 B	11:20 AM	11:37 AM	2	75 minutes or less
Male JV2 C	11:20 AM	11:39 AM	2	75 minutes or less

WAVE 4: BOYS FRESHMAN (MASS START RACE)

Category & Start Group*	Staging Time	Start Time	Lap Count	Estimated Duration
Male Freshman A	12:35 PM	12:50 PM	2	75 minutes or less
Male Freshman B	12:35 PM	12:52 PM	2	75 minutes or less
Male Freshman C	12:35 PM	12:54 PM	2	75 minutes or less

WAVE 5: BOYS JV1 (MASS START RACE)

Category & Start Group*	Staging Time	Start Time	Lap Count	Estimated Duration
Male JV1 A	1:45 PM	2:00 PM	2	75 minutes or less
Male JV1 B	1:45 PM	2:02 PM	2	75 minutes or less
Male JV1 C	1:45 PM	2:04 PM	2	75 minutes or less

WAVE 6: BOYS AND GIRLS VARSITY (MASS START RACE)

Category & Start Group*	Staging Time	Start Time	Lap Count	Estimated Duration
Male Varsity A	2:58 PM	3:10 PM	3	90 minutes or less
Male Varsity B	2:58 PM	3:12 PM	3	90 minutes or less
Female Varsity A	3:05 PM	3:17 PM	3	90 minutes or less
Female Varsity B	3:05 PM	3:19 PM	3	90 minutes or less

*High School category A/B/C split start groups will be implemented on a race-by-race basis determined by total category field size and specific course conditions. Rider start group placement will be determined by current series standings. Results will be calculated based on group start time to race finish.