



DIVISION	SCHEDULED START TIME	COURSE
Wave 1		
E Bike Men / Women	11:00	3 Blue Laps
Beginner Men	11:02	2 Blue Laps
Handcycle Men / Women	11:04 - 11:16*	3 Green Laps
Wave 2		
Expert Men	12:00	3 Black Laps
Expert Women	12:02	3 Black Laps
Wave 3		
Intermediate Men	1:30	3 Blue Laps
Masters Men 50+	1:32	3 Blue Laps
Singlespeed Men	1:34	3 Blue Laps
Intermediate Women	1:36	3 Blue Laps
Masters Women 45+	1:38	3 Blue Laps
Singlespeed Women	1:40	3 Blue Laps
Wave 4		
Junior Boys 14 to 17	3:00	3 Green Laps
Junior Boys 13 and Under	3:02	3 Green Laps
Beginner Women	3:04	3 Green Laps
Junior Girls 14 to 17	3:06	3 Green Laps
Junior Girls 13 and Under	3:08	3 Green Laps

*Handcycle is a time trial start with starts every 2 min per athlete