

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

2 min intervals starting at 10 AM, Wave 1

WAVE # Approx Time Categories

1	10:00	Expert/Open Male
2	10:02	Expert/Open Female, Female Under 40
3	10:04	Female 40+
4	10:06	Open Singlespeed
5	10:08	Male Under 30
6	10:10	Male 30-39 Group 1
7	10:12	Male 30-39 Group 2
8	10:14	Male 40-49 Group 1
9	10:16	Male 40-49 Group 2
10	10:18	Male 40-49 Group 3
11	10:20	Male 50-59 Group 1
12	10:22	Male 50-59 Group 2
13	10:24	Male 50-59 Group 3
14	10:26	Male 60+
15	10:28	Clydesdale
16	10:30	All Juniors and their Chaperones (30 mile race)

UPDATES - READ BELOW:

***YOUR RACE TIME STARTS WHEN YOU CROSS THE
START MATS...IT IS NOT A GUN TIME***

Roads are open to traffic - Use caution on all descents

***Stay to the RIGHT ON ALL GRAVEL ROADS - there will be
vehicle traffic present. DO NOT CUT BLIND CORNERS***

***If weather becomes an issue, the course may
be shortened at any point for rider safety.***

***If you miss your start or start in the wrong wave, you are
not eligible for podium prizes.***

***JUNIOR RACE - Junior riders are not allowed to draft
chaperones, however they may draft other racers (those
who have number plates, juniors or adults)***



**SCAN FOR PARTICIPANT
GUIDE - IT HAS ALL THE
ANSWERS**

<http://mountaingoatadventures.com/forms/2021SXParticipantGuide.pdf>