

WAVE NUMBER IS WRITTEN ON GOAT ON NUMBER PLATE

1-2 min intervals starting at Noon, wave 1

WAVE #	Approx Time	Categories
1	12:00	15 mile Expert/Open Male
2	12:01	15 mile Expert/Open Female
3	12:02	15 mile Junior 2 Male 15-18
4	12:03	15 mile Junior 2 Female 15-18
5	12:04	15 mile Male Under 40
6	12:06	15 mile Male 40-49
7	12:08	15 mile Male 50-59
8	12:10	15 mile Junior 1 Male 10-14
9	12:11	15 mile Junior 1 Female 10-14
10	12:12	15 mile Female Under 40
11	12:13	15 mile Female 40-49
12	12:14	15 mile Female 50+
13	12:15	15 mile Male 60+
14	12:16	15 mile Clydesdale

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