

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 and Female
2	12:02	15 mile Junior 2 Male 15-18 and Female 15-18
3	12:03	15 mile Male Under 40
4	12:05	15 mile Male 40-49
5	12:07	15 mile Male 50-59
6	12:09	15 mile Male 60+
7	12:11	15 mile Clydesdale
8	12:13	15 mile Junior 1 Male 10-14, Female 10-14
9	12:15	15 mile Female Under 40, Female 40-49, Female 50+

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