

McDowell Meltdown presented by Cadence Promotions

January 13, 2018

● Green (3-miles) Sport ■ Blue (10-miles) Sport > Tech > Long ▲ Black (5.5-miles) Sport/Tech ▲ Marathon (33-miles)

Start Time	Category	Laps	Leg Marking
8:15	All Marathon*	1 ▲ 1 ■	M
Wave 1		Awards 12:00	
8:30	Elite Men	2 ■ 1 ▲	A
	Expert Men Open	2 ■ 1 ▲	B
	Expert Junior Men 17-18	2 ■	C
	Expert Junior Men 15-16	2 ■	D
	8:33	Expert Men Masters 45+	2 ■ 1 ▲
8:36	Expert Single Speed Men	2 ■ 1 ▲	S
8:39	Intermediate Junior Men 17-18	2 ■	G
	Intermediate Junior Men 15-16		H
8:42	Intermediate Men 19-29		I
8:45	Intermediate Men 30-39		J
8:48	Intermediate Men 40-49		K
8:51	Intermediate Men 50+		L
8:54	Intermediate Single Speed Men		N
	Intermediate Single Speed Men 45+		O
8:57	Rock Crusher Men		R
	Master's Men 60+		Q
	Plus Bike Men	P	
Wave 2		Awards 1:00	
10:30	Beginner Men 19-29	1 ■	2A
10:33	Beginner Men 30-39		2B
10:36	Beginner Men 40-49		2C
10:39	Beginner Men 50+		2D
10:42	Beginner Junior Men 17-18		2E
10:45	Beginner Junior Men 15-16		2F
10:48	First Time Men		F
Wave 3		Awards 2:30	
11:30	Elite Women	2 ■ 1 ▲	3A
	Expert Women Open	2 ■ 1 ▲	3B
	Expert Junior Women 17-18	2 ■	3C
	Expert Junior Women 15-16	2 ■	3D
	Expert Women Masters 45+	2 ■	3E
	Expert Single Speed Women	2 ■	S
11:33	Intermediate Junior Women 17-18	1 ■ 1 ●	3F
	Intermediate Junior Women 15-16		3G
11:36	Intermediate Women 19-29		3H
	Intermediate Women 30-39		3I
11:39	Intermediate Women 40-49		3J
	Intermediate Women 50+		3K
11:42	Intermediate Single Speed Women		3L
	Intermediate Single Speed Women 45+		3M
Plus Bike Women			P
11:45	Beginner Junior Women 17-18		1 ■
	Beginner Junior Women 15-16	3O	
11:48	Beginner Women 19-29	3P	
	Beginner Women 30-39	3Q	
11:51	Beginner Women 40-49	3R	
	Beginner Women 50+	3S	
11:54	First Time Women	F	
Wave 4		Awards 3:30	
1:30	Junior Boys 13-14	3 ●	4A
1:32	Junior Boys 11-12	2 ●	4B
1:34	Junior Boys 9-10		4C
1:36	Junior Girls 13-14	3 ●	4D
1:38	Junior Girls 11-12	2 ●	4E
1:40	Junior Girls 9-10		4F
2:30	Junior Boys/Girls 6-8	1 ●	

* Marathon - after completing one red loop, then one blue loop go to finish.