

Flagstaff Frenzy presented by Absolute Bikes

May 11, 2019

● Green (4-miles) Junior ■ Blue (8-miles) Short ▲ Red (20-miles) Long

| Wave 1 | | Awards 12:00 | | |
|--------|-------------------------------------|--------------|-------------|----|
| 8:30 | Elite Men | 1 ▲ 1 ■ | A | |
| | Expert Men Open | 1 ▲ 1 ■ | B | |
| | Expert Junior Men 17-18 | 1 ▲ | C | |
| | Expert Junior Men 15-16 | 1 ▲ | D | |
| 8:33 | Expert Men Masters 45+ | 1 ▲ 1 ■ | E | |
| 8:36 | Expert Single Speed Men | 1 ▲ 1 ■ | S | |
| 8:40 | All Marathon* | 2 ▲ | M | |
| 8:45 | Intermediate Junior Men 17-18 | 1 ▲ | G | |
| | Intermediate Junior Men 15-16 | | H | |
| 8:48 | Intermediate Men 19-29 | | I | |
| 8:51 | Intermediate Men 30-39 | | J | |
| 8:54 | Intermediate Men 40-49 | | K | |
| 8:57 | Intermediate Men 50+ | | L | |
| 9:00 | Intermediate Single Speed Men | | N | |
| | Intermediate Single Speed Men 45+ | | O | |
| 9:01 | Master's Men 60+ | | Q | |
| 9:02 | Plus Bike Men | | P | |
| 9:03 | Rock Crusher Men | | R | |
| Wave 2 | | | Awards 1:00 | |
| 10:30 | Beginner Men 19-29 | | 1 ● 1 ■ | 2A |
| 10:33 | Beginner Men 30-39 | | | 2B |
| 10:36 | Beginner Men 40-49 | 2C | | |
| 10:39 | Beginner Men 50+ | 2D | | |
| | Beginner Men 60+ | 2E | | |
| 10:42 | Beginner Junior Men 17-18 | 2F | | |
| 10:45 | Beginner Junior Men 15-16 | 2G | | |
| 10:48 | First Time Men | F | | |
| Wave 3 | | Awards 2:30 | | |
| 11:30 | Elite Women | 1 ▲ | | 3A |
| | Expert Women Open | | 3B | |
| | Expert Junior Women 17-18 | | 3C | |
| | Expert Junior Women 15-16 | | 3D | |
| | Expert Women Masters 45+ | | 3E | |
| | Expert Single Speed Women | | S | |
| 11:33 | Intermediate Junior Women 17-18 | 2 ■ | 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 ■ 1 ● | 3N |
| | Beginner Junior Women 15-16 | 3O | | |
| 11:48 | Beginner Women 19-29 | 3P | | |
| | Beginner Women 30-39 | 3Q | | |
| | Beginner Women 40-49 | 3R | | |
| 11:51 | Beginner Women 50+ | 3S | | |
| | First Time Women | F | | |
| Wave 4 | | Awards 3:00 | | |
| 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 two red loops go to finish.