

McDowell Meltdown presented by Grease Monkey

January 12, 2019

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

Start Time	Category	Laps	Leg Marking	
8:15	All Marathon*	1 ▲ 1 ■	M	
Wave 1		Awards 12:15		
8:30	Elite Men	2 ■ 1 ▲	A	
	Expert Men Open	2 ■ 1 ▲	B	
	Expert Men 17-18	2 ■	C	
	Expert Men 15-16	2 ■	D	
8:33	Expert Men Masters 45+	2 ■ 1 ▲	E	
8:36	Expert Single Speed Men	2 ■ 1 ▲	S	
8:39	Intermediate Men 17-18	2 ■	G	
	Intermediate 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	
8:55	Rock Crusher Men		R	
8:56	Master's Men 60+		Q	
8:57	Plus Bike Men		P	
Wave 2			Awards 1:00	
10:15	Beginner Men 19-29		1 ■ 1 ●	2A
10:18	Beginner Men 30-39			2B
10:21	Beginner Men 40-49	2C		
10:24	Beginner Men 50+	2D		
	Beginner Men 60+	2E		
10:27	Beginner Men 17-18	2F		
10:30	Beginner Men 15-16	2G		
10:33	First Time Men	1 ■	F	
Wave 3		Awards 2:30		
11:45	Elite Women	2 ■ 1 ●	3A	
	Expert Women Open	2 ■ 1 ●	3B	
	Expert Women 17-18	2 ■	3C	
	Expert Women 15-16	2 ■	3D	
	Expert Women Masters 45+	2 ■	3E	
	Expert Single Speed Women	2 ■	S	
11:48	Intermediate Women 17-18	1 ■ 1 ●	3F	
	Intermediate Women 15-16		3G	
11:51	Intermediate Women 19-29		3H	
	Intermediate Women 30-39		3I	
11:54	Intermediate Women 40-49		3J	
	Intermediate Women 50+		3K	
11:57	Intermediate Single Speed Women		3L	
	Intermediate Single Speed Women 45+		3M	
Plus Bike Women			P	
12:00	Beginner Women 17-18		1 ■	3N
	Beginner Women 15-16	3O		
12:03	Beginner Women 19-29	3P		
	Beginner Women 30-39	3Q		
12:06	Beginner Women 40-49	3R		
	Beginner Women 50+	3S		
12:09	First Time Women	F		
Wave 4		Awards 3:30		
1:30	Junior Boys 13-14	3 ●	4A	
1:32	Junior Girls 13-14		4B	
1:34	Junior Boys 11-12	2 ●	4C	
1:36	Junior Girls 11-12		4D	
1:38	Junior Boys 9-10	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.