

Flagstaff Frenzy presented by Absolute Bikes

May 11, 2019

● Green (4-miles) Junior ■ Blue (8-miles) Short ▲ Black (12-miles) ▲ Red (20-miles) Long

| Wave 1 |                                     | Awards 12:00 |             |    |
|--------|-------------------------------------|--------------|-------------|----|
| 8:30   | Elite Men                           | 2 ▲          | A           |    |
|        | Expert Men Open                     | 2 ▲          | B           |    |
|        | Expert Men 17-18                    | 1 ▲ 1 ■      | C           |    |
|        | Expert Men 15-16                    | 1 ▲ 1 ■      | D           |    |
| 8:33   | Expert Men 45+                      | 2 ▲          | E           |    |
| 8:36   | Expert Single Speed Men             | 2 ▲          | S           |    |
| 8:39   | All Marathon*                       | 2 ▲          | M           |    |
| 8:42   | Intermediate Men 17-18              | 1 ▲ 1 ■      | G           |    |
| 8:45   | Intermediate 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       |              | 1 ▲ 1 ■     | N  |
|        | Intermediate Single Speed Men 45+   |              |             | O  |
| 9:03   | Master's Men 60+                    |              |             | Q  |
| 9:06   | Plus Bike Men                       |              |             | P  |
| 9:09   | 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          |    |
| 10:42  | Beginner Men 60+                    |              | 2E          |    |
| 10:45  | Beginner Men 17-18                  |              | 2F          |    |
| 10:48  | Beginner Men 15-16                  |              | 2G          |    |
| 10:51  | First Time Men                      |              | F           |    |
| Wave 3 |                                     |              | Awards 2:30 |    |
| 11:30  | Elite Women                         |              | 1 ▲ 1 ■     | 3A |
|        | Expert Women Open                   | 3B           |             |    |
|        | Expert Women 17-18                  | 3C           |             |    |
|        | Expert Women 15-16                  | 3D           |             |    |
|        | Expert Women 45+                    | 3E           |             |    |
|        | Expert Single Speed Women           | S            |             |    |
| 11:33  | Intermediate Women 17-18            | 2 ■          | 3F          |    |
|        | Intermediate 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 Women 17-18                |              | 1 ■ 1 ●     | 3N |
|        | Beginner 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           |             |    |
|        | First Time Women                    | F            |             |    |
| Wave 4 |                                     | Awards 3:00  |             |    |
| 1:30   | Junior Boys 13-14                   | 1 ■ 1 ●      | 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                    |              | 4E          |    |
| 2:30   | Junior Girls 9-10                   |              | 4F          |    |
| 2:32   | Junior Boys/Girls 6-8               |              | 1 ●         |    |

\* Marathon - after completing two red loops go to finish.