

McDowell Meltdown presented by Grease Monkey

January 11, 2020

● 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
Wave 1 Awards 12:15			
8:00	Elite Men	4 ▲	A
	Expert Men 19-29 / 30-39 / 40-49		B / C / D
	Expert Men 15-16		E
	Expert Men 17-18		F
	Expert Men 50+		G
8:03	Expert Single Speed Men / 45+		S / S+
8:15	All Marathon	1 ▲ 1 ■	M
8:39	Intermediate Men 15-16	2 ■	H
8:42	Intermediate Men 17-18		I
8:45	Intermediate Men 19-29		J
8:48	Intermediate Men 30-39		K
8:51	Intermediate Men 40-49		L
8:54	Intermediate Men 50-59		M
8:57	Intermediate Single Speed Men / 45+		N / O
9:00	Intermediate Boys 13-14		Q
9:03	Master's Men 60-69 / 70+		T / U
9:06	Plus Bike Men		P
9:09	Rock Crusher Men	R	
Wave 2 Awards 1:00			
10:15	Beginner Men 15-16	1 ■ 1 ●	2A
10:18	Beginner Men 17-18		2B
10:21	Beginner Men 19-29		2C
10:24	Beginner Men 30-39		3D
10:27	Beginner Men 40-49		2E
10:30	Beginner Men 50-59 / 60+		2G / 2H
10:33	First Time Men	1 ■	F
Wave 3 Awards 2:30			
11:45	Elite Women	3 ▲	A
	Expert Women 19-29 / 30-39 / 40-49		B / C / D
	Expert Women 15-16		E
	Expert Women 17-18		F
	Expert Women 50+		G
	Expert Single Speed Women	S	
11:47	Intermediate Women 15-16	1 ■ 1 ●	H
	Intermediate Women 17-18		I
11:49	Intermediate Women 19-29		J
	Intermediate Women 30-39		K
11:51	Intermediate Women 40-49		L
	Intermediate Women 50-59 / Master's Women 60+		M / N
11:53	Intermediate Single Speed Women / 45+	O / Q	
	Plus Bike Women / Athena Women	P / R	
11:55	Intermediate Girls 13-14	T	
11:57	Beginner Women 15-16	1 ■	U
	Beginner Women 17-18		V
11:59	Beginner Women 19-29		W
	Beginner Women 30-39		X
12:01	Beginner Women 40-49		Y
12:03	Beginner Women 50+		Z
12:05	First Time Women	F	
Wave 4 Awards 3:30			
1:30	Junior Boys 13-14	3 ●	A
1:32	Junior Girls 13-14		B
1:34	Junior Boys 11-12	2 ●	C
1:36	Junior Girls 11-12		D
1:38	Junior Boys 9-10	2 ●	E
2:30	Junior Girls 9-10		F
2:32	Junior Boys/Girls 6-8	1 ●	K