

Flagstaff Frenzy presented by TBD

May 11, 2020

● Green (3-miles) Junior ■ Blue (8-miles) ▲ Black (15-miles)

Start Time	Category	Laps	Leg Marking	
<b>Wave 1</b>		<b>Awards 12:00</b>		
7:30	Elite Men Expert Men 15-16 / 17-18 Expert Men 19-29 / 30-39 / 40-49 / 50+	3 ■	A B / C D / E / F / G	
7:33	Expert Single Speed Men / 45+		S / S+	
7:36	All Marathon*	3 ▲	M / M+ / SS	
8:39	Intermediate Men 15-16	2 ■ 1 ●	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		N	
8:57	Intermediate Single Speed Men / 45+		O / Q	
9:00	Intermediate Boys 13-14		T	
9:03	Master's Men 60-69 / 70+		U / V	
9:06	Rock Crusher Men		R	
9:09	Plus Bike Men		P	
<b>Wave 2</b>		<b>Awards 1:00</b>		
10:30	Beginner Men 15-16	1 ■ 1 ●	2A	
10:33	Beginner Men 17-18		2B	
10:36	Beginner Men 19-29		2C	
10:39	Beginner Men 30-39		3D	
10:42	Beginner Men 40-49		2E	
10:45	Beginner Men 50-59 / 60+		2G / 2H	
10:48	First Time Men		F	
<b>Wave 3</b>			<b>Awards 2:30</b>	
11:30	Elite Women Expert Women 15-16 / 17-18 Expert Women 19-29 / 30-39 / 40-49 / 50+	2 ■ 1 ●	A B / C D / E / F / G	
	Expert Single Speed Women		S	
11:33	Intermediate Women 15-16 Intermediate Women 17-18	2 ■	H I J K	
11:36	Intermediate Women 19-29 Intermediate Women 30-39		L	
11:39	Intermediate Women 40-49 Intermediate Women 50-59 / Master's Women 60+		N / O	
11:42	Intermediate Girls 13-14		T	
11:45	Intermediate Single Speed Women / 45+ Plus Bike Women / Athena Women		Q / Q+ P / R	
11:48	Beginner Women 15-16 Beginner Women 17-18		U V	
11:51	Beginner Women 19-29 Beginner Women 30-39		1 ■ 1 ●	W X
11:54	Beginner Women 40-49 Beginner Women 50+			Y Z
11:57	First Time Women			F
<b>Wave 4</b>			<b>Awards 3:00</b>	
1:30	Junior Boys 13-14		1 ■ 1 ●	A
1:33	Junior Girls 13-14		B	
1:36	Junior Boys 11-12	2 ●	C	
1:39	Junior Girls 11-12		D	
1:42	Junior Boys 9-10		E	
2:30	Junior Girls 9-10		F	
2:33	Junior Boys/Girls 6-8		1 ●	K

\* 3.5-hr cutoff. Must cross finish line before 3.5-hrs in order to go out for another lap.