

McDowell Meltdown presented by Grease Monkey

SUNDAY January 10, 2021

● Green (3-miles) Sport ■ Blue (10-miles) Sport > Tech > Long

Start Time	Category	Laps	No Leg Marking
8:00	Beginner Men 15-16	1 ■ 1 ●	
8:03	Beginner Men 17-18		
8:06	Beginner Men 19-29		
8:09	Beginner Men 30-39		
8:12	Beginner Men 40-49		
8:15	Beginner Men 50-59		
8:18	Beginner Men 60+		
8:21	First Time Men	1 ■	
9:30	Intermediate Women 15-16 / 17-18 / 19-29	1 ■ 1 ●	
9:33	Intermediate Women 30-39 / 40-49		
9:36	Intermediate Women 50-59 / Master's Women 60+		
9:39	Intermediate Girls 13-14 Women Single Speed Plus Bike Women / Athena Women		
9:42	Beginner Women 15-16 / 17-18	1 ■	
9:45	Beginner Women 19-29 / 30-39		
9:48	Beginner Women 40-49		
9:51	Beginner Women 50+		
9:54	First Time Women		
11:00	Junior Boys 13-14 A	3 ●	
11:03	Junior Boys 13-14 B		
11:06	Junior Boys 11-12	2 ●	
11:09	Junior Boys 9-10		
12:00	Junior Girls 13-14	3 ●	
12:03	Junior Girls 11-12	2 ●	
12:06	Junior Girls 9-10		
1:00	Junior Boys/Girls 6-8	1 ●	