

Flagstaff Frenzy presented by Absolute Bikes

SATURDAY May 7, 2022

● Green (4-miles) ■ Blue (7-miles) ▲ Black (14-miles)

| Start Time | Category                                      | Laps    |
|------------|---|---------|
| 8:00       | Elite Men                                     | 1 ▲ 1 ■ |
| 8:02       | Expert Men 19-29 / 30-39                      |         |
| 8:04       | Expert Men 15-16 / 17-18                      |         |
| 8:06       | Expert Men 40-49 / 50+                        |         |
| 8:08       | Expert Single Speed Men / 45+                 |         |
| 8:12       | Marathon Men *                                | Max 3 ▲ |
| 8:16       | Elite Women                                   | 1 ▲ 1 ● |
|            | Expert Women 15-16 / 17-18                    |         |
|            | Expert Women 19-29 / 30-39 / 40-49 / 50+      |         |
| 8:18       | Marathon Women *                              | Max 3 ▲ |
|            |   |         |
| 9:45       | Beginner Men 15-16                            | 1 ■ 1 ● |
| 9:47       | Beginner Men 17-18 / 19-29                    |         |
| 9:49       | Beginner Men 30-39                            |         |
| 9:51       | Beginner Men 40-49                            |         |
| 9:53       | Beginner Men 50-59 / 60+                      |         |
| 9:55       | First Time Men                                |         |
|            |   |         |
| 11:00      | Intermediate Men 15-16                        | 2 ■ 1 ● |
| 11:02      | Intermediate Men 17-18                        |         |
| 11:04      | Intermediate Men 19-29                        |         |
| 11:06      | Intermediate Men 30-39                        |         |
| 11:08      | Intermediate Men 40-49                        |         |
| 11:10      | Intermediate Men 50-59                        |         |
| 11:12      | Master's Men 60-69 / 70+                      |         |
| 11:14      | Intermediate Boys 13-14                       |         |
| 11:16      | Intermediate Single Speed Men / 45+           |         |
| 11:18      | Rock Crusher Men                              |         |
| 11:20      | Plus Bike Men                                 |         |
|            |   |         |
| 12:00      | Intermediate Women 13-14                      | 2 ■     |
| 12:02      | Intermediate Women 15-16 / 17-18              |         |
| 12:04      | Intermediate Women 19-29 / 30-39 / 40-49      |         |
| 12:06      | Intermediate Women 50-59 / Master's Women 60+ |         |
| 12:08      | Women Single Speed / Plus Bike Women / Athena |         |
| 12:10      | Beginner Women 15-16 / 17-18                  | 1 ■ 1 ● |
| 12:12      | Beginner Women 19-29 / 30-39                  |         |
| 12:14      | Beginner Women 40-49 / 50+                    |         |
| 12:16      | First Time Women                              |         |
|            |   |         |
| 2:30       | Junior Boys 13-14                             | 3 ●     |
| 2:32       | Junior Boys 11-12                             | 2 ●     |
| 2:34       | Junior Girls 13-14                            | 3 ●     |
| 2:36       | Junior Girls 11-12                            | 2 ●     |
| 2:38       | Junior Boys 9-10                              |         |
|            |   |         |
| 3:30       | Junior Girls 9-10                             | 2 ●     |
| 3:32       | Junior Boys/Girls 6-8                         | 1 ●     |