

McDowell Meltdown presented by Grease Monkey

SATURDAY January 7, 2023

■ Blue (10-miles) Sport > Tech > Long ▲ Black (5.5-miles) Sport/Tech ▲ Red (33-miles)

Start Time	Category	Laps	Leg Marking	Awards
Wave 1				
8:30	Marathon Men (Open / 45+ / SS) *	1▲ 1■	1 / 2 / 3	1:00
8:33	Marathon Women (Open / 45+ / SS) *		4 / 5 / 6	
Wave 2				
9:00	Elite Men Expert Men 15-16 / 17-18 / 19-29 Expert Men 30-39 / 40-49 / 50+ Expert Single Speed Men / 45+	4▲	A B / C / D E / F / G S / +	11:30
Wave 3				
11:00	Elite Women Expert Women 15-16 / 17-18 Expert Women 19-29 / 30-39 / 40-49 / 50+	3▲	A B / C D / E / F / G	1:00
Wave 4				
12:15	Intermediate Men 15-16	2■	A	3:00
12:18	Intermediate Men 17-18		B	
12:21	Intermediate Men 19-29		C	
12:24	Intermediate Men 30-39		D	
12:27	Intermediate Men 40-49		E	
12:30	Intermediate Men 50-59		G	
12:33	Master's Men 60-69 / 70+		H / I	
12:36	Intermediate Boys 13-14		J	
12:39	Intermediate Single Speed Men / 45+		S / +	
12:42	Rock Crusher Men		R	
12:45	Plus Bike Men	P		

* Marathon must complete red loop in 3.5-hrs in order to go out for blue lap.