

McDowell Meltdown presented by Grease Monkey

SUNDAY January 8, 2023

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

Start Time	Category	Laps	Leg Marking	Awards
Wave 1				
8:00	E-Bike Men/Women	1 ■ 1 ●	E	10:30
8:03	Beginner Men 15-16		A	
8:06	Beginner Men 17-18		B	
8:09	Beginner Men 19-29		C	
8:12	Beginner Men 30-39		D	
8:15	Beginner Men 40-49		E	
8:18	Beginner Men 50-59		F	
8:21	Beginner Men 60+		G	
8:24	First Time Men	1 ■	H	
Wave 2				
9:30	Intermediate Women 13-14	1 ■ 1 ●	A	12:15
9:33	Intermediate Women 15-16 / 17-18 / 19-29		B / C / D	
9:36	Intermediate Women 30-39 / 40-49		E / F	
9:39	Int. Women 50-59 / Master's Women 60+		G / H	
9:42	Women Single Speed Plus Bike Women / Athena Women		S P / W	
9:45	Beginner Women 15-16 / 17-18	1 ■	I / J	
9:48	Beginner Women 19-29 / 30-39		K / L	
9:51	Beginner Women 40-49 / 50+		M	
9:54	First Time Women		F	
Wave 3				
11:00	Junior Boys 13-14	3 ●	1	1:30
11:03	Junior Boys 11-12	2 ●	2	
11:06	Junior Boys 9-10		3	
Wave 4				
12:00	Junior Girls 13-14	3 ●	4	1:30
12:03	Junior Girls 11-12	2 ●	5	
12:06	Junior Girls 9-10		6	
Wave 5 Free Kid's Race (6 & Under) 12:30 pm				
1:00	Junior Boys 6-8	1 ●	7	2:30
1:02	Junior Girls 6-8		8	