

**Flagstaff Frenzy presented by Absolute Bikes**

SATURDAY May 6, 2023

● Green (4-miles) ■ Blue (7-miles) ▲ Black (12-miles)

Start Time	Category	Laps	Leg Marking	Awards
<b>Wave 1</b>				
8:00	Elite Men Expert Men 15-16 / 17-18 / 19-29 / 30-39	1 ▲ 1 ■	A B / C / D / E	10:30
8:02	Expert Men 40-49 / 50+		F / G	
8:04	Expert Single Speed Men / 45+		S / +	
8:08	Marathon Men (Open / 45+ / SS) *	Max 3 ▲	1 / 2 / 3	
8:12	Elite Women Expert Women 15-16 / 17-18 Expert Women 19-29 / 30-39 / 40-49 / 50+	1 ▲ 1 ●	G H / I J / K / L / M	
8:16	Marathon Women (Open / 45+ / SS) *	Max 3 ▲	4 / 5 / 6	
<b>Wave 2</b>				
9:45	Beginner Men 15-16 / 17-18	1 ■ 1 ●	J / K	12:15
9:47	Beginner Men 19-29		L	
9:49	Beginner Men 30-39		M	
9:51	Beginner Men 40-49		N	
9:53	Beginner Men 50-59 / 60+		O / T	
9:55	First Time Men		F	
<b>Wave 3</b>				
11:00	Intermediate Men 15-16	2 ■ 1 ●	A	1:30
11:02	Intermediate Men 17-18		B	
11:04	Intermediate Men 19-29		C	
11:06	Intermediate Men 30-39		D	
11:08	Intermediate Men 40-49		E	
11:10	Intermediate Men 50-59		G	
11:12	Master's Men 60-69 / 70+		H / I	
11:14	Intermediate Boys 13-14		J	
11:16	Intermediate Single Speed Men / 45+		S / +	
11:18	Rock Crusher Men		R	
11:20	Plus Bike Men		P	
<b>Wave 4</b>				
12:30	Intermediate Women 13-14	2 ■	A	2:15
12:32	Intermediate Women 15-16		B	
12:34	Intermediate Women 17-18 / 19-29		C / D	
12:36	Intermediate Women 30-39 / 40-49 / 50-59 Master's Women 60+ / Women Single Speed Plus Bike Women / Athena		E / F / G H / S P / W	
12:38	Beginner Women 15-16 / 17-18 / 19-29 Beginner Women 30-39 / 40-49 / 50+ First Time Women	1 ■ 1 ●	I / J / K L / M / N O	
<b>Wave 5 Free Kid's Race (6 &amp; Under) 12:30 pm</b>				
2:00	Junior Boys 13-14	3 ●	1	3:30
2:02	Junior Boys 11-12	2 ●	2	
2:04	Junior Girls 13-14	3 ●	3	
2:06	Junior Girls 11-12	2 ●	4	
2:08	Junior Boys 9-10		5	
<b>Wave 6</b>				
3:00	Junior Girls 9-10	2 ●	6	4:00
3:02	Junior Boys 6-8	1 ●	7	
3:04	Junior Girls 6-8		8	

\* Marathon must cross finish line before 3.5-hrs in order to go out for another lap. 12:45p awards.



8:00	Elite Men	1 ▲ 1 ■	A
8:02	Expert Men 19-29 / 30-39		B / C
8:04	Expert Men 15-16 / 17-18		D / E
8:06	Expert Men 40-49 / 50+		F / G
8:08	Expert Single Speed Men / 45+		S / +