

# Flagstaff Frenzy presented by Absolute Bikes

May 4, 2024

● Green (4-miles) ■ Blue (7-miles) ▲ Black (19-miles)

Start Time	Category	Laps	Leg Marking	Awards
<b>Wave 1</b>				
8:00	Elite Men (Pro) Expert Men 15-16 / 17-18	1 ▲	A	10:30
8:02	Expert Men 19-39 / 40-49 / 50+		B / C	
8:04	Expert Men Single Speed		D / E / F	
8:08	Marathon Men (Open / 45+ / SS) *	Max 2 ▲	1 / 2 / 3	1:00
8:12	Elite Women (Pro) Expert Women 15-16 / 17-18	1 ▲	G	10:30
	Expert Women 19-39 / 40-49 / 50+		H / I	
8:16	Marathon Women (Open / 45+) *	Max 2 ▲	J / K / L	1:00
			4 / 5	
<b>Wave 2</b>				
9:45	Beginner Men 15-16	1 ■ 1 ●	K	12:15
9:47	Beginner Men 17-18		L	
9:49	Beginner Men 19-39		M	
9:51	Beginner Men 40-49		N	
9:53	Beginner Men 50-59		O	
9:55	Beginner Men 60+		P	
9:57	First Time Men		F	
<b>Wave 3</b>				
11:00	Intermediate Men 13-14	2 ■	A	1:30
11:02	Intermediate Men 15-16		B	
11:04	Intermediate Men 17-18		C	
11:06	Intermediate Men 19-39	2 ■ 1 ●	D	
11:08	Intermediate Men 40-49		E	
11:10	Intermediate Men 50-59		F	
11:12	Intermediate Men 60-69 / 70+		G / H	
11:14	Intermediate Men Single Speed		S	
11:16	Rock Crusher Men (200+ lbs)	R		
<b>Free Kid's Race (6 &amp; Under) 12:30 PM</b>				
<b>Wave 4</b>				
12:45	Intermediate Women 13-14	2 ■	G	2:15
12:47	Intermediate Women 15-16 / 17-18		H / I	
12:49	Women Single Speed		S	
	Intermediate Women 19-39 / 40-49		J / K	
	Intermediate Women 50-59 / 60+ Athena Women (165+ lbs)		L / M	
12:51	Beginner Women 15-16 / 17-18 / 19-39 Beginner Women 40-49 / 50+ First Time Women	1 ■ 1 ●	A / B / C D / E F	
<b>Wave 5</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
3:03	Junior Boys / Girls 6-8	1 ●	7 / 8	

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