

Prescott Punisher presented by ESI Grips

April 13, 2024

● Green (4-miles) Junior ■ Blue (7.5-miles) Short ▲ Black (11.5-miles) Long

Start Time	Category	Laps	Leg Marking	Awards
Wave 1				
7:35	Marathon Men (Open / 45+ / SS) *	Max 4 ▲	1 / 2 / 3	11:35
7:38	Marathon Women (Open / 45+) *		4 / 5	
Wave 2				
8:00	Elite Men (Pro)	2 ▲	A	10:30
	Expert Men 15-16 / 17-18	1 ▲ 1 ■	B / C	
8:03	Expert Men 19-39 / 40-49 / 50+	2 ▲	D / E / F	
8:06	Expert Men Single Speed		S	
8:09	Elite Women (Pro)	1 ▲ 1 ■	G	
	Expert Women 15-16 / 17-18	1 ▲	H / I	
	Expert Women 19-39 / 40-49 / 50+	1 ▲ 1 ■	J / K / L	
Wave 3				
10:00	Intermediate Men 17-18	1 ▲ 1 ■	A	12:45
10:02	Intermediate Men 15-16		B	
10:04	Intermediate Men 13-14		C	
10:06	Intermediate Men 19-39		D	
10:08	Intermediate Men 40-49		E	
10:10	Intermediate Men 50-59		F	
10:12	Intermediate Men 60-69 / 70+		G / H	
10:14	Intermediate Men Single Speed		S	
10:16	Rock Crusher Men (200+ lbs)	R		
10:18	Beginner Men 15-16	2 ■	K	
10:20	Beginner Men 17-18		L	
10:22	Beginner Men 19-39		M	
10:24	Beginner Men 40-49		N	
10:28	Beginner Men 50-59		O	
10:30	Beginner Men 60+		P	
10:32	First Time Men		F	
Free Kid's Race (6 & Under) 11:30 AM				
Wave 4				
12:00	Intermediate Women 13-14	2 ■	G	2:15
12:03	Intermediate Women 15-16 / 17-18		H / I	
12:06	Women Single Speed		S	
	Intermediate Women 19-39 / 40-49		J / K	
	Intermediate Women 50-59 / 60+ Athena Women (165+ lbs)		L / M W	
12:09	Beginner Women 15-16 / 17-18 / 19-39	1 ■	A / B / C	
	Beginner Women 40-49 / 50+ First Time Women		D / E F	
Wave 5				
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	
Wave 6				
3:00	Junior Girls 9-10	2 ●	6	4:00
3:02	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.