

**WC XCO SERIES****Western Cape XCO Series - Round #4****Event:** *Western Cape XCO 3-2022***Venue:** *Laborie - Paarl***Date:** *07 May 2022***Friday 06 May 2022**

14:00 - 17:00	XCO Registration & Number collection Venue: Laborie Wine Estate	Riders must have CSA Membership or UCI Licence to earn Ranking Points for Seeding, Series Log and Colours
14:00 - 17:00	XCO Official Practise: When course open	Bike Number Boards required
17:00 - 17:30	XCO Riders & Team Managers Briefing	Briefing by email or posted online www.great-time.co.za
17:00 - 17:30	Final Start Lists posted online for inspection	Riders & Team Managers to check Start Lists

Saturday 07 May 2022

07:00 - 12:00	XCO Number collection only at race venue	Up to 1 hour before your Start. No late entry
07:00 - 12:00	Final Start Lists posted online for inspection	Riders & Team Managers to check Start Lists
07:15 - 07:45	Practise Lap	Bike Number Boards required
From 08:00	XCO Racing: as per schedule below	See Start Times below - No XCO practise
09:00 - 17:00	Awards Ceremonies for completed categories	Podiums held directly after each Category Top 3 finish

07:00 Cross Country Race Schedule					07 May 22			181		Winning Time		Important	
Start	±End	Grp	Category Name		Laps	No. Range	Color	Qty	Grp	Min	Max	Rules & Notes!	
07:40	08:35	SG	Sprog Girls		SHORT	4	571 - 590	Yellow	8	23	00:40	00:55	All Age Categories must have a current CyclingSA Membership or Licence
07:42	08:22	NB	Nipper Boys			3	601 - 630	Green	12		00:25	00:40	
07:42	08:22	NG	Nipper Girls			3	671 - 690	Pink	3		00:25	00:40	
08:45	09:40	EB	e-Bike Fun Ride		MEDIUM	3					00:55	00:55	Start Times & Laps are subject to change
08:50	09:45	FR	Open Fun Ride			2					00:55	00:55	
10:00	10:55	SB	Sprog Boys			3	501 - 550	Blue	22	30	00:40	00:55	
10:02	11:12	JG	Sub Jun Girls			3	471 - 495	Yellow	8		00:55	01:10	Final Start Times & Laps set by course lap times; check your start and seeding at registration
11:15	12:30	YM	Youth Men		FULL LONG COURSE	4	301 - 365	Green	31	53	01:00	01:15	
11:17	12:27	JB	Sub Jun Boys			3	401 - 465	Blue	22		00:55	01:10	
12:30	14:10	EW	Elite Women			5	101 - 150	Yellow	2	24	01:20	01:40	
12:32	13:47	JW	Junior Women			3	271 - 290	Green	7		01:00	01:15	
12:34	13:49	YW	Youth Women			3	371 - 395	Pink	8		01:00	01:15	
12:36	14:06	MW	Master Wom 30+			3	771 - 795	Yellow	7		01:15	01:30	
14:15	15:45	SV	Sub Vet Men			5	701 - 750	Yellow	3	21	01:15	01:30	
14:17	15:47	VM	Veteran Men			4	701 - 750	Yellow	10		01:15	01:30	
14:19	15:49	MM	Master Men			3	701 - 750	Yellow	8		01:15	01:30	
14:21	15:51	GM	Gr Master Men			3	701 - 750	Yellow			01:15	01:30	
16:00	17:40	EM	Elite Men			6	1 - 50	Yellow	14	30	01:20	01:40	
16:02	17:17	JM	Junior Men			4	201 - 265	Blue	16		01:00	01:15	
Be at the race venue at least one hour before your race start time													
Podiums: Top 3 per Category will be held directly after they complete their race													

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