

**WC XCO SERIES****2022 Western Cape XCO Championships****Event: Western Cape XCO Champs 2022****Venue: Bloemendal Trail Park****Date: 11 June 2022****Friday 10 June 2022**

14:00 - 17:00	XCO Registration & Number collection Venue: Biosport - Bloemendal Trail Park	Riders must have CSA or UCI Licence to earn Ranking Points for Seeding, Series Log & 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 posted on social media platforms
17:00 - 17:30	Final Start Lists posted online for inspection	Riders & Team Managers to check Start Lists

Saturday 11 June 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

08:00 Cross Country Race Schedule 11 Jun 22							201		Win Time		Important Rules & Notes!	
Start	±End	Grp	Category & Course	Laps	No. Range	Color	Qty	Grp	Min	Max		
08:00	08:55	SG	Sprog Girls	SHORT	4	571 - 590	Yellow	9	29	00:40	00:55	<p>All Age Categories must have a current CyclingSA Membership or Licence</p> <p>Start Times & Laps are subject to change</p> <p>Final Start Times & Laps set by course lap times; check your start and seeding at registration</p> <p>Be at the race venue at least one hour before your race start time</p> <p>Podiums: Top 3 per Category will be held directly after they complete their race</p>
08:02	08:42	NB	Nipper Boys		3	601 - 630	Green	16		00:25	00:40	
08:02	08:42	NG	Nipper Girls		3	671 - 690	Pink	4		00:25	00:40	
09:00	09:55	SB	Sprog Boys	MEDIUM	3	501 - 550	Blue	13	20	00:40	00:55	
09:02	10:12	JG	Sub Jun Girls		3	471 - 495	Yellow	7		00:55	01:10	
10:15	11:30	YM	Youth Men	FULL LONG COURSE	4	301 - 365	Green	30	53	01:00	01:15	
10:20	11:30	JB	Sub Jun Boys		3	401 - 465	Blue	23		00:55	01:10	
11:30	13:10	EW	Elite Women		5	101 - 150	Yellow	4	23	01:20	01:40	
11:32	12:47	JW	Junior Women		3	271 - 290	Green	4		01:00	01:15	
11:34	12:49	YW	Youth Women		3	371 - 395	Pink	7		01:00	01:15	
11:36	13:06	MW	Master Wom 30+		3	771 - 795	Yellow	8		01:15	01:30	
13:15	14:45	SV	Sub Vet Men		5	701 - 750	Yellow	6	33	01:15	01:30	
13:17	14:47	VM	Veteran Men		4	701 - 750	Yellow	13		01:15	01:30	
13:19	14:49	MM	Master Men		3	701 - 750	Yellow	9		01:15	01:30	
13:21	14:51	GM	Gr Master Men		3	701 - 750	Yellow	5		01:15	01:30	
15:00	16:40	EM	Elite Men	6	1 - 50	Yellow	15	32	01:20	01:40		
15:02	16:17	JM	Junior Men	4	201 - 265	Blue	17		01:00	01:15		

**Sunday 12 June 2022**

08:30 - 09:30	JUNIOR Team Relay : 5 laps of Short course	Teams of 5 Riders - 1 Lap each per team member
09:45 - 11:00	SENIOR Team Relay : 5 laps of Long course	Teams of 5 Riders - 1 Lap each per team member
11:15 - 12:00	eBike Champs - 17yrs + : 4 laps of Long course	Men & Women together
12:15 - 12:30	Awards Ceremonies: Team Relay & eBike Champs	Podiums held directly after all Teams are finished