

Event: **Western Cape XCO Series #3 of 2023** Venue: **Rhebokskloof Wine Estate** Date: **29 April 2023**

For all online entries, go to: >>> <https://entries.great-time.co.za>

Friday		28 April 2023	
14:00 - 17:00	XCO Registration & Number collection Venue:> Rhebokskloof Wine Estate	Riders must have CSA Membership or UCI Licence to earn Ranking Points for Seeding. No late entries	
14:00 - 17:00	XCO Official Practise: When course declared open	Bike Number Boards required	
17:00 - 17:30	XCO Riders & Team Managers Briefing	Briefing posted on SA XCO Telegram group	
17:00 - 17:30	Final Start Lists posted online	Riders & Team Managers to check Start Lists	
Saturday		29 April 2023	
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	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 group Top 3 finish	

08:00 Cross Country Race Schedule								Total Entered >		Winning Time		Important Rules & Notes!
Start	±End	Grp	Category Name	Lap	No.	Range	Color	Qty	Grp	Min	Max	
08:00	08:55	SG	Sprog Girls	SHORT	5	571 - 590	Yellow			00:40	00:55	All Age Categories must have a current CyclingSA Membership or Licence Start Times & Laps are subject to change Final Start Times & Laps set by course lap times, check your start and seeding at registration 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
08:02	08:42	NB	Nipper Boys		4	601 - 630	Blue			00:25	00:40	
08:04	08:44	NG	Nipper Girls		3	671 - 690	Pink			00:25	00:40	
09:00	09:55	SB	Sprog Boys	MEDIUM	4	501 - 550	Green			00:40	00:55	
09:02	10:12	JG	Sub Jun Girls		4	471 - 485	Pink			00:55	01:10	
10:15	11:25	JB	Sub Jun Boys	FULL COURSE	3	401 - 450	Blue			00:55	01:10	
11:30	12:45	YM	Youth Men		4	301 - 355	Yellow			01:00	01:15	
12:45	14:25	EW	Elite Women		5	101 - 115	Yellow			01:20	01:40	
12:47	14:02	JW	Junior Women		4	271 - 280	Blue			01:00	01:15	
12:49	14:19	MM	Master Men		4	741 - 750	Green			01:15	01:30	
12:51	14:21	GM	Gr Master Men		3	761 - 765	Beige			01:15	01:30	
12:53	14:08	YW	Youth Women		3	371 - 385	Green			01:00	01:15	
12:55	14:25	MW	Master Women		3	771 - 775	Beige			01:15	01:30	
14:30	16:10	EM	Elite Men		7	1 - 50	Yellow			01:20	01:40	
14:32	15:47	JM	Junior Men		5	201 - 255	Blue			01:00	01:15	
14:34	16:04	SV	Sub Vet Men	5	701 - 715	Yellow			01:15	01:30		
14:36	16:06	VM	Veteran Men	4	721 - 735	Blue			01:15	01:30		