

Coast Hills Classic Mountain Bike Race

Categories / Wave Start Times

<u>Wave & Categories</u>	<u>Distance</u>	<u>Start Time</u>
<u>WAVE 1</u> Grommet 8-12 years old	2.5 miles	9:30am
<u>WAVE 2</u> Elite Men Expert Men (Cat 1) 19-44 and 45+ Singlespeed Men	24 miles	10:30am
<u>WAVE 3</u> Elite Women Expert Women (Cat 1)	24 miles	10:32am
<u>WAVE 4</u> Expert Junior Men, Sport Men (Cat 2) 19-39, and 40-49	24 miles	10:36am
<u>WAVE 5</u> Sport Men (Cat 2) 50-59 and 60+ Clydesdale Men 200+, Fat Bike	24 miles	10:40am
<u>WAVE 6</u> Expert Junior Women, Sport Women (Cat 2) 19-39, 40-49 and 50+	24 miles	10:44am
<u>WAVE 7</u> All Junior Men and Women 10-13 and 14-18	12 miles	10:48am
<u>WAVE 8</u> Novice Men (Cat 3) 19-39 and 40+	12 miles	10:52am
<u>WAVE 9</u> Novice Women (Cat 3) 19-39 and 40+	12 miles	10:56am
Free Kids Race (2-10 years old) will be held at 12pm.		
Awards Ceremony will be held around 1:30pm.		