



2017 Southern African Mountain Bike Cup Series XCO 3



Programme : Happy Valley - Bloemfontein : 4th - 6th May 2017

Cat 1

Thursday 4th May 2017

10:00 - 13:00	Course Inspection: Chief Commissaire	XCO	Race Director to accompany Chief Commissaire
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Friday 5th May 2017

09:00 - 16:00	Registration and Late Entries Please Note :- NO entries after 16:00	XCO > > > >	R 50 fee payable for ALL late entries Due to preparation of final Start Lists
10:00 - 16:00	XCO Official Practise	XCO	Bike Number Boards required
16:00 - 16:30	Team Managers Meeting: XCO	XCO	Compulsory for ALL riders & team managers
16:30 - 16:45	Final Start Lists posted for inspection	XCO	Riders & team managers to check Start Lists

Saturday 6th May 2017

07:00 - 1hr < Start	No. pick-up to 1hr before own race start	XCO	No late entry! No XCO course practise
07:00 - 13:00	Final Start Lists available to check	XCO	Riders to check start lists by 1 hour before start
08:00 - 16:00	XCO Racing	XCO	See Start Times below. No XCO practise
11.00	Awards ceremony: Early events	XCO	Nipper; Sprog; Sub Junior; Youth Men
13.00	Awards ceremony: Morning events	XCO	All Women & All Men 30+
16.00	Awards ceremony: Junior & Elite Men	XCO	Or, as soon as racing is completed

Cross Country Racing Times

Start	±End	Category Name	Code	No. Range	280		Winning Time		Laps	NB! Notes
					Qty		Min	Max		
08.00	08.47	Sprogs: Boys & Girls 11-12	SB-SG	501 - 580	20	40	00.40	00.55	4 & 3	Times & Laps subject to change Final Start Times and number of laps will be determined by specific course lap times Check info board at registration for final start times & laps Be at Venue min 1 hour before your race time
		Nippers: Boys & Girls 8-10	NB-NG	601 - 680	20		00.25	00.40	3 & 2	
09.00	09.57	Youth Men 15 - 16	YM	301 - 349	35	50	00.50	01.05	4	
		Sub-Junior Boys 13 - 14	JB	401 - 449	15		00.45	01.00	3	
10.00	11.30	Pro-Elite Women 19+	EW	101 - 130	15	55	01.20	01.40	5	
10.02	11.09	Junior Women 17 - 18	JW	271 - 290	10		01.00	01.15	4	
10.04	11.01	Youth Women 15 - 16	YW	351 - 380	10		00.50	01.05	3	
10.06	10.58	Sub-Junior Girls 13 - 14	JG	451 - 480	10		00.45	01.00	3	
10.08	11.23	Sub Veteran Women 30 - 39	SW	751 - 780	5		01.15	01.30	4	
		Veteran Women 40 - 49	VW	851 - 880	5		01.15	01.30	4	
		Master Women 50 - 59	MW	921 - 930	0		01.15	01.30	3	
		Grand Master Women 60+	GW	951 - 955	0		01.15	01.30	2	
11.30	12.45	Sub Veteran Men 30 -39	SV	701 - 740	15	35	01.15	01.30	5	
		Veteran Men 40 - 49	VM	801 - 840	15		01.15	01.30	5	
		Master Men 50 - 59	MM	901 - 920	5		01.15	01.30	4	
		Grand Master Men 60+	GM	931 - 940	0		01.15	01.30	3	
13.00	14.07	Junior Men 17 - 18	JM	201 - 250	50		01.00	01.15	5	
14.00	15.30	Pro-Elite Men 19+	EM	1 - 50	50		01.20	01.40	7	