

					
Southern XC 2010 Timetable			Times		
Category		Laps	Men	Women	Laps
		Men	Men	Women	Women
Under 12's 10 - 12	Race 1	half	09:45	09:46	half
Under 8 & 10's (Non series)	Race 1	mini	09:50	09:50	mini
Youth 15 - 16	Race 2	2	10:15	10:19	2
Juvenile 12 - 14	Race 2	1	10:17	10:19	1
Race 1 Prize Presentations			10:30		
Open 19+	Race 3	3	11:00	11:07	2
Fun (Non Series) 12+	Race 3	2	11:10	11:08	1
Junior Women 17 - 18	Race 3			11:15	2
Veteran Women 40 - 49	Race 3			11:16	2
Grand Veteran Women 50+	Race 3			11:16	2
Race 2 Prize Presentations			11:30		
Junior 17 - 18	Race 4	3	12:30		
Veteran 40 - 49	Race 4	3	12:31		
Grand Veteran 50+	Race 4	3	12:35		
Super Veteran 60+	Race 4	2	12:36		
Race 3 Prize Presentations			12:45		
Elite	Race 5	5	14:00	14:05	4
Expert 19 +	Race 5	4	14:01	14:06	3
Masters 30 - 39	Race 5	4	14:02	14:07	3
Sport 19 - 29	Race 5	3	14:03	14:08	2
Race 4 Prize Presentations			14:15		
Race 5 Prize Presentations			16:30		

Saturday Timetable for XC Southern Championships 11th Sept

XC Registration Open	08:30-13:30
XC Practice Course Opens	09:00
Under 12 Practice	09:00-09:30
Race 1 Under 12 races	09:45-10:00
Race 2 Youth & Juvenile	10:15
Race 1 & Series Presentations	10:30
Race 3 Open & Fun	11:00
Race 3 Junior & Vet Women	11:15
Race 2 & Series Presentations	11:30
Race 4 Junior & Veteran Men	12:30
Race 3 & Series Presentations	12:45
Race 5 Elite, Expert & Masters	14:00
Race 4 & Series Presentations	14:15
Marathon Registration Open	14:30-18:00
Marathon Practice	16:00-19:00
Race 5 & Series Presentations	16:30
Course Closed	19:00
Marathon Riders/Managers Meeting	19:00-19:30

Sunday Timetable for Marathon Championships 12th Sept

Registration Open	08:00-12:30
Practice Session	08:00-09:30
Race 1. Champs Women	09:45
Race 2. Champs Men	10:00
Race 3. Open 100km & 75 km	10:05
Race 4. 50km	12:00
Race 3. 25km	13:00
Presentations	15:00

Sunday Race Timetable for National Marathon Championships

Category & Age	Race Title	Gender	Laps	Registration	Practice	Start Gridding	Start time	Presentations
Senior Championship 19+ (Women)	Race 1	Female	4	08:00-09:30	08:00-09:30	09:30	09:45	15:00
Veteran Championship 39+ (Women)	Race 1	Female	3	08:00-09:30	08:00-09:30	09:30	09:45	15:00
Senior Championship 19+ (Men)	Race 2	Male	4	08:00-09:30	08:00-09:30	09:45	10:00	15:00
Veteran Championship 39+ (Men)	Race 2	Male	4	08:00-09:30	08:00-09:30	09:45	10:00	15:00
100km Open Men 19+	Race 3	Male	4	08:00-09:30	08:00-09:30	09:50	10:05	15:00
100km Open Vet 39+	Race 3	Male	4	08:00-09:30	08:00-09:30	09:50	10:05	15:00
75km Open Women 19+	Race 3	Female	3	08:00-09:30	08:00-09:30	09:50	10:05	15:00
50 km Open 19+	Race 4	Male	2	08:00-11:30	08:00-09:30	11:45	12:00	15:00
50km Open 19+	Race 4	Female	2	08:00-11:30	08:00-09:30	11:45	12:00	15:00
50km Open Vet 39+	Race 4	Male	2	08:00-11:30	08:00-09:30	11:45	12:00	15:00
50km Open Vet 39+	Race 4	Female	2	08:00-11:30	08:00-09:30	11:45	12:00	15:00
25km Junior 16+	Race 5	Male	1	08:00-12:30	08:00-09:30	12:45	13:00	15:00
25km Junior 16+	Race 5	Female	1	08:00-12:30	08:00-09:30	12:45	13:00	15:00
25km Open	Race 5	Male	1	08:00-12:30	08:00-09:30	12:50	13:05	15:00
25km Open	Race 5	Female	1	08:00-12:30	08:00-09:30	12:50	13:05	15:00