

# NW Schools XCO Series Cup #2



Program: Koedoeslaagte Trail Park – Outside Parys - 13 August 2022

Friday 12 Augustus 2022									
14:00	18:00	Unofficial course practice (riders fill out Koedoeslaagte indemnity, pay R25 each and ride)							
16:00	18:00	Registrations & number collection at Koedoeslaagte Trail Park ( <a href="#">link available on Google-maps</a> )							
Saturday 13 Augustus 2022									
06:30	08:00	Number collection at registration				Koedoeslaagte Trail Park			
07:00	08:00	Official Course Practice				ONLY with number board fitted!!			
07:45	07:55	Welcoming & Team Managers Briefing							
08:15	14:00	XCO Racing				See start times below.			
Cross Country Racing Times						Winning time base		PG Awards	Important Notes!
Start	± End	Code	Category Name	Laps	Lap km	Min	Max		
08:15	09:15	JM	Junior Men (born 2003-2005)	4	5	00:50	0.60:00	± 13:00	Start times & Laps subject to change
09:15	10:15	YM	Youth Men (born 2006-2007)	3	5	00:40	00:50		
10:15	11:15	JB(HS)	Sub-Junior Boys (born 2008-2009)	2	5	00:25	00:35		
10:16		JB(PS)	Sub-Junior Boys (born 2008-2009)	2	5	00:25	00:35		
11:15	12:15	JW	Junior Women (born 2003-2005)	3	5	00:50	0.60:00		
11:16		YW	Youth Women (born 2006-2007)	3	5	00:40	00:50		
11:17		JG(HS)	Sub-Junior Girls (born 2008-2009)	2	5	00:25	00:35		
11:18		JG(PS)	Sub-Junior Girls (born 2008-2009)	2	5	00:25	00:35		
12:15	12:45	SNB	Sub-Nippers Boys (born 2014-2015)	2	1,2	00:10	00:25	± 14:30	Briefing will be done per category before the start
		SNG	Sub-Nipper Girls (born 2014-2015)	2	1,2	00:10	00:25		
12:45	13:15	NB	Nippers Boys (born 2012-2013)	2	2,2	00:10	00:25		
		NG	Nipper Girls (born 2012-2013)	2	2,2	00:10	00:25		
13:15	14:00	SB	Sprog Boys (born 2010-2011)	4	2,2	00:15	00:25		
		SG	Sprog Girls (born 2010-2011)	3	2,2	00:15	00:25		
14:00	14:25	MI	Mixed High School Team Relay (3 team members) Enter on day, no extra cost.	3	2,2	x	x		