

**WC XCO SERIES****Western Cape XCO Series - Round #3**Event: **Western Cape XCO 3-2022**Venue: **Oakhill Sports Campus - Knysna**Date: **23 April 2022****Friday 22 April 2022**

14:00 - 17:00	XCO Registration & Number collection Venue: Oakhill Sports Campus	Riders must have CSA Membership or UCI Licence to earn Ranking Points for Seeding, Series Log and Colours
14:00 - 17:00	XCO Official Practise: When course open	Bike Number Boards required
17:00 - 17:30	XCO Riders & Team Managers Briefing	Briefing by email or posted online www.great-time.co.za
17:00 - 17:30	Final Start Lists posted online for inspection	Riders & Team Managers to check Start Lists

Saturday 23 April 2022

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 online for inspection	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 Category Top 3 finish

08:00 Cross Country Race Schedule								23 Apr 22			Winning Time		Important Rules & Notes!
Start	±End	Grp	Category Name	Laps	No. Range	Color	Qty	Grp	Min	Max			
08:00	08:55	SG	Sprog Girls	SHORT	4	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		3	601 - 630	Green		00:25	00:40			
08:02	08:42	NG	Nipper Girls		3	671 - 690	Pink		00:25	00:40			
09:00	09:55	SB	Sprog Boys	MED	3	501 - 550	Blue		00:40	00:55			
09:05	10:15	JG	Sub Jun Girls		3	471 - 495	Yellow		00:55	01:10			
10:15	11:30	YM	Youth Men	FULL LONG COURSE	4	301 - 365	Green		01:00	01:15			
10:17	11:27	JB	Sub Jun Boys		3	401 - 465	Blue		00:55	01:10			
11:30	13:10	EW	Elite Women		6	101 - 150	Yellow		01:20	01:40			
11:32	12:47	JW	Junior Women		4	271 - 290	Green		01:00	01:15			
11:34	12:49	YW	Youth Women		3	371 - 395	Pink		01:00	01:15			
11:36	13:06	MW	Master Wom 30+		3	771 - 795	Yellow		01:15	01:30			
13:15	14:45	SV	Sub Vet Men		5	701 - 750	Yellow		01:15	01:30			
13:17	14:47	VM	Veteran Men		4	701 - 750	Yellow		01:15	01:30			
13:19	14:49	MM	Master Men		3	701 - 750	Yellow		01:15	01:30			
13:21	14:51	GM	Gr Master Men		3	701 - 750	Yellow		01:15	01:30			
15:00	16:40	EM	Elite Men	7	1 - 50	Yellow		01:20	01:40				
15:02	16:17	JM	Junior Men	5	201 - 265	Blue		01:00	01:15				