



Friday April 17, 2009	Start Time	Lap/Dist	Awards
Category 3 Singlespeed Men	1:30pm	1/19mi	5 (medals and merchandise)
Category 3 Men 15-18	1:35pm	1/19mi	5 (medals and merchandise)
Category 3 Men 19-24	1:40pm	1/19mi	5 (medals and merchandise)
Category 3 Men 25-29	1:45pm	1/19mi	5 (medals and merchandise)
Category 3 Men 30-34	1:50pm	1/19mi	5 (medals and merchandise)
Category 3 Men 35-39	1:55pm	1/19mi	5 (medals and merchandise)
Category 3 Men 40-44	2:00pm	1/19mi	5 (medals and merchandise)
Category 3 Men 45-49	2:05pm	1/19mi	5 (medals and merchandise)
Category 3 Men 50-54	2:10pm	1/19mi	5 (medals and merchandise)
Category 3 Men 55-59	2:20pm	1/19mi	5 (medals and merchandise)
Category 3 Men 60+	2:25pm	1/19mi	5 (medals and merchandise)
Category 3 Clydesdale	2:30pm	1/19mi	5 (medals and merchandise)
Category 3/Category 2 Singlespeed Women	2:35pm	1/10mi	5 (medals and merchandise)
Category 3 Women 19-29	2:37pm	1/10mi	5 (medals and merchandise)
Category 3 Women 30-39	2:39pm	1/10mi	5 (medals and merchandise)
Category 3 Women 40-44	2:41pm	1/10mi	5 (medals and merchandise)
Category 3 Women 45+	2:43pm	1/10mi	5 (medals and merchandise)
Category 3 Women 15-18	2:45pm	1/10mi	5 (medals and merchandise)
Junior 13-14 Boys and Girls	2:47pm	1/10mi	5 (medals and merchandise)
Junior 11-12 Boys and Girls	2:49pm	1/10mi	5 (medals and merchandise)
Junior 10 and under Boys and Girls	2:51pm	1/10mi	5 (medals and merchandise)
Category 3 and Junior XCSTARTS at Sea Otter Bridge and FINISHES near the Dual Slalom			