

CROSS COUNTRY

MEN'S CROSS COUNTRY CATEGORIES PROFESSIONAL MEN

CATEGORIES	RACE DAY	START TIME	DURATION	START LOCATION
UCI XCO HC PROFESSIONAL MEN	Thursday	11:00 A.M.	7 Laps	Tire Bridge
PROFESSIONAL MEN	Sunday	7:30 A.M.	25 Miles	Sea Otter Bridge
CAT 1 SINGLESPEED MEN	Sunday	7:50 A.M.	25 Miles	Sea Otter Bridge
CAT 1 15-16 MEN	Sunday	8:00 A.M.	25 Miles	Sea Otter Bridge
CAT 1 17-18 MEN	Sunday	7:55 A.M.	25 Miles	Sea Otter Bridge
CAT 1 19-29 MEN	Sunday	8:05 A.M.	25 Miles	Sea Otter Bridge
CAT 1 30-39 MEN	Sunday	8:10 A.M.	25 Miles	Sea Otter Bridge
CAT 1 40-44 MEN	Sunday	8:15 A.M.	25 Miles	Sea Otter Bridge
CAT 1 45-49 MEN	Sunday	8:20 A.M.	25 Miles	Sea Otter Bridge
CAT 1 50-54 MEN	Sunday	8:25 A.M.	25 Miles	Sea Otter Bridge
CAT 1 55-59 MEN	Sunday	8:30 A.M.	25 Miles	Sea Otter Bridge
CAT 1 60-64 MEN	Sunday	8:35 A.M.	25 Miles	Sea Otter Bridge
CAT 1 65-69 MEN	Sunday	8:40 A.M.	25 Miles	Sea Otter Bridge
CAT 1 70+ MEN	Sunday	8:45 A.M.	25 Miles	Sea Otter Bridge
CAT 2 SINGLESPEED MEN	Sunday	9:20 A.M.	17 Miles	Sea Otter Bridge
CAT 2 15-16 MEN	Sunday	9:30 A.M.	17 Miles	Sea Otter Bridge
CAT 2 17-18 MEN	Sunday	9:25 A.M.	17 Miles	Sea Otter Bridge
CAT 2 19-24 MEN	Sunday	9:30 A.M.	17 Miles	Sea Otter Bridge
CAT 2 25-29 MEN	Sunday	9:35 A.M.	17 Miles	Sea Otter Bridge
CAT 2 30-34 MEN	Sunday	9:40 A.M.	17 Miles	Sea Otter Bridge
CAT 2 35-39 MEN	Sunday	9:45 A.M.	17 Miles	Sea Otter Bridge
CAT 2 40-44 MEN	Sunday	9:50 A.M.	17 Miles	Sea Otter Bridge
CAT 2 45-49 MEN	Sunday	10:00 A.M.	17 Miles	Sea Otter Bridge
CAT 2 50-54 MEN	Sunday	10:05 A.M.	17 Miles	Sea Otter Bridge
CAT 2 55-59 MEN	Sunday	10:10 A.M.	17 Miles	Sea Otter Bridge
CAT 2 60-69 MEN	Sunday	10:15 A.M.	17 Miles	Sea Otter Bridge
CAT 2 70+ MEN	Sunday	10:17 A.M.	17 Miles	Sea Otter Bridge
CLYDESDALE MEN	Sunday	10:19 A.M.	17 Miles	Sea Otter Bridge
TANDEM COED	Sunday	10:21 A.M.	17 Miles	Sea Otter Bridge
CAT 3 15-16 MEN	Sunday	10:27 A.M.	17 Miles	Sea Otter Bridge
CAT 3 17-18 MEN	Sunday	10:25 A.M.	17 Miles	Sea Otter Bridge
CAT 3 19-24 MEN	Sunday	10:29 A.M.	17 Miles	Sea Otter Bridge
CAT 3 25-29 MEN	Sunday	10:31 A.M.	17 Miles	Sea Otter Bridge
CAT 3 30-34 MEN	Sunday	10:33 A.M.	17 Miles	Sea Otter Bridge
CAT 3 35-39 MEN	Sunday	10:35 A.M.	17 Miles	Sea Otter Bridge
CAT 3 40-44 MEN	Sunday	10:37 A.M.	17 Miles	Sea Otter Bridge

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CROSS COUNTRY (cont.)

CATEGORIES	RACE DAY	START TIME	DURATION	START LOCATION
CAT 3 45-49 MEN	Sunday	10:39 a.m.	17 Miles	Sea Otter Bridge
CAT 3 50-54 MEN	Sunday	10:41 a.m.	17 Miles	Sea Otter Bridge
CAT 3 55-59 MEN	Sunday	10:43 a.m.	17 Miles	Sea Otter Bridge
CAT 3 60+ MEN	Sunday	10:45 a.m.	17 Miles	Sea Otter Bridge
JUNIOR 13-14 BOYS (START WITH JUNIOR GIRLS)	Sunday	11:00 a.m.	17 Miles	Sea Otter Bridge

WOMEN'S CROSS COUNTRY CATEGORIES

CATEGORIES	RACE DAY	START TIME	DURATION	START LOCATION
UCI XCO HC PROFESSIONAL MEN	Thursday	9:00 a.m.	6 Laps	Tire Bridge
Professional Women	Sunday	7:40 a.m.	25 Miles	Sea Otter Bridge
Singlespeed Women	Sunday	9:00 a.m.	25 Miles	Sea Otter Bridge
CAT 1 15-16 Women	Sunday	9:04 a.m.	25 Miles	Sea Otter Bridge
CAT 1 17-18 Women	Sunday	9:02 a.m.	25 Miles	Sea Otter Bridge
CAT 1 19-29 Women	Sunday	9:06 a.m.	25 Miles	Sea Otter Bridge
CAT 1 30-39 Women	Sunday	9:08 a.m.	25 Miles	Sea Otter Bridge
CAT 1 40-49 Women	Sunday	9:10 a.m.	25 Miles	Sea Otter Bridge
CAT 1 50-59 Women	Sunday	9:12 a.m.	25 Miles	Sea Otter Bridge
CAT 1 60+ Women	Sunday	9:14 a.m.	25 Miles	Sea Otter Bridge
CAT 2 15-18 Women	Sunday	10:47 a.m.	17 Miles	Sea Otter Bridge
CAT 2 19-29 Women	Sunday	10:49 a.m.	17 Miles	Sea Otter Bridge
CAT 2 30-39 Women	Sunday	10:51 a.m.	17 Miles	Sea Otter Bridge
CAT 2 40-49 Women	Sunday	10:53 a.m.	17 Miles	Sea Otter Bridge
CAT 2 50-59 Women	Sunday	10:55 a.m.	17 Miles	Sea Otter Bridge
CAT 2 60+ Women	Sunday	10:57 a.m.	17 Miles	Sea Otter Bridge
CAT 3 15-18 Women	Sunday	10:47 a.m.	17 Miles	Sea Otter Bridge
CAT 3 19-29 Women	Sunday	10:49 a.m.	17 Miles	Sea Otter Bridge
CAT 3 30-39 Women	Sunday	10:51 a.m.	17 Miles	Sea Otter Bridge
CAT 3 40-49 Women	Sunday	10:53 a.m.	17 Miles	Sea Otter Bridge
CAT 3 50-59 Women	Sunday	10:55 a.m.	17 Miles	Sea Otter Bridge
CAT 3 60+ Women	Sunday	10:57 a.m.	17 Miles	Sea Otter Bridge
Junior 13-14 Girls (start with Junior Boys)	Sunday	11:00 a.m.	17 Miles	Sea Otter Bridge

SHORT JUNIOR CROSS COUNTRY CATEGORIES

CATEGORIES	RACE DAY	START TIME	DURATION	START LOCATION
Junior 10-12, 13-14 Boys and Girls	Sunday	11:10 a.m.	5 Miles	Sea Otter Bridge