



# SA XCO Cup Series #3

Koedoeslaagte - Parys - 23 & 24 June 2023



## Programme & Race Schedule



Friday		23/June/2023		Registration & Training							
09:00 - 15:00	XCO Registration & Number collection	Riders must have CSA Membership or UCI Licence to earn Ranking Points for Seeding. <b>No late entries</b>									
	<b>Venue: Koedoeslaagte</b>										
10:00 - 16:00	XCO Official Practise: When course declared open	Bike Number Boards required									
16:00 - 16:30	XCO Riders & Team Managers Briefing	Briefing posted on SA XCO Telegram group									
16:00 - 16:45	Final Start Lists posted on SA XCO Telegram group	<b>Riders &amp; Team Managers to check Start Lists</b>									
Saturday		24/June/2023		XCO							
07:00 - 12:00	XCO Number collection only <b>at race venue</b>	Up to 1 hour before your Start. <b>No late entry</b>									
07:00 - 12:00	Final Start Lists posted on SA XCO Telegram group	<b>Riders &amp; Team Managers to check Start Lists</b>									
From 08:00	XCO Racing: as per schedule below	<b>See Start Times below - No XCO practise</b>									
08:00 Cross Country Race Schedule							Total Entered >		Winning Time		Important Rules & Notes!
Start	±End	Grp	Category Name	Laps	No. Range	Color	Qty	Grp	Min	Max	
08:00	09:10	JB	Sub Jun Boys	3	401 - 450	Blue			00:55	01:10	<p>All Age Categories must have a current CyclingSA Membership or Licence</p> <p>Start Times &amp; Laps are subject to change</p> <p>Final Start Times &amp; Laps set by course lap times; check your start and seeding at registration</p> <p>Be at the race venue at least one hour before your race start time</p> <p><b>Podiums:</b> Top 3 per Category will be held directly after they complete their race</p> <p><b>Results</b> Will be posted on the SA XCO Telegram Group as each Category is completed</p>
09:00	10:15	YM	Youth Men	4	301 - 355	Yellow			01:00	01:15	
10:30	12:10	EW	Elite Women 19+	6	101 - 115	Yellow			01:20	01:40	
10:32	11:47	JW	Junior Women	4	271 - 280	Blue			01:00	01:15	
10:34	11:49	YW	Youth Women	3	371 - 385	Green			01:00	01:15	
10:36	11:46	JG	Sub Jun Girls	2	471 - 485	Pink			00:55	01:10	
10:38	12:08	MW	Master Wom 30+	3	771 - 775	Beige			01:15	01:30	
12:15	13:45	SV	Sub Vet Men	5	701 - 715	Yellow			01:15	01:30	
12:17	13:47	VM	Veteran Men	4	721 - 735	Blue			01:15	01:30	
12:19	13:49	MM	Master Men	4	741 - 750	Green			01:15	01:30	
12:21	13:51	GM	Gr Master Men	3	761 - 765	Beige			01:15	01:30	
14:00	15:15	JM	Junior Men	5	201 - 255	Blue			01:00	01:15	
15:30	17:10	EM	Elite Men 19+	7	1 - 50	Yellow			01:20	01:40	