

XCO State Series 2023. Murray Valley, Dwellingup 25/6/23			
Sprockets Wave	Start Time	Estimated Race Time	LAPS
Under 9	8:30 AM	20 minutes	
Under 13	9:00 AM	30 minutes	
D Grade Wave 1	Start Time	Estimated Race Time	LAPS
6.1 km Lap (159m climbing per lap)			Plus Start Lap
Under 15 Boys	9:30 AM	45 min - 1 Hour	3
Men's D grade	9:31 AM	1 Hr - 1 Hr 15 min	3
Women B Grade	9:31 AM	1 Hr - 1 Hr 15 min	3
Men's E grade	9:32 AM	1 Hr - 1 Hr 15 min	3
Women C Grade	9:33 AM	1 Hr - 1 Hr 15 min	3
Under 17 Girls	9:33 AM	1 hour	3
Women D Grade	9:33 AM	1 hour	2
Under 15 Girls	9:33 AM	45 min - 1 Hour	2
A Grade Wave 2	Start Time	Estimated Race Time	LAPS
7.9 km Lap (229m climbing per lap)			Plus Start Lap
Men's A grade	10:45 AM	1 Hour 30 minutes	4
Under 19 Boys	10:45 AM	1 Hour 30 minutes	3
Under 17 Boys	10:45 AM	1 hour	3
Men's B grade	10:46 AM	1 Hour 30 minutes	3
Women A grade	10:46 AM	1 Hour 30 minutes	3
Under 19 Girls	10:46 AM	1 Hour 30 minutes	2
Men's C grade	10:47 AM	1 Hr 15 - 1 Hr 30 min	3
Presentations will be as soon as racing is finished.			