



## Programme & Race Schedule - Spice Route, Western Cape

Sunday 02 March 2025 XCO Racing												
07:00 - 12:00		XCO Number collection only at race venue						Up to 1 hour before your Start. <b>No late entry</b>				
From 08:00		XCO Racing: as per schedule below						See Start Times below - No XCO practise				
Cross Country Race Schedule					Total Entered >			0		Winning Time		Important Rules & Notes!
Start	±End	Grp	Category Name	Laps	No. Range	Color	Qty	Grp	Min	Max		
08:00	09:40	EW	Elite Women	LONG COURSE	6	101 - 150 151 - 175	Yellow Orange			01:20	01:40	Start Times & Laps are subject to change  Final Start Times & Laps set by course lap times; check yours at registration and Riders's Briefing  Be at the venue at least 1 hr before your race start time  <u>Podiums</u> +-11:30 EW, JW, YW, JG +- 14:00 JB & YM +- 17:00 JM & EM  CSA Podium protocols will apply. Riders shall appear at official ceremonies wearing competition clothing, caps may not be worn, nor sunglasses. Photos with alterantive kit not permitted during award's function.  <u>Results</u> Will be posted on the SA XCO Telegram Group as each Category completes
08:04	09:19	JW	Junior Women		4	601 - 650	Blue			01:00	01:15	
09:45	11:00	YW	Youth Women		3	701 - 740	Green			01:00	01:15	
09:47	10:57	JG	Sub Jun Girls		2	801 - 840	Pink			00:55	01:10	
11:05	12:15	JB	Sub Jun Boys		3	401 - 470	Blue			00:55	01:10	
12:20	13:35	YM	Youth Men		4	301 - 370	Yellow			01:00	01:15	
13:40	14:55	JM	Junior Men		5	201 - 270	Blue			01:00	01:15	
15:00	16:40	EM	Elite Men		7	1 - 100 501 - 570	Yellow Orange			01:20	01:40	