

## 5-25-22 Junior XC #1 - Short

	Wave 1	Wave 2
<b>CATEGORIES</b>	Elementary	Strider Bikes Pedal Bikes
<b>RACE START</b>	6:30pm	6:32pm
<b>LAPS</b>	1 lap	1 lap (around the stadium)

3 miles

Distance

238 ft

Climb

Parking at Kincaid Stadium.

Check-in near the start/finish area.

**Trail Etiquette:**

- Always keep pink flags on your **right**.
- Say "Trail" when passing.
- Bear bells are required.
- Have fun!

## 5-25-22 Junior XC #1 - Long

	Wave 3	Wave 4	Wave 5	Wave 6
CATEGORIES	Varsity	Junior Varsity	Freshmen	6th,7th,8th
RACE START	7:00pm	7:01pm	7:02pm	7:03pm
LAPS	2 laps	1 lap	1 lap	1 lap

**5.0 mi**     **358 ft**  
Distance     Climb

Parking at Kincaid Stadium.

Check-in near the start/finish area.

**Trail Etiquette:**

Always keep pink flags on your **right**.

Say "Trail" when passing.

Bear bells are required.

Have fun!