

Schedules based on race day schedule and past experience

**Wave 1 (max of 12 riders)**

Frosh Boys A	
race time: <b>9:15 AM</b>	
Time	What you should be doing
7:15 AM	Eat Breakfast BEFORE getting to PitZone
7:30 AM	Show up at Pit Zone and check in with Coaches
7:35 AM	Race Kit checked and stowed
7:45 AM	Bike in line for Team Mechanics Bike Check
7:50 AM	Number plate attached to bike
7:55 AM	Change into Race Gear - team jersey mandatory
8:00 AM	Team Meeting
8:05 AM	Pre-Race fuel up as needed
8:10 AM	Warm up for race on Trainers
8:45 AM	Bike off of trainer
8:35 AM	Check w asst coaches for Call Up
9:00 AM	Line up for race, excess clothing to asst coaches
9:15 AM	RACE!!
10:45 AM	Cool down: water, calories, protein
12:00 PM	Eat Lunch
12:30 PM	Cheer for JV and Varsity Boys!
3:30 PM	Gear packed and removed from PitZone
4:00 PM	Podiums

Frosh Boys B	
race time: <b>9:20 AM</b>	
Time	What you should be doing
7:00 AM	Eat Breakfast BEFORE getting to PitZone
7:30 AM	Show up at Pit Zone and check in with Coaches
7:35 AM	Race Kit checked and stowed
7:45 AM	Bike in line for Team Mechanics Bike Check
7:50 AM	Number plate attached to bike
7:55 AM	Change into Race Gear - team jersey mandatory
8:00 AM	Team Meeting
8:05 AM	Pre-Race fuel up as needed
8:15 AM	Warm up for race on Trainers
8:50 AM	Bike off of trainer
8:50 AM	Check w asst coaches for Call Up
9:05 AM	Line up for race, excess clothing to asst coaches
9:20 AM	RACE!!
10:20 AM	Cool down: water, calories, protein
12:00 PM	Eat Lunch
12:30 PM	Cheer for JV and Varsity Boys!
3:30 PM	Gear packed and removed from PitZone
4:00 PM	Podiums

Open Boys	
race time: <b>9:25 AM</b>	
Time	What you should be doing
7:00 AM	Eat Breakfast BEFORE getting to PitZone
7:30 AM	Show up at Pit Zone and check in with Coaches
7:35 AM	Race Kit checked and stowed
7:45 AM	Bike in line for Team Mechanics Bike Check
7:50 AM	Number plate attached to bike
7:55 AM	Change into Race Gear - team jersey mandatory
8:00 AM	Team Meeting
8:05 AM	Pre-Race fuel up as needed
8:20 AM	Warm up for race on Trainers
8:55 AM	Bike off of trainer
8:55 AM	Check w asst coaches for Call Up
9:10 AM	Line up for race, excess clothing to asst coaches
9:25 AM	RACE!!
10:25 AM	Cool down: water, calories, protein
12:00 PM	Eat Lunch
12:30 PM	Cheer for JV and Varsity Boys!
3:30 PM	Gear packed and removed from PitZone
4:00 PM	Podiums

**Wave 2 (max of five riders)**

JV Boys A	
race time: <b>10:30 AM</b>	
Time	What you should be doing
8:00 AM	Team Meeting
8:05 AM	Race Kit checked and stowed
8:10 AM	Eat Breakfast
9:15 AM	Cheer for your team on the course!
9:10 AM	Bike in line for Team Mechanics Bike Check
9:15 AM	Number plate attached to bike
9:20 AM	Change into Race Gear - team jersey mandatory
9:30 AM	Pre-race fuel-up if needed
9:45 AM	Bike on trainer
9:45 AM	Warm up for race on Trainers
10:05 AM	Bike off trainer
10:10 AM	Check w asst coaches for Call Up
10:15 AM	Line up for race, excess clothing to asst coaches
10:30 AM	RACE!!
11:30 AM	Cool down: water, calories, protein
12:00 PM	Eat Lunch
11:45 AM	Cheer for JV and Varsity Boys!
3:30 PM	Gear packed and removed from PitZone
4:00 PM	Podiums

JV Boys B	
race time: <b>10:35 AM</b>	
Time	What you should be doing
8:00 AM	Team Meeting
8:05 AM	Race Kit checked and stowed
8:10 AM	Eat Breakfast
9:15 AM	Cheer for your team on the course!
9:15 AM	Bike in line for Team Mechanics Bike Check
9:20 AM	Number plate attached to bike
9:25 AM	Change into Race Gear - team jersey mandatory
9:35 AM	Pre-race fuel-up if needed
9:45 AM	Bike on trainer
9:45 AM	Warm up for race on Trainers
10:05 AM	Bike off trainer
10:20 AM	Check w asst coaches for Call Up
10:20 AM	Line up for race, excess clothing to asst coaches
10:35 AM	RACE!!
11:35 AM	Cool down: water, calories, protein
12:00 PM	Eat Lunch
11:45 AM	Cheer for JV and Varsity Boys!
3:30 PM	Gear packed and removed from PitZone
4:00 PM	Podiums

**Wave 3 (max of 11 riders)**

JV Girls (6 riders)	
race time: <b>11:45 AM</b>	
Time	What you should be doing
8:00 AM	Team Meeting
8:05 AM	Race Kit checked and stowed
8:10 AM	Eat Breakfast
9:15 AM	Cheer for your team on the course!
10:00 AM	Pre-Race fuel-up (MANDATORY)
10:25 AM	Bike in line for Team Mechanics Bike Check
10:25 AM	Number plate attached to bike
10:30 AM	Change into Race Gear - team jersey mandatory
10:55 AM	Bike on trainer
10:55 AM	Warm up for race on Trainers
11:15 AM	Bike off trainer
11:25 AM	Check w asst coaches for Call Up
11:30 AM	Line up for race, excess clothing to asst coaches
11:45 AM	RACE!!
1:30 PM	Cool down: water, calories, protein
3:30 PM	Gear packed and removed from PitZone
4:00 PM	Podiums

Frosh Girls (4 riders)	
race time: <b>11:50 AM</b>	
Time	What you should be doing
8:00 AM	Team Meeting
8:05 AM	Race Kit checked and stowed
12:30 AM	Eat Breakfast
9:15 AM	Cheer for your team on the course!
10:00 AM	Pre-Race fuel-up (MANDATORY)
10:30 AM	Bike in line for Team Mechanics Bike Check
10:30 AM	Number plate attached to bike
10:35 AM	Change into Race Gear - team jersey mandatory
11:00 AM	Bike on trainer
11:00 AM	Warm up for race on Trainers
11:20 AM	Bike off trainer
11:30 AM	Check w asst coaches for Call Up
11:35 AM	Line up for race, excess clothing to asst coaches
11:50 AM	RACE!!
1:05 PM	Cool down: water, calories, protein
3:30 PM	Gear packed and removed from PitZone
4:00 PM	Podiums

Open Girls (1 rider)	
race time: <b>11:55 AM</b>	
Time	What you should be doing
8:00 AM	Team Meeting
8:05 AM	Race Kit checked and stowed
12:30 AM	Eat Breakfast
9:15 AM	Cheer for your team on the course!
10:00 AM	Pre-Race fuel-up (MANDATORY)
10:35 AM	Bike in line for Team Mechanics Bike Check
10:35 AM	Number plate attached to bike
10:40 AM	Change into Race Gear - team jersey mandatory
11:05 AM	Bike on trainer
11:05 AM	Warm up for race on Trainers
11:25 AM	Bike off trainer
11:35 AM	Check w asst coaches for Call Up
11:40 AM	Line up for race, excess clothing to asst coaches
11:55 AM	RACE!!
1:10 PM	Cool down: water, calories, protein
3:30 PM	Gear packed and removed from PitZone
4:00 PM	Podiums

**Wave 4 (max of 5 riders)**

Varsity Boys (3 Riders)	
race time: <b>1:30 PM</b>	
Time	What you should be doing
8:00 AM	Team Meeting
8:05 AM	Race Kit checked and stowed
8:10 AM	Eat Breakfast
9:15 AM	Cheer for your team on the course!
11:00 AM	Pre-Race fuel-up (MANDATORY)
12:10 PM	Bike in line for Team Mechanics Bike Check
12:10 PM	Number plate attached to bike
12:15 PM	Change into Race Gear - team jersey mandatory
12:40 PM	Bike on trainer
12:40 PM	Warm up for race on Trainers
1:00 PM	Bike off trainer
1:10 PM	Check w asst coaches for Call Up
1:15 PM	Line up for race, excess clothing to asst coaches
1:30 PM	RACE!!
3:15 PM	Cool down: water, calories, protein
3:30 PM	Gear packed and removed from PitZone
4:00 PM	Podiums

Varsity Girls (2 Riders)	
race time: <b>1:35 PM</b>	
Time	What you should be doing
8:00 AM	Team Meeting
8:05 AM	Race Kit checked and stowed
8:10 AM	Eat Breakfast
9:15 AM	Cheer for your team on the course!
11:00 AM	Pre-Race fuel-up (MANDATORY)
12:15 PM	Bike in line for Team Mechanics Bike Check
12:15 PM	Number plate attached to bike
12:20 PM	Change into Race Gear - team jersey mandatory
12:45 PM	Bike on trainer
12:45 PM	Warm up for race on Trainers
1:05 PM	Bike off trainer
1:15 PM	Check w asst coaches for Call Up
1:20 PM	Line up for race, excess clothing to asst coaches
1:35 PM	RACE!!
3:20 PM	Cool down: water, calories, protein
3:30 PM	Gear packed and removed from PitZone
4:00 PM	Podiums