

# Schedule

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0800 - 0830 Race-day registration and bib pickup

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0830 - 0930 Safety briefing (required for all first-time competitors)

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0930 - 1015 Zero for run event

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1015 - 1030 Competitor meeting

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1030 Running event start

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1200 - 1230 Zero for mountain bike event

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1230 - 1245 Competitor meeting

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1245 Mountain bike event start

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1430 Results/awards

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