



# CROSS-COUNTRY MOUNTAIN BIKE

NATIONAL CHAMPIONSHIPS  
 JULY 17–21, 2024  
 MACUNGIE, PA

## CROSS-COUNTRY MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS - MACUNGIE, PA - JULY 17-21, 2024

Tuesday 16-Jul		Time	Event	Discipline	Course
		3:00 PM - 6:00 PM	Packet Pickup		
XCO NON-CHAMPIONSHIPS					
Wednesday 17-Jul		Time	Event	Discipline	Course
		8:00 AM - 4:00 PM	Packet Pickup		
		9:30 AM - 11:30 AM	Practice - XCO		Blue/Red
			<b>12:00 PM Start Wave</b>		
	12:00 PM	Junior Men 9-10 Cat 2/Novice		XCO Non-Champ	Red
	12:01 PM	Junior Women 9-10 Cat 2/Novice		XCO Non-Champ	Red
	12:02 PM	Junior Men 6-8 Cat 2/Novice		XCO Non-Champ	Red
	12:03 PM	Junior Women 6-8 Cat 2/Novice		XCO Non-Champ	Red
			<b>1:00 PM Start Wave</b>		
	1:00 PM	Junior Men 11-12 Cat 2/Novice		XCO Non-Champ	Red
	1:01 PM	Junior Women 11-12 Cat 2/Novice		XCO Non-Champ	Red
		1:15 PM	<b>AWARDS - 12:00 PM Start Wave Groups</b>		
			<b>2:00 PM Start Waves</b>		
	2:00 PM	Junior Men 13-14 Cat 2/Novice		XCO Non-Champ	Blue
	2:01 PM	Junior Women 13-14 Cat 2/Novice		XCO Non-Champ	Blue
		2:15 PM	<b>AWARDS - 1:00 PM Start Wave Groups</b>		
			<b>3:15 PM Start Waves</b>		
	3:15 PM	Junior Men 17-18 Cat 2/Novice		XCO Non-Champ	Blue
	3:17 PM	Junior Men 15-16 Cat 2/Novice		XCO Non-Champ	Blue
	3:19 PM	Junior Women 17-18 Cat 2/Novice		XCO Non-Champ	Blue
	3:21 PM	Junior Women 15-16 Cat 2/Novice		XCO Non-Champ	Blue
		3:30 PM	<b>AWARDS - 2:00 PM Start Wave Groups</b>		
		4:45 PM	<b>AWARDS - 3:15 PM Start Wave Groups</b>		
		5:00 - 5:30 PM	Practice - XCO	XCO	Black/Blue
		5:00 - 5:30 PM	Racer Meeting		
XCO QUALIFIERS & XCO/XCC NON-CHAMPIONSHIPS & CHAMPIONSHIPS					
Thursday 18-Jul		Time	Event	Discipline	Course
		7:00 AM - 4:00 PM	Packet Pickup		
		6:00 AM - 7:30 AM	Practice - XCO		Black/Blue
			<b>8:00 AM Start Wave</b>		
	8:00 AM	Men 19-24 Cat 2/Novice		XCO Non-Champ	Blue
	8:00 AM	Men 25-29 Cat 2/Novice		XCO Non-Champ	Blue
	8:00 AM	Men 30-34 Cat 2/Novice		XCO Non-Champ	Blue
	8:00 AM	Men 35-39 Cat 2/Novice		XCO Non-Champ	Blue
	8:00 AM	Men 40-44 Cat 2/Novice		XCO Non-Champ	Blue
	8:00 AM	Men 45-49 Cat 2/Novice		XCO Non-Champ	Blue
	8:00 AM	Men 50-54 Cat 2/Novice		XCO Non-Champ	Blue
	8:02 AM	Women 19-24 Cat 2/Novice		XCO Non-Champ	Blue
	8:02 AM	Women 25-29 Cat 2/Novice		XCO Non-Champ	Blue
	8:02 AM	Women 30-34 Cat 2/Novice		XCO Non-Champ	Blue
	8:02 AM	Women 35-39 Cat 2/Novice		XCO Non-Champ	Blue
	8:02 AM	Women 40-44 Cat 2/Novice		XCO Non-Champ	Blue
	8:02 AM	Women 45-49 Cat 2/Novice		XCO Non-Champ	Blue

	<b>9:15 AM Start Wave</b>		
9:15 AM	Men Master 55-59	XCO	Blue
9:18 AM	Men Master 60-64	XCO	Blue
9:20 AM	Men Master 65-69	XCO	Blue
9:22 AM	Men Master 70-74	XCO	Blue
9:22 AM	Men Master 75-79	XCO	Blue
9:22 AM	Men Master 80-84	XCO	Blue
9:22 AM	Men Master 85-89	XCO	Blue
<b>10:00 AM</b>	<b>AWARDS - 8:00 AM Start Wave Groups</b>		
10:30 AM	Masters Men 50-54 Cat 1/2	XCO	Blue
<b>11:15 AM</b>	<b>AWARDS - 9:15 AM Start Wave Groups</b>		
	<b>11:45 AM Start Wave</b>		
11:45 AM	E-MTB 19+ Men Open	XCO	Blue
11:46 AM	E-MTB 19+ Women Open	XCO	Blue
11:49 AM	Single Speed Men Open	XCO	Blue
11:50 AM	Single Speed Women Open	XCO	Blue
11:51 AM	Non-Binary Open	XCO	Blue
<b>12:30 PM</b>	<b>AWARDS - Men 50-54 Cat 1/2</b>		
1:00 PM	Junior Men 17-18 Cat 1/2 Qualifier	XCO Qualifier	Black
<b>2:00 PM</b>	<b>AWARDS - 11:45 AM Start Wave Groups</b>		
1:45 PM	Junior Men 15-16 Cat 1/2 Qualifier	XCO Qualifier	Black
<b>2:30 - 4:15 PM</b>	<b>Practice - Black Course Only</b>		<b>Black</b>
<b>4:15 - 4:30 PM</b>	<b>Practice - XCC</b>		<b>XCC</b>
4:45 PM	Junior Women 11-14 Open	XCC	XCC-U14
5:15 PM	Junior Men 11-14 Open	XCC	XCC-U14
<b>6:15 PM</b>	<b>AWARDS - Junior 11-14 XCC</b>		
<b>6:00 PM - 6:30 PM</b>	<b>Practice - XCO</b>	XCO	<b>Black/Blue</b>
<b>6:30 PM - 7:00 PM</b>	<b>Racer Meeting</b>		

**XCO CHAMPIONSHIPS**

<b>Friday 19-Jul</b>	<b>Time</b>	<b>Event</b>	<b>Discipline</b>	<b>Course</b>
	<b>6:30 AM - 4:00 PM</b>	<b>Packet Pickup</b>		
	<b>6:00 AM - 6:45 AM</b>	<b>Practice - XCO</b>		<b>Black/Blue</b>
	7:00 AM	Junior Men 11-12 Open	XCO	Blue
	8:15 AM	Junior Men 13-14 Open	XCO	Blue
	<b>9:00 AM</b>	<b>AWARDS - Junior Men 11-12 Open</b>		
	9:30 AM	Junior Women 13-14 Open	XCO	Blue
	9:32 AM	Junior Women 11-12 Open	XCO	Blue
	<b>10:15 AM</b>	<b>AWARDS - Junior Men 13-14 Open</b>		
		<b>10:45 AM Start Wave</b>		
	10:45 AM	Amateur Women 19-29 Cat 1/2	XCO	Blue
	10:45 AM	Master Women 30-34 Cat 1/2	XCO	Blue
	10:45 AM	Master Women 35-39 Cat 1/2	XCO	Blue
	10:47 AM	Master Women 40-44 Cat 1/2	XCO	Blue
	10:47 AM	Master Women 45-49 Cat 1/2	XCO	Blue
	10:47 AM	Master Women 50-54	XCO	Blue
	10:47 AM	Master Women 55-59	XCO	Blue
	10:49 AM	Master Women 60-64	XCO	Blue
	10:49 AM	Master Women 65-69	XCO	Blue
	10:49 AM	Master Women 70-74	XCO	Blue
	10:49 AM	Master Women 75-79	XCO	Blue
	10:49 AM	Master Women 80-84	XCO	Blue
	10:49 AM	Master Women 85-89	XCO	Blue
	<b>11:30 AM</b>	<b>AWARDS - Junior Women 11-12 &amp; 13-14 Open</b>		
		<b>12:00 PM Start Wave</b>		

	12:00 PM	Amateur Men 19-29 Cat 1/2	XCO	Blue
	12:02 PM	Master Men 30-34 Cat 1/2	XCO	Blue
	12:04 PM	Master Men 35-39 Cat 1/2	XCO	Blue
	<b>12:45 PM</b>	<b>AWARDS - 10:45 AM Start Wave Groups</b>		
	1:15 PM	Master Men 40-44 Cat 1/2	XCO	Blue
	1:18 PM	Master Men 45-49 Cat 1/2	XCO	Blue
	<b>2:00 PM</b>	<b>AWARDS - 12:00 PM Start Wave Groups</b>		
	<b>3:00 PM</b>	<b>AWARDS - Men 40-44 &amp; 45-49</b>		
	<b>2:30 PM - 2:45 PM</b>	<b>Practice - XCO</b>		<b>Black</b>
	3:00 PM	Junior Women 15-16 Cat 1/2	XCO	Black
	4:30 PM	Junior Men 15-16 Cat 1/2	XCO	Black
	<b>5:15 PM</b>	<b>AWARDS - Junior Women 15-16</b>		
	<b>6:30 PM</b>	<b>AWARDS - Junior Men 15-16</b>		
	<b>6:00 PM - 6:30 PM</b>	<b>Practice - XCO</b>		<b>Black</b>
	<b>6:45 PM - 7:15 PM</b>	<b>Racer Meeting</b>		
<b>XCO CHAMPIONSHIPS</b>				
<b>Saturday 20-Jul</b>	<b>Time</b>	<b>Event</b>	<b>Discipline</b>	<b>Course</b>
	<b>6:30 AM - 4:00 PM</b>	<b>Packet Pickup</b>		
	<b>6:30 AM - 7:15 AM</b>	<b>Practice - XCO</b>		<b>Black</b>
	7:30 AM	Junior Women 17-18 Cat 1/2	XCO	Black
	9:00 AM	Junior Men 17-18 Cat 1/2	XCO	Black
	<b>10:15 AM-10:30 AM</b>	<b>Practice - XCO</b>		<b>Black</b>
	10:45 AM	Women U23 Open	XCO	Black
	<b>11:15 AM</b>	<b>Awards - Junior Women &amp; Men 17-18</b>		
	12:30 PM	Men U23 Pro/Cat 1	XCO	Black
	<b>1:45 PM - 2:00 PM</b>	<b>Practice - XCO</b>		<b>Black</b>
	2:15 PM	Women Elite Pro	XCO	Black
	<b>2:45 PM</b>	<b>Awards - U23 Women &amp; Men</b>		
	4:00 PM	Men Elite Pro	XCO	Black
	<b>6:00 PM</b>	<b>Awards - Elite Women &amp; Men</b>		
	<b>6:00 PM - 6:30 PM</b>	<b>Practice - XCC</b>		<b>XCC</b>
	<b>6:15 PM - 6:45 PM</b>	<b>Racer Meeting</b>		
<b>XCC QUALIFIERS &amp; XCC CHAMPIONSHIPS</b>				
<b>Sunday 21-Jul</b>	<b>Time</b>	<b>Event</b>	<b>Discipline</b>	<b>Course</b>
	<b>6:30 AM - 3:00 PM</b>	<b>Packet Pickup</b>		
	<b>6:30 AM - 8:15 AM</b>	<b>Practice - XCC</b>		<b>XCC</b>
	8:30 AM	Junior Men 17-18 Qualifier 2	XCC Qualifier	XCC
	8:50 AM	Junior Women 15-16	XCC	XCC
	9:25 AM	Master Men 40+	XCC	XCC
	10:00 AM	Master Men 30-39	XCC	XCC
	10:35 AM	Master Women 30+	XCC	XCC
	11:10 AM	Amateur Women 19-29	XCC	XCC
	11:45 AM	Junior Women 17-18	XCC	XCC
	<b>12:30 PM</b>	<b>Awards - Morning XCC Groups</b>		
	12:45 PM	Amateur Men 19-29	XCC	XCC
	1:30 PM	Men U23	XCC	XCC
	2:15 PM	Women U23	XCC	XCC
	3:00 PM	Junior Men 15-16	XCC	XCC
	3:45 PM	Junior Men 17-18	XCC	XCC
	4:30 PM	Women Elite	XCC	XCC
	5:15 PM	Men Elite	XCC	XCC
	<b>5:45 PM</b>	<b>Awards - Afternoon XCC Groups</b>		

Updated: July 20, 2024