

# XC CATEGORIES

## JUNIORS

LEVEL	AGE GROUP	LAPS	DISTANCE
CAT 1 EXPERT Boys	9-10	3 Laps	15-21 Miles
CAT 1 EXPERT Boys	11-12	3 Laps	15-21 Miles
CAT 1 EXPERT Boys	13-14	3 Laps	15-21 Miles
CAT 1 EXPERT Boys	15-18	4 Laps	20-28 Miles
CAT 1 EXPERT Girls	9-10	3 Laps	15-21 Miles
CAT 1 EXPERT Girls	11-12	3 Laps	15-21 Miles
CAT 1 EXPERT Girls	13-14	3 Laps	15-21 Miles
CAT 1 EXPERT Girls	15-18	4 Laps	20-28 Miles
CAT 2 SPORT Boys	9-10	2 Laps	10-14 Miles
CAT 2 SPORT Boys	11-12	2 Laps	10-14 Miles
CAT 2 SPORT Boys	13-14	2 Laps	10-14 Miles
CAT 2 SPORT Boys	15-18	3 Laps	15-21 Miles
CAT 2 SPORT Girls	9-10	2 Laps	10-14 Miles
CAT 2 SPORT Girls	11-12	2 Laps	10-14 Miles
CAT 2 SPORT Girls	13-14	2 Laps	10-14 Miles
CAT 2 SPORT Girls	15-18	3 Laps	15-21 Miles
CAT 3 BEGINNER Boys	9-10	1 Lap	5-7 Miles
CAT 3 BEGINNER Boys	11-12	1 Lap	5-7 Miles
CAT 3 BEGINNER Boys	13-14	1 Lap	5-7 Miles
CAT 3 BEGINNER Boys	15-18	2 Laps	10-14 Miles
CAT 3 BEGINNER Girls	9-10	1 Lap	5-7 Miles
CAT 3 BEGINNER Girls	11-12	1 Lap	5-7 Miles
CAT 3 BEGINNER Girls	13-14	1 Lap	5-7 Miles
CAT 3 BEGINNER Girls	15-18	2 Laps	10-14 Miles

## ADULTS

LEVEL	AGE GROUP	LAPS	DISTANCE
CAT 1 PRO/EXPERT Men	19-39	4 Laps	20-28 miles
CAT 1 PRO/EXPERT Men	40-49	4 Laps	20-28 miles
CAT 1 PRO/EXPERT Men	50+	4 Laps	20-28 miles
CAT 1 PRO/EXPERT Women	19-39	4 Laps	20-28 miles
CAT 1 PRO/EXPERT Women	40+	4 Laps	20-28 miles
CAT 2 SPORT Men	19-39	3 Laps	15-21 miles
CAT 2 SPORT Men	40-49	3 Laps	15-21 miles
CAT 2 SPORT Men	50+	3 Laps	15-21 miles
CAT 2 SPORT Women	19-39	3 Laps	15-21 miles
CAT 2 SPORT Women	40+	3 Laps	15-21 miles
SINGLE SPEED (ALL)	open	3 Laps	15-21 miles
CAT 3 BEGINNER Men	19-39	2 Laps	10-14 miles
CAT 3 BEGINNER Men	40-49	2 Laps	10-14 miles
CAT 3 BEGINNER Men	50+	2 Laps	10-14 miles
CAT 3 CLYDESDALE (200-229lbs)		2 Laps	10-14 miles
CAT 3 SASQUATCH (230+ lbs)		1 Lap	5-7 miles
CAT 3 BEGINNER Women	19-39	2 Laps	10-14 miles
CAT 3 BEGINNER Women	40+	2 Laps	10-14 miles
NOVICE OPEN Women	open	1 Lap	5-7 miles

## EMTB

LEVEL	AGE GROUP	LAPS	DISTANCE
PRO/EXPERT Male	18 and under	2 Laps	10-14 miles
PRO/EXPERT Men	19-39	2 Laps	10-14 miles
PRO/EXPERT Men	40-49	2 Laps	10-14 miles
PRO/EXPERT Men	50+	2 Laps	10-14 miles
PRO/EXPERT Female	18 and under	2 Laps	10-14 miles
PRO/EXPERT Women	19-39	2 Laps	10-14 miles
PRO/EXPERT Women	40+	2 Laps	10-14 miles
AMATEUR Male	18 and under	2 Laps	10-14 miles
AMATEUR Men	19-39	2 Laps	10-14 miles
AMATEUR Men	40-49	2 Laps	10-14 miles
AMATEUR Men	50+	2 Laps	10-14 miles
AMATEUR Female	18 and under	2 Laps	10-14 miles
AMATEUR Women	19-39	2 Laps	10-14 miles
AMATEUR Women	40+	2 Laps	10-14 miles