

# What to know for the Exchequer XC

## Registration must be done online by Wednesday before your race

Number plates can be picked up at the registration tent Friday-Sunday. Each student-athlete is assigned a number plate for the season, and is expected to use that same racing plate at each race. If you lose it, you can buy a replacement for \$20 at the merchandise tent. Coaches, parents and student-athletes can all pick up race plates. Replacement coach plates cost \$10. Please contact jen@norcalmtb.org with any registration questions.

## Volunteers - we always need your help!

Our races are made possible because of all of our volunteer support. Not only do you get to help the show go on, but you are helping your team secure a better pit location. The higher the percentage of volunteers on your team, the better the pit spot. Sign-up online or at the volunteer tent on the day of the race. Please review the NICA Adult Code of Conduct.

## Directions - pay for parking in advance

<u>Follow your map to Barrett Cove Recreation Area: 3100 Barrett Cove Rd, La Grange, CA 95329</u> More instructions on parking payment coming soon.



## Lodging

Secure a campsite at Barrett Cove as soon as possible. Link to make a reservation here.

## Misc. Beta - Outer Space Theme!

- Lock bikes when not in use
- Food vendor is currently to be determined, send us a recommendation if you know someone in the area!
- Mike's Bikes will be providing neutral support (for free!)
- For camping see lodging above
- Dogs are ok at this venue as long as they are on leash
- Pay for parking in advance this will help expedite entry into the venue
- Celebrate all things outer space! Safety first.



# Weekend Schedule

## FRIDAY:

**2pm-6pm:** Pre-ride open

4:30pm: GRiT ride

## **SATURDAY:**

7am-8am: Pre-ride open

7:30am-12pm: Volunteers

check in

8:15am: Coaches meeting

9:00am: High school wave 1

10:30am: High school wave

2

**12pm-4pm:** Volunteers

check in

12:30pm: High school wave

3

2:00pm: High school wave 4

2:30pm: GRiT ride

4:00pm: Podiums

4pm-5:30pm: Pre-ride open

## **SUNDAY:**

7am-8am: Pre-ride open

**7:30am-12pm:** Volunteers

check in

8:30am: Coaches meeting

**10:00am:** Jr. Devo wave 1

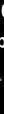
**11:40am:** Jr. Devo wave 2

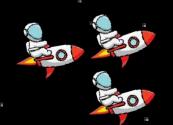
**12pm-3pm:** Volunteers

check in-

**12:30pm:** Jr. Devo wave 3

3:00pm: Podiums







## **Attention Pre-Riders:**

- <u>All</u> pre-riders must have their assigned 2023 NorCal plate fixed to their handlebars and accompanied by a coach while on course (Coaches must have Coach Plate)
- Only coaches and student-athletes are allowed to pre-ride
- No pre-riding outside of designated times mentioned above
- Coach replacement plates cost \$10

## **Coaches Meeting:**

- This is where you'll receive vital information about race day
- It is mandatory that all teams have at least one coach attend the meeting, so that important information can be communicated to the team
- Coaches meetings will be held at the registration tent

# Course Info

<u>Course Description:</u> The course will be similar to last year with some minor changes. Stay tuned for more information. <u>Link to map from last year.</u>

**Course Length and Elevation:** ~5.8 miles and ~1200ft elevation gain.





# Race Schedule - Saturday

## High School Schedule

Please arrive 15 minutes before your wave starts.

Category	Start Time	Lap Count	Race Plate #
		<u>ve 1</u>	
JV Girls	9:00	2	200-399
Sophomore Girls	9:05	2	400-599
Frosh Girls	9:10	2	600-799
	Was	ve 2	
Sophomore Boys D1	10:35	2	3000-3499
Sophomore Boys D2	10:30	2	3500-3999
Frosh Boys D1	10:40	2	4500-4999
Frosh Boys D2	10:45	2	4000-4499
	Wa	ve 3	
JV Boys D1	12:35	3	2000-2499
JV Boys D2	12:30	3	2500-2999
	<u>Wa</u>	ve 4	
Varsity Boys	2:00	4	1000's
Varsity Girls	2:05	3	100's

# Race Schedule - Sunday

## Jr. Devo Schedule

Please arrive 15 minutes before your wave starts.

Category	Start Time	Lap Count	Race Plate #	
Wave 1				
8th Grade Boys	10:00	TBD	8500-8999	
7th Grade Boys	10:05	TBD	7500-7999	
6th Grade Boys	10:30	1	6500-6999	
	<u>.</u> Wa	ve 2		
8th Grade Girls	11:40	TBD	8000-8499	
7th Grade Girls	11:45	TBD	7000-7499	
6th Grade Girls	11:50	1	6000-6499	
	Wav	<u>ve 3</u>		
Ride Category	11:55	1	Any	

# DON'T FORGET TO PAY FOR PARKING BEFORE ARRIVAL



# Thanks to our sponsors!

And an extra special thanks to all of the trail builders out at Exchequer. We wouldn't have the course without your support. We'd like to acknowledge Grant Parker for his continued efforts in helping us make this venue a possibility for the NorCal League.

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