ARKANSAS INTERSCHOLASTIC CYCLING LEAGUE NICA

Race 1 Plains Regional
Craighead Forest Park
Jonesboro AR
(staging times are 15 minutes before start)

Start Time	Category	Laps	Miles
8:30	Middle School Boys Level 3	2 Laps	6.5
8:33	Middle School Girls Level 3	2 Laps	6.5
9:00	Middle School Boys Level 2 - 8th Grade	1 Lap	3.2
9:03	Middle School Boys Level 2 - 6/7th Grade	1 Lap	3.2
9:36	Middle School Boys Level 1 - 8th Grade	1 Lap	3.2
9:39	Middle School Boys Level 1 - 7th Grade	1 Lap	3.2
9:41	Middle School Boys Level 1 - 6th Grade	1 Lap	3.2
9:43	Middle School Boys Level 1 5th Grade (Coach Swept)	1 Lap	3.2
10:30	Middle School Girls Level 2	1 Lap	3.2
10:33	Middle School Girls Level 1 8th grade	1 Lap	3.2
10:36	Middle School Girls Level 1 7th Grade	1 Lap	3.2
10:39	Middle School Girls Level 1 6th Grade	1 Lap	3.2
10:41	Middle School Girls Level 1 5th Grade (Coach Swept)	1 Lap	3.2
10:45	Just Ride Category MS/HS combined	1 Lap`	3.2
11:30	JV2 Boys	2 Laps	6.5
11:33	JV3 Boys	2 Laps	6.5
12:15	Varsity Boys	4 Laps	13

12:18	JV1 Boys	3 Laps	9.8
1:15	Varsity Girls	4 Laps	13
1:18	JV1 Girls	3 Laps	9.8
1:21	JV2 Girls	2 Laps	6.5
1:24	JV3 Girls	2 Laps	6.5