



**Wisconsin  
Cross Country  
and  
Motocross Racing**



- 10:00-10:30 Arrive, unload
  - Pit area
- 10:00-12:00 Pre race prep
  - Registration
  - Pit etiquette
  - Bike set up (Mechanical prep, suspension, position)
  - Rider set up (gear, prep)
  - Starting line (where do I line up and when)
  - Pit stops (gas, water, food)
  - Scoring (tent and after race)
- 12:00-1:00 Lunch (rider provides own)
- 1:00-4:00 Riding/Skills
  - Starts (dead engine)
  - Sand/Mud
  - Figure 8's (turns)
  - Jumps/MX
  - On track (faster riders, crashes, stalls etc.)