

3 Days – 4 Stages
Omnium Format

The Flames Omnium

Liberty University

May 7-9, 2021



Category	Distance	Time
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May 7th Criterium
River Ridge Mall

Women's 1/2/3	45 mins	4:30 PM
Women's 4/5	45 mins	4:30 PM
Men's 4/5	30 mins	5:15 PM
Masters 50+	45 mins	6:00 PM
Masters 40+	45 mins	6:00 PM
Men's 3/4	45 mins	7:00 PM
Men's 1/2/3	60 mins	8:00 PM

May 8th Road Race

Calvary Baptist Church

Masters 40+	47.5 miles	8:30 AM
Masters 50+	47.5 miles	8:30 AM
Men's 4/5	38 miles	8:35 AM
Women's 1/2/3	47.5 miles	8:40 AM
Women's 4/5	38 miles	8:40 AM
Men's 1/2/3	57 miles	11:00 AM
Men's 3/4	47.5 miles	11:05 AM

12.5 mile Time Trial after
May 8th RR @ 2:30pm

May 9th Criterium

Men's 4/5	30 mins	8:30 AM
Women's 1/2/3	45 mins	9:15 AM
Women's 4/5	45 mins	9:15 AM
Men's 3/4	45 mins	10:10 AM
Masters 50+	45 mins	11:05 AM
Masters 40+	45 mins	11:05 AM
Men's 1/2/3	60 mins	12:00 PM

Notes:

Registration Fees:

- Prices:
 - Omnium (all races) \$100
 - May 7th Crit \$30
 - May 8th RR \$35
 - May 8th TT \$20
 - May 9th Crit \$30
- Racing rain or shine! **No Refunds**
- Online Registration open till 12pm day before race
- No on-site Registration

COVID Regulations:

- Masks and social distancing always
- Riders will report to start line with masks on and then be instructed to remove it before the race
- Races will start in groups of 25 and then merge in a neutral roll out