

## SavageMan Cut Off Times

Saturday	Start Time	Swim	Bike	Run
Double Sprint (20-20)	9:00 AM	75 Minutes	3 Hours	4.0 Hours
Sprint (20)	9:30 AM	45 Minutes	2 Hours	2.5 Hours

Sunday	Start Time	Swim	Big Savage Cut-Off	Bike	Start 2nd Run Lap	Total
80.0	8:30 AM	1 Hour	1:00 PM (Mile 43*)	6 Hours	7.5 Hours	9 Hours
60.0	8:45 AM	1 Hour	1:00 PM (Mile 27*)	5 Hours	6.5 Hours	8 Hours
30.0	9:00 AM	1 Hour	n/a	3 Hours	n/a	4 Hours

*Note: Times are cumulative for the entire event, not per leg.*

### **\*Big Savage Cut-Off**

60/80 Athletes that do not make it to the top of Big Savage Mtn (Mile 27/43) by 1:00PM will not be allowed to continue and will be transported back to the race site. Giving athletes an hour for the swim, 80 athletes have to average 12 mph and 60 athletes will have to average 9 mph to this point. This is not an easy course. If you cannot maintain these speeds, do not sign up.

