

# XCO CUP # 1

Free State North West

@KoedoeslaagteTrailPark



Cross Country Race Schedule

29 January 22



Registration: 06:00 – 11:00

Practice: 07:00 - 08:15

START TIME	CATEGORY	LAPS	MAX TIME
<b>SHORT COURSE</b>			
08:30	Nippers Boys & Girls	2	
08:32	Sub-Nippers Boys & Girls	1	
09:00	Sprogs Boys & Girls	4 / 3	
<b>LONG COURSE</b>			
08:30	Youth Men	3	1h15
08:35	Sub-Junior Boys	2	1h00
10:00	Youth Women	2	1h10
10:05	Sub-Junior Girls	2	1h15
10:05	Veteran Women	3	0h55
10:05	Master Women	2	1h20
11:40	Veteran Men	4	1h05
11:45	u/23 Women	4	1h30
11:45	Elite Women	4	1h30
11:45	Junior Women	3	1h15
11:47	Master Men	2	1h15
12:30	u/23 Men	5	1h20
12:30	Elite Men	5	1h30
12:35	Junior Men	4	1h05

Start times and laps are subject to change.

Check your start and seeding at registration.

Be at the race venue at least 1 hour before your race start time.

**Podiums:**  
Top 3 per category will be held directly after they complete their race.