

2023 Hardwood Canada Cup/Ontario Cup June 4

Cross Country Category	Start Time	Laps	Distance
First Start - 8:30 am			
Peewee Boys (11-12)	8:30 am	2	8 km
Peewee Girls (11-12)	8:32 am	2	8 km
Squirt Boys (8-10)	8:34 am	2	8 km
Squirt Girls (8-10)	8:35 am	1	4 km

Awards 10:30 am

Second Start - 9:30 am			
Minime Boys (13-14)	9:30 PM	2	15 km
Cadet Sport Men (15-16)	9:32 AM	2	15 km
Junior/Senior Sport Men (17-34)	9:32 AM	3	22.5 km
Master Sport Men (35-44)	9:34 AM	3	22.5 km
Master Sport Men (45-54)	9:34 AM	3	22.5 km
Master Sport Men (55-64)	9:34 AM	3	22.5 km
Master Men (65+)	9:34 AM	2	15 km
Minime Girls (13-14)	9:36 AM	2	15 km
Senior Sport Women (19-34)	9:38 AM	2	15 km
Cadet/ Junior Sport Women (15-18)	9:38 AM	2	15 km
Master Sport Women (35-44)(45-54)(55+)	9:38 AM	2	15 km

Awards 12:30 pm

start last lap by 10:45

Third Start - 11:30 am			
Under 17 (Cadet) Expert Men	11:30 AM	3	22.5 km
Master Expert Men (35-44)	11:32 AM	4	30 km
Master Expert Men (45-54)	11:32 AM	4	30 km
Master Expert Men (55+)	11:34 AM	4	30 km
Senior Expert Men (19-34)	11:34 AM	4	30 km
Cadet Expert Women (15-16)	11:36 AM	2	15 km
Senior Expert Women (19-29)	11:38 AM	3	22.5 km
Master Expert Women (35-44) (45-54) (55+)	11:38 AM	3	22.5 km

Awards 3:45 pm

start last lap by 1:05

Fourth Start - 1:45 pm			
Senior Elite Men	1:45 PM	5	37.5 km
Junior Expert Men	1:47 PM	4	30 km
Senior Elite Women	1:49 PM	4	30 km
Junior Expert Women	1:50 PM	3	22.5 km

Awards 3:45pm

2023 Hardwood Short Track June 2

Short Track Category	Start Time	Time
Minime Girls (13-14),	3:00 PM	15 min
Peewee Girls (9-12)	3:01 PM	15 min
Peewee Boys (9-12)	3:20 PM	15 min
Minime Boys (13-14)	3:40 PM	15 min
Cadet Women (15-16)	4:05 PM	15 min
Master Women (35-49)(50+)	4:06 PM	15 min
Master Men (35-49)(50+)	4:30 PM	20 min
Cadet Men (15-16)	5:00 PM	20 min
Senior Women (19-34)	5:30 PM	20 min
Junior Women (17-18)	5:30 PM	20 min
Junior Men (17-18)	6:00 PM	20 min
Senior Men (19-34)	6:30 PM	20 min
Awards	7:00 PM	