

2024 Hardwood Canada Cup/Ontario Cup May 19

Cross Country Category	Start Time	Laps	Distance
<b>First Start - 8:30 am</b>			
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*

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

*Awards 12:30 pm*

*start last lap by 10:45*

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

*Awards 3:45 pm*

*start last lap by 1:05*

<b>Fourth Start - 1:45 pm</b>			
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*

2024 Hardwood Short Track May 17

Short Track Category	Start Time	Time
Minime Girls (13-14),	5:00 PM	15 min
Peewee Girls (9-12)	5:01 PM	15 min
Minime Boys (13-14)	5:25 PM	15 min
Peewee Boys (9-12)	5:26 PM	15 min
Cadet Women (15-16)	5:50 PM	15 min
Master Women (35-49)(50+)	5:51 PM	15 min
Cadet Men (15-16)	6:15 PM	20 min
Master Men (35-49)(50+)	6:16 PM	20 min
Senior Women (19-34)	6:45 PM	20 min
Junior Women (17-18)	6:46 PM	20 min
Junior Men (17-18)	7:15 PM	20 min
Senior Men (19-34)	7:16 PM	20 min
Awards	7:45 PM	

**2023 Hardwood Canada Cup/Ontario Cup June 4****Cross Country Category****Start Time****# riders****First Start - 8:30 am**

Peewee Boys (11-12)	8:30 am	28
Peewee Girls (11-12)	8:32 am	17
Squirt Boys (8-10)	8:34 am	16
Squirt Girls (8-10)	8:35 am	6

*Awards 10:30 am***Second Start - 9:30 am**

Minime Boys (13-14)	9:30 PM	27
Cadet Sport Men (15-16)	9:32	22
Junior/Senior Sport Men (17-18)(19-34)	9:32	12
Master Sport Men (35-44)	9:34	23
Master Sport Men (45-54)	9:34	22
Master Sport Men (55-64)	9:34	3
Master Men (65+)	9:34	3
Minime Girls (13-14)	9:36	19
Senior Sport Women (19-34)	9:38	2
Cadet/ Junior Sport Women (15-18)	9:38	6
Master Sport Women (35-44)	9:38	2
Master Sport Women (45-54)(55+)	9:38	3

*Awards 12:30 pm**start last lap by  
10:45***Third Start - 11:30 am**

Under 17 (Cadet) Expert Men	11:30	36
Master Expert Men (35-44)	11:32	9
Master Expert Men (45-54)	11:32	10
Master Expert Men (55+)	11:34	4
Senior Expert Men (19-34)	11:34	12
Cadet Expert Women (15-16)	11:36	14
Senior Expert Women (19-29)	11:38	1
Master Expert Women (35-44) (45-54) (55+)	11:38	5

*Awards 3:45 pm**start last lap by 1:05***Fourth Start - 1:45 pm**

Senior Elite Men	1:45 PM	24
Junior Expert Men	1:47 PM	35
Senior Elite Women	1:49 PM	20
Junior Expert Women	1:50 PM	20

*Awards 3:45pm*

<b>first</b>	<b>last</b>	<b>Laps</b>	<b>Distance</b>
146	174	2	8 km
351	368	2	8 km
400	416	2	8 km
500	506	1	4 km

71	98	2	15 km
251	<u>273</u>	2	15 km
66	<u>78</u>	3	22.5 km
370	<u>393</u>	3	22.5 km
425	<u>447</u>	3	22.5 km
530	<u>533</u>	3	22.5 km
175	<u>178</u>	2	15 km
121	140	2	15 km
450	<u>452</u>	2	15 km
511	<u>517</u>	2	15 km
179	<u>181</u>	2	15 km
182	<u>185</u>	2	15 km

26	62	3	22.5 km
236	<u>245</u>	4	30 km
321	<u>331</u>	4	30 km
420	<u>424</u>	4	30 km
510	<u>522</u>	4	30 km
120	134	2	15 km
523	<u>524</u>	3	22.5 km
524	<u>529</u>	3	22.5 km

1	25	5	37.5 km
200	235	4	30 km
100	120	4	30 km
300	320	3	22.5 km

## 2023 Hardwood Canada Cup/Ontario Cup June 4

	Cross Country Category	Start Time	# riders
e	Minime Boys (13-14)	9:30	27
f	Cadet Sport Men (15-16)	9:32	22
g	Junior/Senior Sport Men (17-18)(19-34)	9:32	12
h	Master Men (65+)	9:34	3
i	Master Sport Men (45-54)	9:34	22
j	Master Sport Men (35-44)	9:34	23
k	Master Sport Men (55-64)	9:34	3
l	Minime Girls (13-14)	9:36	19
m	Master Sport Women (35-44)	9:38	2
n	Master Sport Women (45-54)(55+)	9:38	10
o	Senior Sport Women (19-34)	9:38	2
p	Cadet/ Junior Sport Women (15-18)	9:38	6
q	Under 17 (Cadet) Expert Men	11:30	36
r	Master Expert Men (35-44)	11:32	9
s	Master Expert Men (45-54)	11:32	10
t	Master Expert Men (55+)	11:34	4
u	Senior Expert Men (19-34)	11:34	12
v	Cadet Expert Women (15-16)	11:36	15
w	Senior Expert Women (19-29)	11:38	1
x	Master Expert Women (35-44) (45-54) (55+)	11:38	5
y	Senior Elite Men	1:45 PM	24
z	Junior Expert Men	1:47 PM	35
zz	Senior Elite Women	1:49 PM	20
zz	Junior Expert Women	1:50 PM	20
a	Pewee Boys (11-12)	8:30 am	28
b	Pewee Girls (11-12)	8:32 am	17
c	Squirt Boys (8-10)	8:34 am	18
d	Squirt Girls (8-10)	8:35 am	6

<b>first</b>	<b>last</b>	<b>Laps</b>	<b>Distance</b>
71	98	2	15 km
251	273	2	15 km
440	452	3	22.5 km
175	178	2	15 km
341	363	3	22.5 km
370	393	3	22.5 km
531	534	3	22.5 km
121	140	2	15 km
179	181	2	15 km
182	192	2	15 km
454	456	2	15 km
511	517	2	15 km
26	62	3	22.5 km
240	249	4	30 km
321	331	4	30 km
65	69	4	30 km
277	289	4	30 km
420	435	2	15 km
523	524	3	22.5 km
525	530	3	22.5 km
1	25	5	37.5 km
200	235	4	30 km
100	120	4	30 km
300	320	3	22.5 km
145	173	2	8 km
351	368	2	8 km
400	418	2	8 km
500	506	1	4 km

# 8:30 Start

## **First Start - 8:30 am**

Peewee Boys (11-12)	8:30 am
Peewee Girls (11-12)	8:32 am
Squirt Boys (8-10)	8:34 am
Squirt Girls (8-10)	8:34 am

**2023 Hardwood Canada Cup/Ontario Cup June 4****Cross Country Category****Start Time****riders****First Start - 8:30 am**

Peewee Boys (11-12)	8:30 am	27
Peewee Girls (11-12)	8:32 am	15
Squirt Boys (8-10)	8:34 am	14
Squirt Girls (8-10)	8:35 am	5

*Awards 10:30 am***Second Start - 9:30 am**

Cadet Sport Boys (15-16)	9:30 PM	
Senior Sport Men (19-34)	9:30	
Minime Boys (13-14)	9:32	18
Junior Sport Men (17-18)	9:32	24
Master Sport Men (35-44)	9:34	
Master Sport Men (45-54)	9:34	
Master Sport Men (55-64)	9:34	
Master Men (65+)	9:34	
Senior Sport Women (19-34)	9:36	
Cadet/ Junior Sport Women (15-18)	9:36	5
Minime Girls (13-14)	9:36	17
Master Sport Women (35-44)	9:38	
Master Sport Women (45-54)	9:38	
Master Sport Women (55+)	9:38	

*Awards 12:30 pm**start last lap by  
10:45***Third Start - 11:30 am**

Under 17 (Cadet) Expert Men	11:30	26
Master Expert Men (35-44)	11:32	
Master Expert Men (40-49)	11:32	
Master Expert Men (55+)	11:34	
Senior Expert Men (19-34)	11:34	
Cadet Expert Women (15-16)	11:36	
Senior Expert Women (19-29)	11:38	
Master Expert Women (35-44) (45-54) (55+)	11:38	

*Awards 3:45 pm**start last lap by 1:05***Fourth Start - 1:45 pm**

Senior Elite Men	1:45 PM	25
Junior Expert Men	1:47 PM	30
Senior Elite Women	1:49 PM	10
Junior Expert Women	1:50 PM	15

*Awards 3:45pm*

**1st number      last number      Laps      Distance**

	27	2	8 km
	15	2	8 km
	14	2	8 km
	5	1	4 km

	0	2	22.5 km
	0	3	22.5 km
60	18	2	15 km
	84	3	15 km
	0	3	22.5 km
	0	3	22.5 km
	0	3	22.5 km
	0	2	15 km
	0	2	15 km
	5	2	15 km
	17	2	15 km
	0	2	15 km
0	2	15 km	
0	2	15 km	

30	56	3	22.5 km
131	131	4	30 km
211	211	4	30 km
	0	4	30 km
	0	4	30 km
316	316	2	15 km
	0	3	22.5 km
	0	3	22.5 km

1	26	5	37.5 km
100	130	4	30 km
200	210	4	30 km
300	315	3	22.5 km

---

Senior Sport Men (19-34)

Junior Sport Men (17-18)

---

Cadet Sport Boys (15-16)

Minime Boys (13-14)

# 9:30 Start

## Second Start - 9:30 am

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

# 11:30 Start

# 1:45 Start

## Third Start - 11:30 am

Under 17 (Cadet) Expert Men	11:30
Master Expert Men (35-44)	11:32
Master Expert Men (40-49)	11:32
Master Expert Men (55+)	11:34
Senior Expert Men (19-34)	11:34
Cadet Expert Women (15-16)	11:36
Senior Expert Women (19-29)	11:38
Master Expert Women (35-44) (45-54) (55+)	11:38

## Fourth Start - 1:45 pm

Senior Elite Men	1:45 PM
Junior Expert Men	1:47 PM
Senior Elite Women	1:49 PM
Junior Expert Women	1:50 PM

# 11:30 Start

## First Start - 8:30 am

Peewee Boys (11-12)	8:30 am
Peewee Girls (11-12)	8:32 am
Squirt Boys (8-10)	8:34 am
Squirt Girls (8-10)	8:34 am

## Second Start - 9:30 am

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

## Third Start - 11:30 am

Under 17 (Cadet) Expert Men	11:30
Master Expert Men (35-44)	11:32
Master Expert Men (40-49)	11:32
Master Expert Men (55+)	11:34
Senior Expert Men (19-34)	11:34
Cadet Expert Women (15-16)	11:36
Senior Expert Women (19-29)	11:38
Master Expert Women (35-44) (45-54) (55+)	11:38

## Fourth Start - 1:45 pm

Senior Elite Men	1:45 PM
Junior Expert Men	1:47 PM
Senior Elite Women	1:49 PM
Junior Expert Women	1:50 PM

# All Others

## Second Start - 9:30 am

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

## Third Start - 11:30 am

Under 17 (Cadet) Expert Men	11:30
Master Expert Men (35-44)	11:32
Master Expert Men (40-49)	11:32
Master Expert Men (55+)	11:34
Senior Expert Men (19-34)	11:34
Cadet Expert Women (15-16)	11:36
Senior Expert Women (19-29)	11:38
Master Expert Women (35-44) (45-54) (55+)	11:38

## Fourth Start - 1:45 pm

Senior Elite Men	1:45 PM
Junior Expert Men	1:47 PM
Senior Elite Women	1:49 PM
Junior Expert Women	1:50 PM