

**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	1	4 km
Squirt Girls (8-10)	8:35 AM	1	4 km

*First Start Awards 10:00 am*

**Second Start - 9:30 am**

Minime Boys (13-14)	9:30	2	14 km
Cadet Sport Men (15-16)	9:32	2	14 km
Junior/Senior Sport Men (17-34)	9:32	3	21 km
Master Sport Men (35-44)	9:34	3	21 km
Master Sport Men (45-54)	9:34	3	21 km
Master Sport Men (55-64)	9:34	3	21 km
Master Men (65+)	9:34	2	14 km
Minime Girls (13-14)	9:36	2	14 km
Senior Sport Women (19-34)	9:38	2	14 km
Cadet/ Junior Sport Women (15-18)	9:38	2	14 km
Master Sport Women (35-44)(45-54)(55+)	9:38	2	14 km

*Second Start Awards 11:45 am*

*start last lap by  
10:45 am*

**Third Start - 11:15 am**

Under 17 (Cadet) Expert Men	11:15	3	21 km
Master Expert Men (35-44)	11:17	4	28
Master Expert Men (45-54)	11:17	4	28 km
Master Expert Men (55+)	11:19	4	28 km
Senior Expert Men (19-34)	11:19	4	28 km
Cadet Expert Women (15-16)	11:21	2	14 km
Senior Expert Women (19-29)	11:22	3	21 km
Master Expert Women (35-44) (45-54) (55+)	11:22	3	21 km

*Third Start Awards 1:00 pm*

*start last lap by 12:30 pm*

**Fourth Start - 1:45 pm**

Senior Elite Men	1:45 PM	5	35 km
Junior Expert Men	1:47 PM	4	28 km
Senior Elite Women	1:49 PM	4	28 km
Junior Expert Women	1:50 PM	3	21 km

*Fourth Start Awards 3:30pm*

**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	