

**2025 Hardwood Canada Cup/Ontario Cup May 18**

Cross Country Category	Start Time	Laps	Distance
<b>First Start 8:30 am - 3 km/lap</b>			
U13 Boys (11-12)	8:30 AM	3	9 km
U13 Girls (11-12)	8:30 AM	3	9 km
U11 Boys (8-10)	8:32 AM	2	6 km
U11 Girls (8-10)	8:32 AM	2	6 km

*First Start Awards 9:45 am start last lap by 9:10 am*

**Second Start - 9:15 am - 5 km/lap**

U15 Boys (13-14)	9:15 AM	3	15 km
U15 Girls (13-14)	9:15 AM	3	15 km
U17 Sport Men (15-16)	9:17 AM	3	15 km
U19 Sport Men (17-18)	9:17 AM	3	15 km
U17 Sport Women (15-16)	9:19 AM	3	15 km
U19 Sport Women (17-18)	9:19 AM	3	15 km
Master Men (65+)	9:21 AM	3	15 km
Novice Men/Open 19+*	9:21 AM	3	15 km
Master Women 65+	9:22 AM	2	10 km
Novice Women 19+*	9:22 AM	2	10 km

*Second Start Awards 11:15 am start last lap by 10:25 am*

**Third Start - 10:45 am - 6.3 km/lap**

U17 Expert Men (15-16)	10:45 AM	3	19 km
U17 Expert Women (15-16)	10:47 AM	3	19 km
Senior Men/Open 19-34	10:49 AM	4	25 km
Master Men/Open 35-44	10:51 AM	4	25 km

*Third Start Awards 1:00 pm start last lap by 12:05 pm*

**Fourth Start - 12:30 pm 6.3 km/lap**

Senior Elite Men	12:30 PM	5	32 km
Junior Expert Men	12:32 PM	4	25 km
Senior Elite Women	12:34 PM	4	25 km
Junior Expert Women	12:36 PM	3	19 km

*Fourth Start Awards 2:45 pm*

**Fifth Start - 2:30 pm - 6 km/lap**

Master Men/Open 45-54	2:30 PM	4	24 km
Master Men/Open 55-64	2:32 PM	4	24 km
Senior Women 19-34	2:34 PM	3	18 km
Master Women 35-44	2:34 PM	3	18 km
Master Women 45-54	2:34 PM	3	18 km
Master Women 55-64	2:34 PM	3	18 km

*Fifth Start Awards 4:20 pm start last lap by 3:50 pm*

**2025 Hardwood Short Track May 16**

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 Expert Women (15-16)	5:50 PM	15 min
Open/Master Women (15-34)(35-49)(50+)	5:51 PM	15 min
Cadet Expert Men (15-16)	6:15 PM	20 min
Open/Master Men (15-34)(35-49)(50+)	6:16 PM	20 min
Elite/U23 Women (19-34)	6:45 PM	20 min
Junior Expert Women (17-18)	6:46 PM	20 min
Junior Expert Men (17-18)	7:15 PM	20 min
Senior/U23 Men (19-34)	7:16 PM	20 min
Awards	7:45 PM	