

LSSD OCup #2

January 4, 5 and 6 2019

Draft Order of Start for all Race Days



Day 1 – Senior Sprints and Prologue

Start Times - Approximate

Category Approximate Start Times

Open Women 1.3 km 10:00

◆ Junior Women and Senior Women

Open Men 1.3 km 10:08

◆ Junior Men and Senior Men

Jr B & Juv B 3.5 km 10:50

Jr G & Juv G 3.5 km 10:59

Midget B 3.5 km 11:06

Midget G 3.5 km 11:11

Open Women Heats 4 minute heats 12:00

Open Men Heats 4 minute heats 12:20

Day 2 – Interval Start Free Order of Start

Category		Approximate Start Times
Mini-Midget Boys	2.5 km	10:00
Mini-Midget Girls	2.5 km	10:02
Midget Boys	3.5 km	10:10
Midget Girls	3.5 km	10:15
Open Women	2 X 3.75 km	10:38
◆ Jr Girl; Junior and Senior Women; Master Women		
Open Men	2 x 5 km (Red Course)	11:28
◆ Jr Boy; Junior and Senior Men; Master Men		
Juv Boys	5 km (Blue Course)	12:20
Juv Girls	5 km (Blue Course)	12:28

Day 3 – Mass Start Classic

Order of Start

Category		Approximate Start Times
Open Men*	3 X 5 km (Red Course)	9:30
◆ Junior and Senior Men; Master Men (Red Course)		
Open Women*	2 X 5 km	10:05
◆ Junior and Senior Men; Master Men		
Jr. Boys	2 X 3.75 km	10:40
Juv. Boys	2 X 3.75 km	10:45
Jr. Girls	2 X 3.75 km	11:10
Juv. Girls	2 x 3.75 km	11:15
Midget Girls	5 km (Blue Course)	11:50
Midget Boys	5 km (Blue Course)	11:55
Mini-Midget Girls	2.5 km	12:15
Mini-Midget Boys	2.5 km	12:20