

2022 New Zealand Cross Country Championships – Race Timetable

Saturday

| Time | Age Grade/s | Distance |
|-------|---------------------|---|
| 10:00 | Girls U14 | 3KM (1 x 3KM lap) |
| 10:10 | Boys U14 | 3KM (1 x 3KM lap) |
| 10:20 | Girls U16 | 4KM (2 x 2KM laps) |
| 10:35 | Boys U16 | 4KM (2 x 2KM laps) |
| 10:45 | Masters Women 35+ | 6KM (2 x 3KM laps) |
| 11:10 | Masters Men 35 – 64 | 8KM (1 x 2KM lap followed by 2 x 3KM laps) |
| 11:25 | Masters Men 65+ | 6KM (3 x 2KM laps) |
| 11:50 | Kids Dash | 2KM |
| 12:05 | Fun Run / Walk | 2KM or 4KM |
| 12:40 | Women's U18 | 5KM (1 x 2KM lap followed by 1 x 3KM lap) |
| 13:00 | Men's U18 | 6KM (2x 3KM laps) |
| 13:20 | Women's U20 | 6KM (2 x 3KM laps) |
| 13:40 | Men's U20 | 8KM (1 x 2KM lap followed by 2 x 3KM laps) |
| 14:05 | Senior Women | 10KM (2 x 2KM laps followed by 2 x 3KM laps) |
| 14:45 | Senior Men | 10KM (2 x 2KM laps followed by 2 x 3KM laps) |

Sunday

Mixed Relay Teams

| Time | Age Grades |
|-------|----------------------------------|
| 09:00 | Under 16 Masters Composite |
| 09:40 | Under 18 Under 20 |
| 10:20 | Seniors |
| 11:15 | Prizegiving |

*As at 15-07-22 subject to change