

## 2022 New Zealand Cross Country Championships & Cross Country Relays – Race Timetable

**Saturday 30 July 2022**

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

**Note: Award ceremonies will take place after races on Saturday.**

Sunday 31 July 2022

Mixed Relay Teams

Time	Age Grades
09:00am	Under 16 Masters Composite
09:40am	Under 18 Under 20 Seniors
10:30am	Awards

\*As at 28-07-22 subject to change