



Canada Cup & BC Champs XCO

June 23, 2018



Laps and Waves

category	# participants	Total # racers per heat	Plates for category	time (minutes)	# of Laps	Heat	wave start	Start Time
U17 Sport Men		34	401-415	60	4	1	1	10:30:00 AM
U15 Men	10		435-449	45	2		2	10:31:00 AM
U15 Women	8		455-464	45	2		3	10:32:00 AM
U17 Sport Women	3		425-429	60	2			
U13 Women	4		525-534	30	1			
U13 Men	9		501-515	30	1			
Master Men (30-39)	7	25	201-215	60	4	2	1	11:45:00 AM
U19 Sport Men	1		301-304	75	3		3	11:47:00 AM
Senior Men (19-29)	2		325-334	60	4		2	11:46:00 AM
Master Men (40-49)	11		235-254	75	4		3	11:47:00 AM
Master Men (50+)	2		275-289	75	3			
Master Women (30-39)			225-229	75	3			
Master Women (40+)	1		265-269	75	3			
U19 Sport Women			310-314	60	3			
Senior Women (19-29)	1		350-354	75	3			
Elite Men	15	45	1-25	90	6	3	1	1:15:00 PM
U19 Expert Men	9		101-115	75	4		2	1:17:00 PM
Elite Women	9		50-64	90	5		3	1:18:00 PM
U17 Expert Women	1		175-179	75	3			
U19 Expert Women	1		120-124	75	3			
U17 Expert Men	10		150-164	75	4		4	1:19:00 PM