Sprint

Start block 13:00-14:30

Grade	Course	Suggested time
M20E	1	13:00
M21E	1	13:10
M16A	2	13:00
M20A	2	13:10
M21A	2	13:20
M40A	2	13:30
W20E	2	13:40
W21E	2	13:50
M50A	3	13:25
M14A	4	13:25
W16A	4	13:00
W18A	4	13:15
W21A	4	13:40
W40A	4	13:30
M60A	5	13:15
W50A	5	13:00
M70A	6	13:00
W60A	6	13:50
W70A	7	13:00
M12A	8	13:00
OE	8	13:20
W12A	8	13:10
M10	9	At will
OVE	9	At will
W10	9	At will

Middle

Start block 10:30-12:00

Grade	Course	Start	Suggested time
M20E	1	1	10:40
M21E	1	1	10:30
M18A	2	1	10:30
M21A	2	1	10:40
M40A	2	1	10:50
W20E	2	1	11:00
W21E	2	1	11:10
M50A	3	1	10:50
W21A	3	1	11:20
W40A	3	1	11:50
M16A	4	1	10:30
W16A	4	1	10:45
W18A	4	1	11:00
M60A	5	1	11:10
W50A	5	1	11:30
M21AS	6	2	11:20
M70A	6	2	10:30
W21AS	6	2	11:20
W60A	6	2	11:00
M40AS	7	2	10:45
W40AS	7	2	10:45
W70A	7	2	10:30
M14A	8	2	10:45
OM	8	2	11:00
W14A	8	2	At will
M12A	9	2	At will
OE	9	2	At will
W12A	9	2	At will
M10	10	2	At will
MW10N	10	2	At will
OVE	10	2	At will
W10	10	2	At will

Long

Start block 10:00-12:00

Grade	Course	Suggested time
M20E	1	10:00
M21E	1	10:10
W21E	2	10:00
M18A	3	10:00
M21A	3	10:15
M40A	3	10:25
M50A	3	10:45
M16A	4	11:00
W20E	4	11:20
W40A	4	11:30
M21AS	5	10:00
M60A	5	10:05
W16A	5	10:35
W18A	5	11:00
W20A	5	11:20
W21A	5	11:30
W50A	5	10:40
M40AS	6	10:00
M70A	6	10:10
W60A	6	10:45
W21AS	7	At will
W40AS	7	At will
W70A	7	10:30
M14A	8	10:30
OM	8	At will
W14A	8	At will
M12A	9	At will
OE	9	At will
W12A	9	At will
M10	10	At will
MW10N	10	At will
OVE	10	At will
W10	10	At will