

Start Waves – Ontario Cup Series 2019 (Woodnewton O-Cup #1)

9:00 AM START

Interval time: 1 Minute Laps (4km course)

Stage Area A – Citizen Boys (13-16 yrs), Citizen Boys (11-12 yrs)	2
Stage Area B – Citizen Girls (13-16 yrs), Citizen Girls (11-12 yrs)	2
Stage Area C – Squirt Boys 9-10	1
Stage Area D – Squirt Girls 9-10	1

10:00 AM START

Interval time: 1.5 Minutes

Laps (23 km course)

Stage Area A - Master Men 50 – 59, 60+	1
Stage Area B – Cadet Boys 15-16	1
Stage Area C – Minime Boys 13-14	1
Stage Area D – Peewee Boys 11-12	1
Citizen Men 17+	1
Stage Area E – Senior Sport Women 19 – 34, 35-49	1
Master Women 50+,	1
Stage Area F – Cadet/Junior Girls 15 – 18, Minime Girls 13-14	
Peewee Girls 11-12 Citizen Women 19+	1

11:45 AM START

Interval time: 2 Minutes

Laps (23km course)

Stage Area A – Senior Sport Men 19-29, Junior Sport Men 17-18	1
Stage Area B – Master Sport Men 30 - 39	1
Stage Area C – Master Sport Men 40-49	1
Stage Area D – Cadet Expert Women 15-16	1
Senior Expert Women 19 – 34,	1
Stage Area E - Master Expert Women 35-49, 50+	1

1:30 PM START Interval time: 2 Minutes

Laps (23km course)

Stage Area A – Senior Elite Men	2
Stage Area B – Junior Expert Men 17-18	2
Cadet Expert Men 15-16	1
Stage Area C – Senior Elite Female	2
Junior Expert Female	1
Stage Area D – Master Expert Men 30 – 39	2
Stage Area E - Master Expert Men 40-49	2
Stage Area F – Master Expert Men 50+	2
Senior Expert Men 19 - 29	2