

Start Waves – Ontario Cup Series 2019 (Provincials Sir Sams)

9:00 AM START (3:00pm Saturday)

Interval time: 1 Minute

Laps (3 km loop)

Stage Area A – Citizen Boys (13-16 yrs), Citizen Boys (11-12 yrs)	3
Stage Area B – Citizen Girls (13-16 yrs), Citizen Girls (11-12 yrs)	3
Stage Area C – Squirt Boys 9-10	2
Stage Area D – Squirt Girls 9-10	2

10:00 AM START

Interval time: 1.5 Minutes

Laps (7 km course)

Stage Area A - Master Men 50 – 59, 60+	3,2
Stage Area B – Cadet Boys 15-16	2
Stage Area C – Minime Boys 13-14	2
Stage Area D – Peewee Boys 11-12	1
Citizen Men 17+	2
Stage Area E – Senior Sport Women 19 – 34, 35-49	2
Master Women 50+,	2
Stage Area F – Cadet/Junior Girls 15 – 18,	2
Minime Girls 13-14, Citizen Women	1
Peewee Girls 11-12	1

11:45 AM START

Interval time: 2 Minutes

Laps (7.5km course)

Stage Area A – Senior Sport Men 19-29, Junior Sport Men 17-18	3
Stage Area B – Master Sport Men 30 - 39	3
Stage Area C – Master Sport Men 40-49	3
Stage Area D – Cadet Expert Women 15-16	2
Senior Expert Women 19 – 34,	3
Stage Area E - Master Expert Women 35-49, 50+	3

1:30 PM START

Interval time: 2 Minutes

Laps (7.5km course)

Stage Area A – Senior Elite Men	5
Stage Area B – Junior Expert Men 17-18	4
Cadet Expert Men 15-16	3
Stage Area C – Senior Elite Female	4
Junior Expert Female	3
Stage Area D – Master Expert Men 30 – 39	4
Stage Area E - Master Expert Men 40-49	4
Stage Area F – Master Expert Men 50+	4
Senior Expert Men 19 - 29	4