

Start Waves – Ontario Cup Series 2022 (Woodnewton O-Cup #1)

8:30 AM START Interval time: 1 Minute Laps (2 – 2.5km course)

Stage Area A – D grade boys and girls 3
Stage Area B – E grade boys and girls 2

9:00 AM START Interval time: 1.5 minutes Laps (3 – 3.5 km course)

Stage Area A – B Grade boys/girls 3
Stage Area B – C Grade boys/girls 2

10:00 AM START Interval time: 2 Minutes Laps (7.2 km course)

Stage Area A – Master C Sport Men 55-64, Master D 65+ 2
Stage Area B – A Grade Boys/Girls 2
Stage Area C – Junior Sport Girls 17-18 2
Stage Area D – Senior Sport Women 19-34 2
Stage Area E – Master A, B, C Sport Women 35-44, 45-54, 55-64 2
Master D Women 65+ 2

11:45 AM START Interval time: 2 Minutes Laps (7.2km course)

Stage Area A – Junior Sport Men 17-18 3
Stage Area B – Senior Sport Men 3
Stage Area C – Master A Sport Men 35-44 3
Stage Area D – Master B Sport Men 45-54 3
Stage Area E – Senior Expert Women 19-34, 3
Master A Expert Women 35-44 3
Master B, C Expert Women 45-54, 55+ 3

1:30 PM START Interval time: 2 Minutes Laps (7.2km 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 17-18 3
Stage Area D – Master A Expert Men 35-44 4
Stage Area E – Master B Expert Men 45-54 4
Stage Area F – Master Expert Men 55+ 4
Senior Expert Men 19-34 4
Cadet Expert Female 15-16 2