



2016 ASAA Cross-Country Championships Saturday October 15th, 2016
(Cochrane Agricultural Society)

- 9:00am Registration
- 9:30am Walk through until 10:15 am
- 10:30am Coaches meeting
- 11:00am Opening Ceremonies
- 11:30am Course Closed
- Para Race - 2km (one yellow loop)
- 12:00pm Junior Women - 3km (one purple loop)
- 12:30pm Senior Men - 6km (two purple loops)
- 1:15pm Intermediate Men - 5km (one purple then one yellow loop)
- 2:00pm Intermediate Women - 4km (two yellow loops)
- 2:30pm Junior Men - 4km (two yellow loops)
- 3:00pm Senior Women - 4km (two yellow loops)