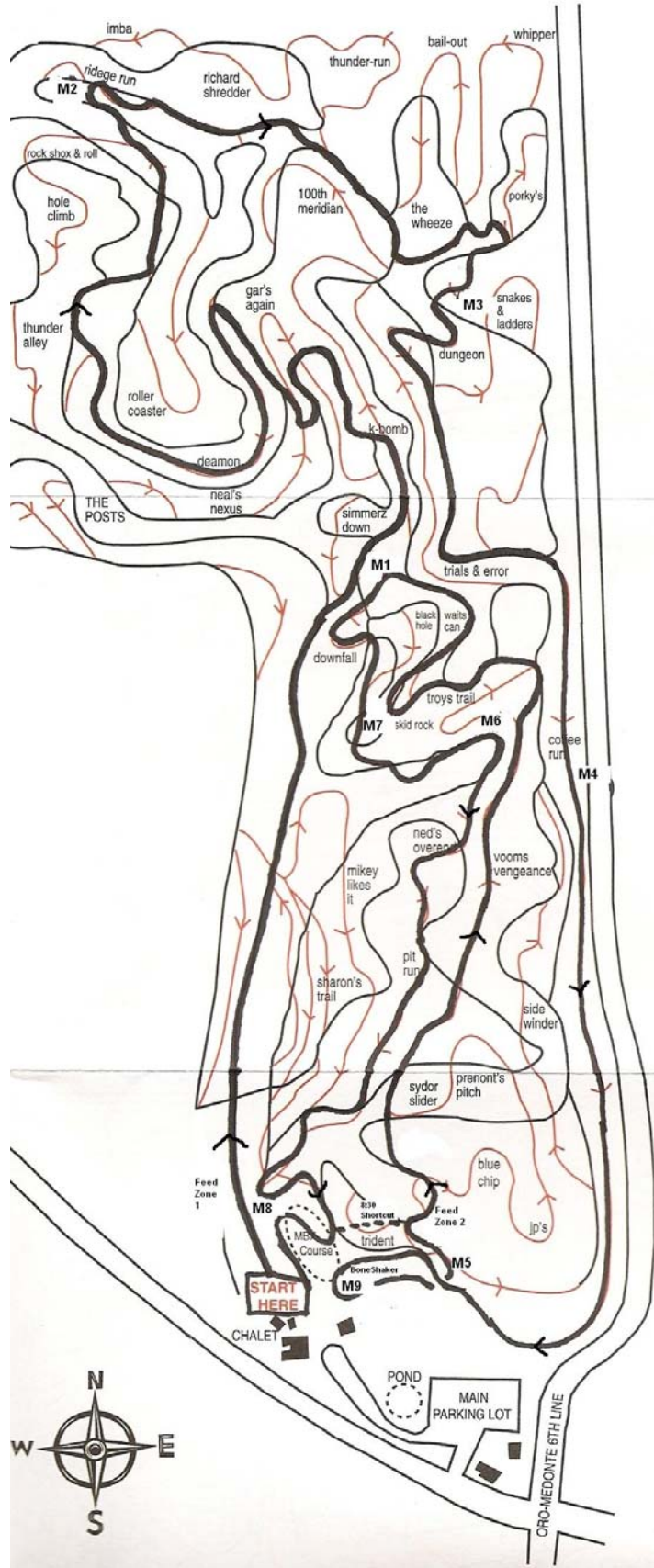
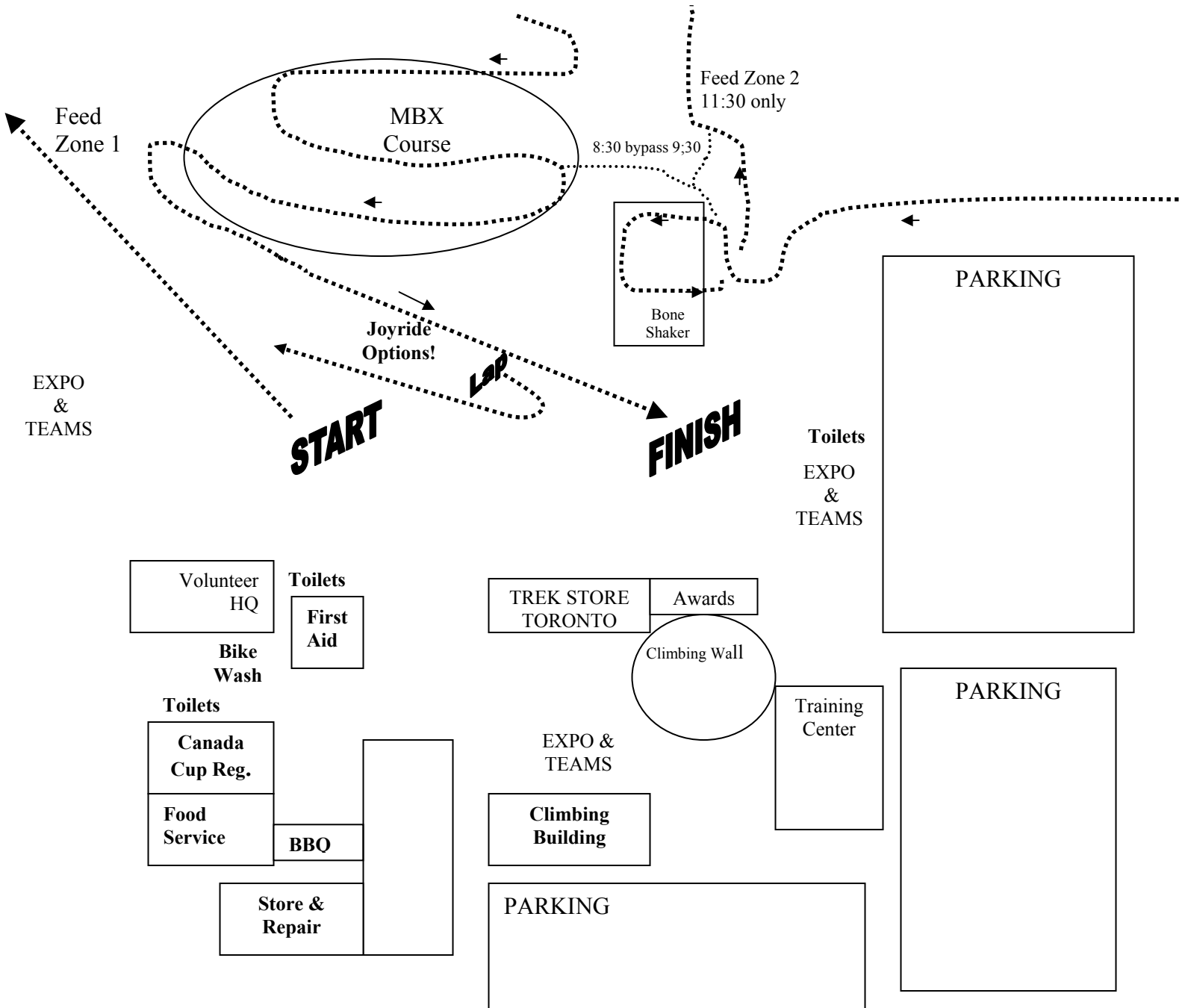


# 2010 Trek Store Canada Cup Course Overview



# 2010 Trek Store Canada Cup Siteplan



## **2010 Trek Store Canada Cup/Ontario Cup XC#3**

### **Tentative Schedule and Distances**

<b>Category</b>	<b>Start Time</b>	<b># of Laps</b>	<b>Total Distance</b>
<b>First Start 8:30 am</b> (outer loop only)			
Under 17 (Cadet) Sport Men	8:30 am	2	12 km
Under 15 (Minime) Men	8:32 am	2	12 km
Beginner/Citizen (17+) Men	8:34 am	2	12 km
Junior/Under 17 (Cadet) Sport Women	8:36 am	2	12 km
Under 15 (Minime) Women	8:36 am	2	12 km
Under 13 (Peewee) Men	8:38 am	1	6 km
Under 13 (Peewee) Women	8:40 am	1	6 km
Beginner/Citizen (19+) Women	8:40 am	1	6 km
<i>Awards 10:30 am</i>		<i>start last lap by 9:10</i>	

<b>Second Start</b> (Outer and Inner loops – NO Boneshaker!)			
Senior Sport (19+) Men	9:30 am	3	26 km
Junior Sport Men	9:32 am	3	26 km
Master (30-34) Sport Men	9:34 am	3	26 km
Master (35-39) Sport Men	9:34 am	3	26 km
Master (40-44) Sport Men	9:36 am	3	26 km
Master (45-49) Sport Men	9:36 am	3	26 km
Master (50-54) Men	9:38 am	3	26 km
Master (55-59) Men	9:38 am	3	26 km
Master (60+) Men	9:38 am	2	17.5 km
Senior Sport (19-29) Women	9:40 am	2	17.5 km
Master Sport (30-39) Women	9:40 am	2	17.5 km
Master Sport (40+) Women	9:40 am	2	17.5 km
<i>Awards 12:30 pm</i>		<i>start last lap by 11:05</i>	

<b>Third Start</b> (Outer and Inner Loops with Red extensions)			
Senior Elite Men	11:30 am	5	45 km
Senior Elite Women	11:33 am	4	36 km
Junior Expert Men	11:36 am	4	36 km
Junior Expert Women	11:39 am	3	27 km
<i>Awards 2:30 pm</i>		<i>start last lap by 1:30</i>	

<b>Fourth Start</b> (Outer and Inner Loops)			
Master (30-39) Expert Men	1:45 pm	4	36 km
Master (40-44) Expert Men	1:47 pm	4	36 km
Master (45-49) Expert Men	1:47 pm	4	36 km
Senior Expert Men	1:49 pm	4	36 km
Under 17 (Cadet) Expert Men	1:51 pm	3	27 km
SingleSpeed Men	1:51 pm	3	27 km
Under 17 (Cadet) Expert Women	1:53 pm	2	18 km
Senior Expert Women	1:53 pm	3	27 km
Singlespeed Women	1:55 pm	2	18 km
Master (30-39) Expert Women	1:55 pm	3	27 km
Master (40+) Expert Women	1:55 pm	3	27 km
<i>Awards 4:30 pm</i>		<i>start last lap by 3:30</i>	