



**SPAR European Cross Country Championships 2017**  
**Šamorín/Slovakia**

**Sunday 10 December 2017**

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**TIMETABLE**  
**(updated as at 06.09.2017)**

|                                   |                      |
|-----------------------------------|----------------------|
| Opening Ceremony                  | 08:45                |
| <b>U20 Women Race</b>             | <b>09:00</b>         |
| <b>U20 Men Race</b>               | <b>09:25</b>         |
| <b>U23 Women race</b>             | <b>09:55</b>         |
| <b>U23 Men race</b>               | <b>10:35</b>         |
| <b>Senior Women Race</b>          | <b>11:15</b>         |
| <b>Senior Men race</b>            | <b>11:55</b>         |
| VC Senior W individual            | 12:30 – 12:35        |
| VC Senior W team                  | 12:35 – 12:42        |
| VC Senior M individual            | 12:45 - 12:50        |
| VC Senior M team                  | 12:50 – 12:57        |
| Flag hand over                    | 13:00 – 13:05        |
| <b>Mixed Relay</b>                | <b>13:10</b>         |
| VC U20 Women Individual           | 13:40 – 13:45        |
| VC U20 W team                     | 13:45 – 13:52        |
| VC Mixed Relay                    | 13:55 – 14:02        |
| VC U20 Men individual             | 14:05 – 14:10        |
| VC U20 M team                     | 14:10 – 14:17        |
| VC U23 Men individual             | 14:20 – 14:25        |
| VC U23 M team                     | 14:25 – 14:32        |
| VC U23 Women individual           | 14:35 – 14:40        |
| VC U23 W team                     | 14:40 – 14:47        |
| <i>Mass participation race</i>    | <i>14:52 – 15:17</i> |
| <i>VC Mass participation Race</i> | <i>15:20</i>         |