



**SPAR European Cross Country Championships 2018**  
**Tilburg/Netherlands**

**Sunday 9 December 2018**

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**TIMETABLE**

Opening Ceremony	10:30
<b>U20 Women Race</b>	<b>10:45</b>
<b>U20 Men Race</b>	<b>11:05</b>
<b>U23 Women race</b>	<b>11:35</b>
<b>U23 Men race</b>	<b>12:05</b>
VC U20 Women Individual	12:38
VC U20 Men individual	12:43
VC U20 Women team	12:48
VC U20 Men team	12:56
VC U23 Women individual	13:04
VC U23 Men individual	13:09
VC U23 Women team	13:14
VC U23 Men team	13:22
<b>Senior Women Race</b>	<b>13:35</b>
<b>Senior Men race</b>	<b>14:10</b>
<b>Mixed Relay</b>	<b>14:55</b>
VC Senior Women individual	15:20
VC Senior Men individual	15:25
VC Senior Women team	15:30
VC Senior Men team	15:38
VC Mixed Relay	15:46
Flag handover	15:54