

**Timetable SPAR European Cross Country
Championships Tilburg
9 december 2018
Creating Crossovers**



<i>Start time</i>	<i>Races</i>	<i>Distance</i>	<i>Laps</i>
9:30	Brabant Challenge – Youth School Races		
10:30	Opening Ceremony		
10:45	U20 Women	4.300 meters	3 * black
11:05	U20 Men	6.300 meters	2 * red + 3 * black
11:35	U23 Women	6.300 meters	2 * red + 3 * black
12:05	U23 Men	8.300 meters	1 * red + 5 * black
12:38	U20 Women VC		
12:43	U20 Men VC		
12:48	U20 Women VC		
12:56	U20 Men Team VC		
13:04	U23 Women VC		
13:09	U23 Men VC		
13:14	U23 Women Team VC		
13:22	U23 Men Team VC		
13:35	Senior Women	8.300 meters	1 * red + 5 * black
14:10	Senior Men	10.300 meters	7 * black
14:55	Mixed Relay	5.800 meters	4 * black
15:20	Senior Women VC		
15:25	Senior Men VC		
15:30	Senior Women Team VC		
15:38	Senior Men Team VC		
15:46	Mixed Relay VC		
15:54	Flag hand over		
16:00	Closing Ceremony		