



SPAR European Cross Country Championships 2018
Tilburg/Netherlands

Sunday 9 December 2018

TIMETABLE

(as of 04.05.2018)

| | |
|--------------------------|--------------|
| Opening Ceremony | 10:30 |
| U20 Women Race | 10:45 |
| U20 Men Race | 11:05 |
| U23 Women race | 11:35 |
| U23 Men race | 12:05 |
| VC U20 Women Individual | 12:38 |
| VC U20 Men individual | 12:43 |
| VC U20 W team | 12:48 |
| VC U20 M team | 12:56 |
| VC U23 Women individual | 13:04 |
| VC U23 Men individual | 13:09 |
| VC U23 M team | 13:14 |
| VC U23 W team | 13:22 |
| Senior Women Race | 13:35 |
| Senior Men race | 14:10 |
| Mixed Relay | 14:55 |
| VC Senior W individual | 15:20 |
| VC Senior W team | 15:25 |
| VC Senior M individual | 15:30 |
| VC Senior M team | 15:38 |
| VC Mixed Relay | 15:46 |
| Flag handover | 15:54 |
| Closing Ceremony | 16:00 |