



SPAR European Cross Country Championships 2019  
Lisboa/Portugal



Sunday 8 December 2019

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**TIMETABLE**

as on 16 August 2019

09:45	Opening Ceremony
10:00	U20 Men Race (6225m; Ss + 4L laps + Fs)
10:30	U20 Women Race (4225m; Ss + 2S laps+ 2L laps + Fs)
10:55	U23 Men race (8225m; Ss+ 1S lap + 5L laps + Fs)
11:30	U23 Women race (6225m; Ss + 4L laps + Fs)
12:05	Mixed Relay (4 x 1500m; Ss + 4x1L lap + Fs)
12:35	Senior Men race (10.225m; Ss + 2S laps + 6L laps + Fs)
13:20	Senior Women Race (8225m; Ss + 1S lap+ 5L laps + Fs)
14:00	<b>Victory Ceremonies</b>
14:00	VC U20 Men individual
14:05	VC U20 Women Individual
14:10	VC U20 Men team
14:18	VC U20 Women team
14:26	VC U23 Men individual
14:31	VC U23 Women individual
14:36	VC U23 Men team
14:44	VC U23 Women team
14:52	VC Mixed Relay
15:00	VC Senior Men individual
15:05	VC Senior Women individual
15:10	VC Senior Men team
15:18	VC Senior Women team

Note: S: Short lap (500m); L: Long lap (1500m); Ss: Start straight (125m); Fs: Finish straight (100m)