

Training XC Map >

- Distance: 2250 meters
- Speed: 450 mpm
- **Optimum Time: 5:00 min**
- Time Limit: 10:00 min
- Speed Faults: 4:20 min

Novice XC Map >

- Distance: 1950 meters
- Speed: 400 mpm
- **Optimum Time: 4:53 min**
- Time Limit: 9:46 min
- Speed Faults: 4:20 min

Beginner Novice XC Map >

- Distance: 1850 meters
- Speed: 350 mpm
- **Optimum Time: 5:13 min**
- Time Limit: 10:26 min
- Speed Faults: 4:21 min

Maiden XC Map >

- Distance: 1375 meters
- Speed: 300 mpm
- **Optimum Time: 4:35 min**
- Time Limit: 9:10 min
- Speed Faults: min

Green as Grass XC Map >

- Distance: 1080 meters
- Speed: 275 mpm
- **Optimum Time: 3:56 min**
- Time Limit: 7:52 min
- Speed Faults: min