

Training XC Map >

- Distance: 2500 meters
- Speed: 450 meters/min
- Optimum Time: 5:34 min
- Time Limit: 11:08 min
- Speed Fault: 4:49 min
- Speed Fault Speed: 520 meters/min

Novice XC Map >

- Distance: 2000 meters
- Speed: 400 meters/min
- Optimum Time: 5:00 min
- Time Limit: 10:00 min
- Speed Fault: 4:27 min
- Speed Fault Speed: 450 meters/min

Beginner Novice XC Map >

- Distance: 1800 meters
- Speed: 350 meters/min
- Optimum Time: 5:18 min
- Time Limit: 10:08 min
- Speed Fault: 4:18 min
- Speed Fault Speed: 420 meters/min

Maiden XC Map >

- Distance: 1240 meters
- Speed: 300 meters/min
- Optimum Time: 4:08 min
- Time Limit: 8:16 min
- Speed Fault: -----
- Speed Fault Speed: -----

Green as Grass XC Map >

- Distance: 1170 meters
- Speed: 275 meters/min
- Optimum time: 4:16 min
- Time Limit: 8:32 min
- Speed Fault: -----
- Speed Fault Speed: -----