

Available 3:00pm Saturday, September 16

Training XC Map >

- Distance: 2600 meters
- Speed: 450 meters/min
- Optimum Time: 5:47 min
- Time Limit: 11:34 min
- Speed Fault: 5:00 min
- Speed Fault Speed: 520 meters/min

Novice XC Map >

- Distance: 1800 meters
- Speed: 400 meters/min
- Optimum Time: 4:30 min
- Time Limit: 9:00 min
- Speed Fault: 4:00 min
- Speed Fault Speed: 450 meters/min

Beginner Novice XC Map >

- Distance: 1590 meters
- Speed: 350 meters/min
- Optimum Time: 4:33 min
- Time Limit: 9:06 min
- Speed Fault: 3:48 min
- Speed Fault Speed: 420 meters/min

Maiden XC Map >

- Distance: 1310 meters
- Speed: 300 meters/min
- Optimum Time: 4:22 min
- Time Limit: 8:44 min
- Speed Fault: -----
- Speed Fault Speed: -----

Green as Grass XC Map >

- Distance: 1060 meters
- Speed: 275 meters/min
- Optimum time: 4:14 min
- Time Limit: 8:28 min
- Speed Fault: -----
- Speed Fault Speed: -----