

Saturday Distance Race Schedule - Freestyle Interval Start
January 4th, 2025

7:30 to 8:30 Bib pickup
8:30 coaches meeting
Course closes at 9:00 am

9:15 AM High School Boys 5km Distance (30 Sec interval Start)

5 minute break

High School Girls 5km Distance (30 Sec interval Start)

10:15 AM Middle School Girls Distance (30 Sec interval Start)

2 minute break

Middle School Boys Distance (30 Sec interval Start)