

Feb 16, 2014 Sunday OCup #3 Classic Courses Interval Start

Category	Course	# of Laps	Distance
Senior Women	7.5	1	7.5
Junior Women	7.5	1	7.5
Junior Girl	7.5	1	7.5
Master Women	7.5	1	7.5
Senior Men	5	2	10
Junior Men	5	2	10
Junior Boys	5	2	10
Master Men	5	2	10
Juvenile Boys	3.75	2	7.5
Juvenile Girls	3.75	2	7.5
PN Standing Men	3.75	2	7.5
PN Standing Women	3.75	2	7.5
Midget Boys & Girls	2.4	1	2.4
SitSki Men & Women	1.6	3	4.8