

Time	U/10 G	U/10 B	U/12 G	U/12 B	U/14 G	U/14 B	U/16 M	S Women	S Men
11:30	Red								
11:45	Yellow	Red							
12:00	Green	Yellow	Red						
12:15		Green	Yellow	Red					
12:30			Green	Yellow	Red				
12:45				Green	Yellow	Red			
13:00					Green	Yellow	Red		
13:15						Green	Yellow	Red	
13:30							Green	Yellow	Red
14:00								Green	Yellow
14:45									Green
Red	Collect and fix on numbers properly								
Yellow	Warm up exercise and move to the start location								
Green	Time that each race will start								