

Times are approximate

<u>Wave</u>	<u>Approximate time</u>			
1	6:45	Sprint/Super Sprint combo	Sprint distance	
		Elite	M/W	
2	6:50	Sprint	M	35-39
3	6:54	Sprint	M	40-44
4	6:58	Sprint	W	35-39
5	7:02	Sprint	W	40-44 45-49
6	7:06	Sprint	M	30-34
7	7:10	Sprint	W	30-34
8	7:14	Sprint	M	45-49
9	7:16	Sprint	W	20-24 25-29
10	7:20	Sprint	M	20-24 25-29
11	7:24	Sprint	W	19 and under 50 and over
12	7:28	Sprint	M	19 and under 55 and over
13	7:32	Sprint	M	50-54
14	7:36	Sprint	Relay	
15	7:40	Sprint	Novice	Women
16	7:45	Sprint	Novice	Men
17	8:00	Super Sprint	W	Women
18	8:05	Super Sprint	M	Men
19	8:20	Sprint/Super Sprint combo	Super Sprint	