



CYCLOCROSS NATIONAL CHAMPIONSHIPS

DECEMBER 2019 • LAKEWOOD, WA

*****Schedule is subject to change*****

DATE	TIME	EVENT	NOTES
Mon 12/9	12:00 p.m. - 6:00 p.m.	Registration/packet pick-up	Fort Steilacoom Park, 8714 87th Ave SW, Lakewood, WA 98498
	12:30 p.m. - 4:15 p.m.	Course open	
	4:15 p.m.	Course closed	
Tues 12/10	7:30 a.m. - 2:00 p.m.	Registration/packet pick-up	
	8:00 a.m. - 9:00 a.m.	Course open	
	9:05 a.m.	Men Singlespeed Non-championship	30 min
	9:06 a.m.	Women Singlespeed Non-championship	30 min
	9:50 a.m.	Men 23-39 Non-championship	30 min
	10:35 a.m.	Women 23-39 Non-championship	30 min
	11:20 a.m.	Women 40+ Non-championship	30 min
	12:05 p.m. - 12:35 p.m.	Course Open	
	12:35 p.m.	Men 40-49 Non-championship	30 min
	1:15 p.m.	Men 50+ Non-championship	30 min
	1:55 p.m.	Masters Women 60+	40 min
	2:50 p.m.	Master Men 70+	40 min
	3:45 p.m. - 4:15 p.m.	Course Open	
	3:45 p.m.	Awards	
	4:15 p.m.	Course closed	
Wed 12/11	7:30 a.m. - 2:00 p.m.	Registration/packet pick-up	
	8:00 a.m. - 8:25 a.m.	Course open	
	8:30 a.m.	Masters Women 30-34 (1/2/3)	45 min
	9:30 a.m.	Masters Men 30-34 (1/2/3)	45 min
	10:30 a.m.	Master Men 65-69	40 min
	11:25 a.m.	Masters Men 60-64	40 min
	12:20 p.m. - 12:40 p.m.	Course open	
	12:40 p.m.	Masters Men 35-39 (1/2/3)	45 min
	1:40 p.m.	Non-Champ Mixed Team Relay	4 laps
	2:35 p.m. - 4:15 p.m.	Course open	
2:45 p.m.	Awards		
4:15 p.m.	Course closed		
Thur 12/12	7:30 a.m. - 2:00 p.m.	Registration/packet pick-up	
	8:00 a.m. - 8:15 a.m.	Course open	

	8:00 a.m. - 3:00 p.m.	Collegiate Recruiting Fair	
	8:15 a.m.	Collegiate Men Club	50 min
	9:20 a.m.	Collegiate Men Varsity	50 min
	10:25 a.m.	Collegiate Women Club	50 min
	11:30 a.m.	Men 11-22 Non-championship	30 min
	12:10 p.m. - 12:25 p.m.	Course open	
	12:25 p.m.	Master Men 40-44 (1/2/3)	45 min
	1:20 p.m.	Masters Men 55-59	40 min
	2:15 p.m.	Masters Men 50-54 (1/2/3)	45 min
	3:15 p.m.	Masters Men 45-49 (1/2/3)	45 min
	4:00 p.m. - 4:15 p.m.	Course open	
	4:25 p.m.	Awards	
	4:15 p.m.	Course closed	
Fri 12/13	<i>7:30 a.m. - 2:00 p.m.</i>	<i>Registration/packet pick-up</i>	
	7:50 a.m. - 8:10 a.m.	Course open	
	8:10 a.m.	Collegiate Women Varsity	50 min
	9:10 a.m.	Women 11-22 Non-championship	30 min
	9:50 a.m.	Masters Women 55-59	40 min
	10:45 a.m.	Masters Women 50-54	45 min
	11:40 a.m. - 11:55 a.m.	Course open	
	11:55 a.m.	Masters Women 45-49	45 min
	12:55 p.m.	Masters Women 40-44 (1/2/3)	45 min
	1:55 p.m.	Masters Women 35-39 (1/2/3)	45 min
	2:50 p.m.	Collegiate 4x4 Lap Team Relay	4 laps
	3:45 p.m. - 4:15 p.m.	UCI Categories Only Practice	
	<i>4:15 p.m.</i>	<i>Course closed</i>	
	4:30 p.m.	Awards	
Sat 12/14	<i>7:30 a.m. - 2:00 p.m.</i>	<i>Registration/packet pick-up</i>	
	8:00 a.m. - 8:25 a.m.	Course open Industry and Junior Course Only	
	8:00 a.m. - 3:00 p.m.	Collegiate Recruiting Fair	
	8:30 a.m.	Industry Men	30 min
	8:31 a.m.	Industry Women	30 min
	9:10 a.m.	Juniors Men 13-14	30 min
	9:50 a.m.	Juniors Women 13-14	30 min
	10:35 a.m.	Juniors Men 11-12	25 min
	11:15 a.m.	Juniors Women 11-12	25 min
	11:55 a.m. - 12:15 p.m.	Course open	
	12:15 p.m.	Juniors Men 15-16	30 min
	1:00 p.m.	Juniors Women 15-16	30 min
	1:45 p.m.	Women Singlespeed	40 min
	2:40 p.m.	Men Singlespeed	40 min
	3:30 p.m. - 4:15 p.m.	UCI categories practice only	
	3:55 p.m.	Awards	
	<i>4:15 p.m.</i>	<i>Course closed</i>	
Sun 12/15	<i>7:45 a.m. - 12:00 p.m.</i>	<i>Packet pick-up</i>	
	8:00 a.m. - 8:15 a.m.	Course open	

	8:15 a.m.	Juniors Men 17-18	40 min
	9:10 a.m.	Juniors Women 17-18	40 min
	10:05 a.m.	U23 Women	40 min
	11:00 a.m. - 11:20 a.m.	Elite Women Practice Only	
	11:20 a.m.	U23 Men	50 min
	Following U23 Men Race	Awards	<i>M 17-18, W 17-18, W U23, M U23</i>
	12:20 p.m.	Elite Women	50 min
	1:25 p.m. - 1:45 p.m.	Elite Men Practice Only	
	1:45 p.m.	10 & Under Non-championship Race	
	2:15 p.m.	Elite Men	60 min
	3:35 p.m.	Awards	<i>W Elite, M Elite</i>