

## Preliminary XC Map



- Distance: 2440 meters
- Optimum Speed: 520 mpm
- **Optimum Time: 4:42**
- Time Limit: 9:24

## Modified XC Map



- Distance: 2550 meters
- Optimum Speed: 490 mpm
- **Optimum Time: 5:13**
- Time Limit: 10:26

## Training XC Map >

- Distance: 2250 meters
- Optimum Speed: 450 mpm
- **Optimum Time: 5:00**
- Speed Fault Time: 4:20
- Time Limit: 10:00

## Novice XC Map >

- Distance: 1725 meters
- Optimum Speed: 375 mpm
- **Optimum Time: 4:36**
- Speed Fault Time: 3:50
- Time Limit: 9:12

## Beginner Novice XC Map >

- Distance: 1520 meters
- Optimum Speed: 325 mpm
- **Optimum Time: 4:41**
- Speed Fault Time: 3:38
- Time Limit: 9:22

## Maiden XC Map >

- Distance: 1320 meters
- Optimum Speed: 300 mpm
- **Optimum Time: 4:24**
- Time Limit: 8:48

## Green as Grass XC Map >

- Distance: 1200 meters
- Optimum Speed: 270 mpm
- **Optimum Time: 4:27**
- Time Limit: 8:54