



Saturday, 9th December 2023

SPAR EUROPEAN CROSS COUNTRY CHAMPIONSHIPS 2023

10:00 Course inspection – Training

NXC MASTERS 2023 – test race / Brussels CrossCup

12:45	Para athletes		2.000 m
13:00	Masters Women	>50	4.000 m
13:25	Masters Men	>50	4.000 m
13:50	Masters Women	>35	5.000 m
14:20	Masters Men	>35	5.000 m
14:45	Masters Relays		4x1.000 m
15:15	Victory Ceremonies		

Sunday, 10th December 2023

BRUSSELS ENERGYVISION CROSSCUP - Youth Cross Country Meeting

09:40	Meisjes	2018-2017	600m
09:45	Jongens	2018-2017	600m
09:50	Benj Girls	2017-2015	600 m
09:55	Benj Boys	2017-2015	600 m
10:00	Pup Girls	2014-2013	1.000 m
10:05	Pup Boys	2014-2013	1.000 m
10:15	Min. Girls	2012-2011	1.600 m
10:25	Min. Boys	2012-2011	1.600 m
10:35	Cad. Girls	2010-2009	2.200 m
10:55	Cad. Boys	2010-2009	2.200 m
11:15	Scol. Girls	2008-2007	3.000 m
11:35	Scol. Boys	2008-2007	3.000 m

SPAR EUROPEAN CROSS COUNTRY CHAMPIONSHIPS 2023

12:15	Opening ceremony		
12:25	U20 Women		5.000 m
12:50	U20 Men		5.000 m
13:10	Senior Mixed Relay		4 x 1.500 m
13:35	U23 Women		7.000 m
14:05	U23 Men		7.000 m
14:35	Senior Women		9.000 m
15:15	Senior Men		9.000 m

16:00	U20 Women Victory Ceremony (individuals)
16:05	U20 Women Victory Ceremony (teams)
16:12	U20 Men Victory Ceremony (individuals)
16:17	U20 Men Victory Ceremony (teams)
16:25	Mixed Relay Victory Ceremony
16:32	U23 Women Victory Ceremony (individuals)
16:37	U23 Women Victory Ceremony (teams)
16:44	U23 Men Victory Ceremony (individuals)
16:49	U23 Men Victory Ceremony (teams)
16:56	Senior Women Victory Ceremony (individuals)
17:01	Senior Women Victory Ceremony (teams)
17:06	Senior Men Victory Ceremony (individuals)
17:13	Senior Men Victory Ceremony (teams)