

Classes	Age	Ski Cross	Classic Distance	Classic Sprint	Team Relay	30k	20k
M Senior	17+	-	5k	1.5k	1.5k x3	30k	20k
W Senior	17+	-	5k	1.5k	1.5k x3	30k	20k
M U16	Under 16	-	5k	1.5k	1.5k x3	30k	20k
W U16	Under 16	-	5k	1.5k	1.5k x3	30k	20k
M U14	Under 14	-	2.5k	1k	1k x2	30k	20k
W U14	Under 14	-	2.5k	1k	1k x2	30k	20k
Master Men	50+	-	5k	1.5k	1.5k x3	30k	20k
Master Women	50+	-	5k	1.5k	1.5k x3	30k	20k
Adaptive U10	Under 10	Short Loop	1k	Short Loop	Short Loop	N/A	N/A
Adaptive	10+	-	2.5k	1.5k	1k x2	30k	20k