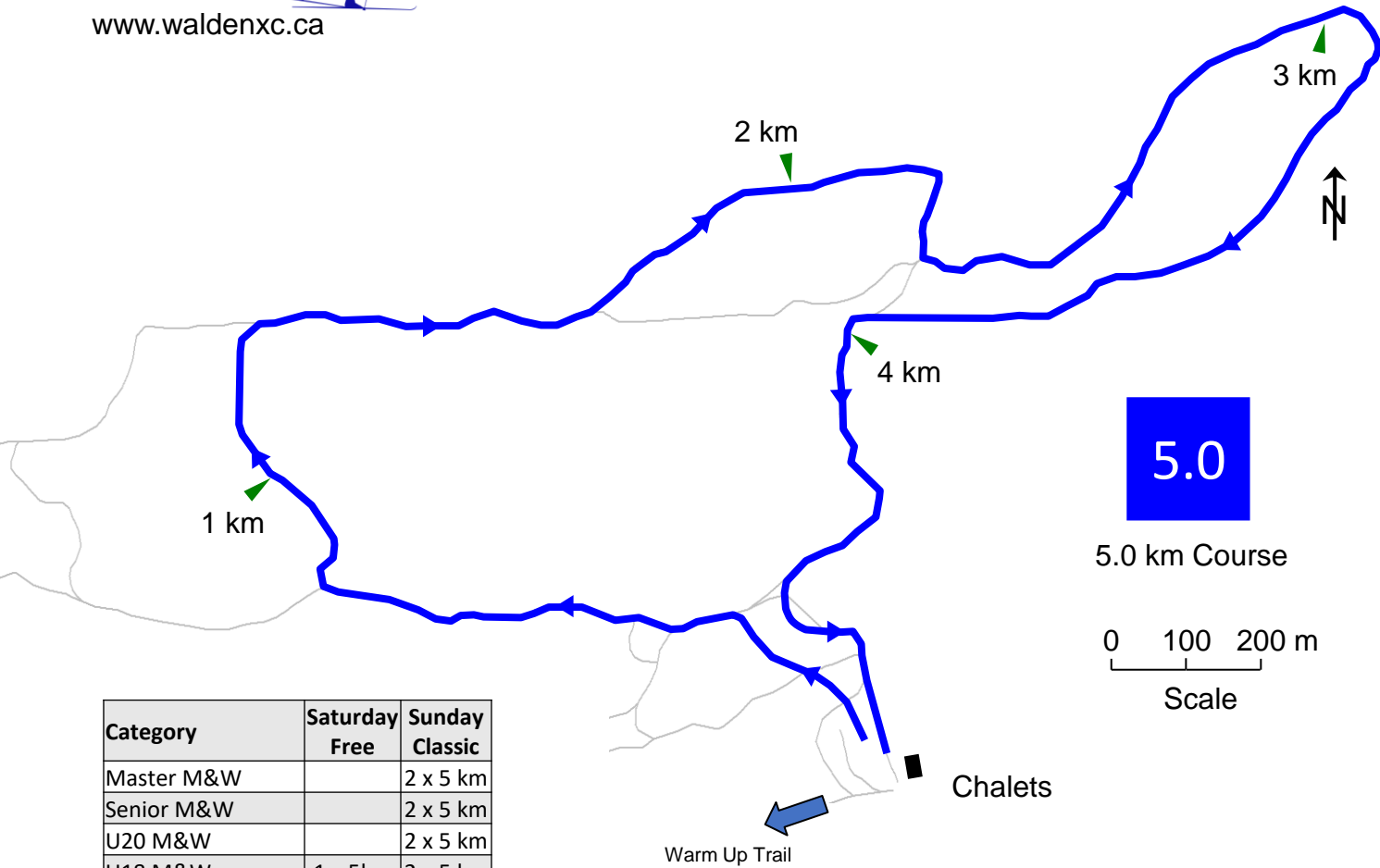




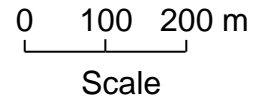
www.waldenxc.ca

# Ontario Cup Walden Trails Jan 21-22, 2023



**5.0**

5.0 km Course



Category	Saturday Free	Sunday Classic
Master M&W		2 x 5 km
Senior M&W		2 x 5 km
U20 M&W		2 x 5 km
U18 M&W	1 x 5 km	2 x 5 km
U16 B&G	1 x 5 km	
U14 B&G		1x5 km
PN Standing M&W	1 x 5 km	

Warm Up Trail  
Chalets

5k Course

Course length:	5000m	Height Difference (HD):	55m	Lowest point:	244m
Category:		Maximum Climb (MC):	24m	Highest point:	299m
Competition Level:		Total Climb (TC):	150m		

**5.0**

