Ontario Cycling Association

1185 Eglinton Ave E, North York, On M3C 3C6 (416) 426-7416 F: (416) 426-6349

CYCLO-CROSS WORK SHEET

PAGE #_____

DATE	EVENT	COMMISSAIRE
START TIME	CATEGORY	POSITION
	DISTANCE NUMBER OF LAPS	rev 2.3

	40	45	50	55	60
9	4:26	5:00	5:33	6:06	6:40
8	5:00	5:37	6:15	6:52	7:30
7	5:42	6:25	7:08	7:51	8:34
6	6:40	7:30	8:20	9:10	10:00

Lp	Spl=		Lp	Spl=		Lp	Spl=		Lp	Spl=		Lp	Spl=		Lp	Spl=		Lp	Spl=		Lp	Spl=	
R #	t=		R #	t=		R #	t=		R #	t=		R #	t=		R #	t=		R #	t=		R #	t=	