



# SPAR European Cross Country Championships 2023 Brussels/BEL



Sunday 10 December 2023

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## TIMETABLE

as on 12 October 2023

12:15	Opening Ceremony
<b>12:25</b>	<b>U20 Women Race</b> (5000m)
<b>12:50</b>	<b>U20 Men Race</b> (5000m)
<b>13:10</b>	<b>Mixed Relay</b> (4 x 1500m)
<b>13:35</b>	<b>U23 Women race</b> (7000m)
<b>14:05</b>	<b>U23 Men race</b> (7000m)
<b>14:35</b>	<b>Senior Women Race</b> (9000m)
<b>15:15</b>	<b>Senior Men race</b> (9000m)
16:00	U20 Women Medal Ceremony (individuals)
16:05	U20 Men Medal Ceremony (individuals)
16:10	U20 Women Medal Ceremony (teams)
16:17	U20 Men Medal Ceremony (teams)
16:25	Mixed Relay Medal Ceremony
15:32	U23 Women Medal Ceremony (individuals)
15:27	U23 Men Medal Ceremony (individuals)
16:42	U23 Women Medal Ceremony (teams)
16:49	U23 Men Medal Ceremony (teams)
16:56	Senior Women Medal Ceremony (individuals)
17:01	Senior Men Medal Ceremony (individuals)
17:06	Senior Women Medal Ceremony (teams)
17:13	Senior Men Medal Ceremony (teams)