

TIMELINE - XC INVITATIONAL - January 22, 2022

- 09:15 a.m.** Coach/Volunteer Check-in
- 10:20 a.m.** Course Monitor's Meeting near announcer
- 10:20 a.m.** Timing Crew Meeting near timing shed
- 10:30 a.m.** Coaches Meeting near announcer
- 11:00 a.m.** Start of 5K Individuals - 20 second intervals
- 01:00 p.m.** Awards - near announcer
- 01:30 p.m.** Relay: Girls, Boys immediately after