



**SPAR European Cross Country Championships 2022**  
**Piemonte-La Mandria Park/ITA**



**Sunday 11 December 2022**

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**TIMETABLE**

as on 6 May 2022

09:15	Opening Ceremony
09:35	<b>U20 Men Race</b> (6000m)
10:03	<b>U20 Women Race</b> (4000m)
10:30	<b>Mixed Relay</b> (4 x 1500m)
10:55	VC U20 Men individual
11:00	VC U20 Women Individual
11:05	VC U20 Men team
11:12	VC U20 Women team
11:19	VC Mixed Relay
11:30	<b>U23 Men race</b> (8000m)
12:03	<b>U23 Women race</b> (6000m)
12:33	<b>Senior Women Race</b> (8000m)
13:10	<b>Senior Men race</b> (10.000m)
13:53	VC U23 Men individual
13:58	VC U23 Women individual
14:03	VC U23 Men team
14:10	VC U23 Women team
14:17	VC Senior Women individual
14:22	VC Senior Men individual
14:27	VC Senior Women team
14:34	VC Senior Men team