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| 2019 NORTH DUNDAS INVITATIONAL | | | | |
| TIME | **DIVISION** | **DISTANCE** | **LOOP TYPE** | **LETTERED PATH** |
| 10:30 am | Intermediate Girls | 2.6 km | 1 large | Start-A-B-C-DI-E-Finish |
| 11:00 am | Intermediate Boys | 2.6 km | 1 large | Start-A-B-C-DI-E-Finish |
| 11:30 am | Coaches Relay | 2.0 km | 2 small | Start-A-A-Finish |
| 11:45 am | Midget Girls | 4.0 km | 1 small, 1 large | Start-A-A-B-C-D-E-Finish |
| 12:15 pm | Midget Boys | 4.0 km | 1 small, 1 large | Start-A-A-B-C-D-E-Finish |
| 12:45 pm | Junior Girls | 5.0 km | 1 medium, 1 large | Start-A-B-E-A-B-C-D-E-Finish |
| 1:20 pm | Junior Boys | 5.0 km | 1 medium, 1 large | Start-A-B-E-A-B-C-D-E-Finish |
| 1:50 pm | Senior Girls | 6.0 km | 2 large | Start-A-B-C-D-E 🡪  A-B-C-D-E-Finish |
| 2:30 pm | Senior Boys | 6.0 km | 2 large | Start-A-B-C-D-E 🡪  A-B-C-D-E-Finish |

