

# COMPETITION PROGRAM – MWC 2023



Sunday 19.03 1. Day / middle distance					
1. Race / CT / morning			2. Race / FT / afternoon		
middle distance	course	age / classes	middle distance	course	age / classes
20 k (2 x 10k)	10 k	M01 - 06	20 k (2 x 10k)	10 k	M01 - 06
15 k (2 x 7.5k)	7.5 k	M07 - 09	15 k (2 x 7.5k)	7.5 k	M07 - 09
15 k (2 x 7.5k)	7.5 k	F01 - 08	15 k (2 x 7.5k)	7.5 k	F01 - 08
10 k (2 x 5k)	5 k	M10 - 13+	10 k (2 x 5k)	5 k	M10 - 13+
10 k (2 x 5k)	5 k	F09 - 13+	10 k (2 x 5k)	5 k	F09 - 13+

Monday 20.03 2. Day / short distance					
3. Race / CT / morning			4. Race / FT / afternoon		
middle distance	course	age / classes	middle distance	course	age / classes
10 k (1 x 10k)	10 k	M01 - 06	10 k (1 x 10k)	10 k	M01 - 06
10 k (1 x 10k)	10 k	M07 - 09	10 k (1 x 10k)	10 k	M07 - 09
10 k (1 x 10k)	10 k	F01 - 08	10 k (1 x 10k)	10 k	F01 - 08
5 k (1 x 5k)	5 k	M10 - 13+	5 k (1 x 5k)	5 k	M10 - 13+
5 k (1 x 5k)	5 k	F09 - 13+	5 k (1 x 5k)	5 k	F09 - 13+

Tuesday 21.03 3. Day	
Rest day	

Wednesday 22.03 4. Day / relay		
Relay 4 x 5km / men & woman		
Relay	course	age / classes
Leg 1 & 2 (1 x 5k)	5 k	classic
Leg 3 & 4 (1 x 5k)	5 k	free

Thursday 23.03 5. Day / long distance		
5. Race / FT / morning		
long distance	course	age / classes
30 k (3 x 10k)	10 k	M01 - 06
30 k (3 x 10k)	10 k	M07 - 09
30 k (3 x 10k)	10 k	F01 - 06
20 k (2 x 10k)	10 k	F07 - 08
15 k (3 x 5k)	5 k	M10 - 13+
15 k (3 x 5k)	5 k	F09 - 13+

Friday 24.03 6. Day / long distance		
6. Race / CT / morning		
long distance	course	age / classes
30 k (3 x 10k)	10 k	M01 - 06
30 k (3 x 10k)	10 k	M07 - 09
30 k (3 x 10k)	10 k	F01 - 06
20 k (2 x 10k)	10 k	F07 - 08
15 k (3 x 5k)	5 k	M10 - 13+
15 k (3 x 5k)	5 k	F09 - 13+