

**Soldier Hollow Super JOQ****Friday Schedule****1/29/2010****Sprint Qualifier Start 9:00:00**  
**Sprint Qualifier End 10:45:00**

<b>Start Wave</b>	<b>Scheduled Start Time</b>	<b>Class</b>	<b>Distance</b>	<b>Laps</b>
1	11:15:00	MJ6	1 km	1
1	11:15:00	FJ6	1 km	1
2	11:18:00	MJ5	1.3 km	1
2	11:21:00	FJ5	1.3 km	1
3	11:25:00	MJ4	1.3 km	1
4	11:29:00	FJ4	1.3 km	1
5	11:35:00	MJ3	2.6 km	2
6	11:35:30	MJ3	2.6 km	2
7	11:36:00	MJ3	2.6 km	2
8	11:36:30	MJ3	2.6 km	2
9	11:37:00	MJ3	2.6 km	2
10	11:37:30	MJ3	2.6 km	2
11	11:38:00	MJ3	2.6 km	2
12	11:38:30	MJ3	2.6 km	2
13	11:45:00	FJ3	2.6 km	2
14	11:45:30	FJ3	2.6 km	2
15	11:46:00	FJ3	2.6 km	2
16	11:46:30	FJ3	2.6 km	2
17	11:47:00	FJ3	2.6 km	2
18	11:47:30	FJ3	2.6 km	2
19	11:48:00	FJ3	2.6 km	2
20	11:55:00	MNovice	2.6 km	2
21	11:58:00	FNovice	2.6 km	2

**Sprint Heats Start 12:45:00**

Heat Number	Class	Heat	Number in Heat	Time
1	MJ1 / MOJ	Quarterfinal 1	6	12:45
2	MJ1 / MOJ	Quarterfinal 2	6	12:50
3	MJ1 / MOJ	Quarterfinal 3	6	12:55
4	MJ1 / MOJ	Quarterfinal 4	6	13:00
5	MJ1 / MOJ	Quarterfinal 5	6	13:05
6	MJ2	Quarterfinal 1	6	13:10
7	MJ2	Quarterfinal 2	6	13:15
8	MJ2	Quarterfinal 3	6	13:20
9	MJ2	Quarterfinal 4	6	13:25
10	MJ2	Quarterfinal 5	6	13:30
11	MJ1 / MOJ	Semifinal 1	6	13:35
12	MJ1 / MOJ	Semifinal 2	6	13:40
13	MJ2	Semifinal 1	6	13:45
14	MJ2	Semifinal 2	6	13:50
15	MJ1 / MOJ	Final B	6	13:55
16	MJ1 / MOJ	Final A	6	14:00
17	MJ2	Final B	6	14:05
18	MJ2	Final A	6	14:10
19	FJ1 //FOJ	Quarterfinal 1	6	14:25
20	FJ1 //FOJ	Quarterfinal 2	6	14:30
21	FJ1 //FOJ	Quarterfinal 3	6	14:35
22	FJ1 //FOJ	Quarterfinal 4	6	14:40
23	FJ1 //FOJ	Quarterfinal 5	6	14:45
24	FJ2	Quarterfinal 1	6	14:50
25	FJ2	Quarterfinal 2	6	14:55
26	FJ2	Quarterfinal 3	6	15:00
27	FJ2	Quarterfinal 4	6	15:05
28	FJ2	Quarterfinal 5	6	15:10
29	FJ1 //FOJ	Semifinal 1	6	15:15
30	FJ1 //FOJ	Semifinal 2	6	15:20
31	FJ2	Semifinal 1	6	15:25
32	FJ2	Semifinal 2	6	15:30
33	FJ1 //FOJ	Final B	6	15:35
34	FJ1 //FOJ	Final A	6	15:40
35	FJ2	Final B	6	15:45
36	FJ2	Final A	6	15:50

**Soldier Hollow Super JOQ Satuday Schedule****1/30/2010**

<b>Start Wave</b>	<b>Scheduled Start Time</b>	<b>Class</b>	<b>Distance</b>	<b>Distance</b>	<b>Laps</b>
1	9:00:00	MJ6	Boys Age 1-7	1 km	1
1	9:00:00	FJ6	Girls Age 1-7	1 km	1
2	9:03:00	MJ5	Boys Age 8-9	1.3 km	1
2	9:03:00	FJ5	Girls Age 8-9	1.3 km	1
3	9:10:00	MJ4	Boys Age 10-11	2 km	1
4	9:20:00	FJ4	Girls Age 10-11	2 km	1
5	9:45:00	MJ3	Boys Age 12-13	3 km	1
6	9:55:00	FJ3	Girls Age 12-13	3 km	1
7	10:05:00	MNovice	Boy Novice	3 km	1
8	10:10:00	FNovice	Girl Novice	3 km	1
9	10:35:00	MJ2	Boys Age 14-15	5 km	1
10	11:00:00	FJ2	Girls Age 14-15	5 km	1
11	11:30:00	FJ1	Girls Age 16-17	10 km	2
11	11:30:00	FOJ	Girls Age 18-19	10 km	2
11	11:30:00	FU23 / FS	Women 20-99	10 km	2
12	12:30:00	MOJ	Boys Age 18-19	15 km	3
12	12:30:00	MJ1	Boys Age 16-17	15 km	3
12	12:30:00	MU23 / MS	Men 20-99	15 km	3