



**JAPAN
MOUNTAIN BIKE
CUP**
SHIZUOKA, JAPAN

2022.OCT.07.

| Date | ME | MU | WE | WU | MJ | WJ | Time | Descriptions |
|--------------------------|----|----|----|----|----|----|-------------|---|
| October 28 (Friday) | | | | | | | 09:00-12:30 | On-foot Course Inspection for Riders |
| | | | | | | | 09:30-12:30 | License Control(All Categories) |
| | | | | | | | 13:00-14:30 | Official Course Training for Men Junior / Women Junior |
| | | | | | | | 14:30-16:00 | Official Course Training for Men & Women Elite and U23 |
| | | | | | | | 16:15 | Team Manager's Meeting(All Categories) |
| October 29 (Saturday) | | | | | | | 10:15-11:15 | Warm-up for Men Junior/Women Junior |
| | | | | | | | 11:45 | Cross Country Olympic / Men Junior |
| | | | | | | | 11:50 | Cross Country Olympic / Women Junior |
| | | | | | | | 13:15 | Awards Ceremony Women Junior , Men Junior |
| | | | | | | | 13:30-15:00 | Official Course Training for Women |
| | | | | | | | 15:00-16:30 | Official Course Training for Men |
| | | | | | | | 16:45 | Team Manager's Meeting (Men & Women Elite and U23) |
| October 30 (Sunday) | | | | | | | 08:30-09:30 | Warm-up for Men Elite / Women Elite / Men U23 / Women U23 |
| | | | | | | | 10:00 | Cross Country Olympic / Women Elite |
| | | | | | | | 10:05 | Cross Country Olympic / Women U23 |
| | | | | | | | 11:50 | Awards Ceremony Women Elite and U23 |
| | | | | | | | 13:15 | Cross Country Olympic / Men Elite |
| | | | | | | | 13:20 | Cross Country Olympic / Men U23 |
| | | | | | | | 15:05 | Awards Ceremony Men Elite & Men U23 |