



CROSS COUNTRY SKIING
Muriel Lake Trails
Bonvville



FINAL January 21/26

Start	End	(-20C not including wind chill, temperature cut-off)
Friday		
5pm	10pm	Coaches arrival, equipment, wax room/area set up. Possible ski/wax testing

Saturday February 14 - Individual Sprint - Classic Technique

6:30am	7:00am	Coaches arrival
8:00am	9:00am	Athletes arrival
8:00am	8:55am	Warm-up
8:55am		Course closed (qualification?)
9:00am	9:30am	Qualification Round
10:00am	11:00am	Sprint Heats/Finals: U15
11:30am	12:30pm	Sprint Heats/Finals: U13
1:00pm	1:30pm	Medal Presentations / Results
2:00pm		Athletes' Departure, take-down
3:00pm	4:30pm	Coaches Meeting

*** Lunch available from 11:30am - 1:45pm

Sunday February 15 - Individual Free Technique

6:30am	7:00am	Coaches arrival
6:00am	8:00am	Volunteer arrival; stadium / course set-up
8:00am	9:00am	Athletes arrival
8:30am	9:45am	Warm-up
9:45am		Course closed
10:00am		U15 5km
11:00am		U13 3km
12:00pm		Unofficial Results
12:30pm		Medal Presentations / Results
1:00pm	3:00pm	Departure / wax testing / waxing
3:00pm	4:30pm	Coaches meeting

*** Lunch available from 11:30am - 1:45pm

Monday February 16 - Team Relay

6:30am	7:00am	Coaches arrival
7:00am	9:00am	Volunteer arrival; stadium / course set-up
8:00am	8:30am	Athletes arrival
8:15am	9:15am	Warm-up
9:15am		Course closed
9:30am	11:30am	Team Relays
		U13
		U15
11:45pm		Medal Presentations / Results
12:15pm		Team departure
1:00pm		Take down

*** food provided for athletes and coaches