



2020 Alberta Winter Games
CROSS COUNTRY SKIING
 Canmore Nordic Centre
 (Canmore, Alberta)



<u>Time</u>		<u>Event</u>
Start	End	(-20C not including wind chill, temperature cut-off)
Friday February 14		
9:30am		Volunteer arrival
10:00am	4:00pm	Wax testing/course set up - No bussing
5:30pm	6:00pm	Team Captains' Meeting conference call
Saturday February 15 - Individual Sprint - Free Technique Kings Court		
7:30am	9:30am	Volunteer arrival / Course & Stadium Set Up
9:30am		Athletes arrival
9:30am	10:40am	Warm-up
10:40am		Course closed
10:50am	11:45m	Qualification rounds + rest - all Categories
12:30pm		Sprint Heats U14 & U16
	3:10pm	Sprint Heats U12
3:30pm		Medal Presentations / Results
4:00pm		Athletes' Departure, take-down
4:05pm	5:00pm	Team Captains' Meeting
*** Lunch available from 11:30am - 1:45pm		
Sunday February 16 - Individual Distance - Classic Technique		
7:30am	9:30am	Volunteer arrival / Course & Stadium Set Up
9:30am		Athletes arrival
9:30am	10:50am	Warm-up
10:50am		Course closed
11:00am	11:45am	U16 5km
11:50am	12:15pm	U12 2.5km
12:30pm	1:05pm	U14 3km
1:30pm		Medal Presentations / Results
2:00pm		Athletes' Departure, take-down
2:10pm	3:05pm	Team Captains' Meeting
*** Lunch available from 11:30am - 1:45pm		
Monday February 17 - Mixed Technique Team Relay		
7:00am	8:30am	Volunteer arrival
8:30am		Athletes arrival
8:30am	9:50am	Warm-up
9:50am		Course closed
10:00am	10:40am	Team Relay - U12 2.5km
10:50am	11:30am	Team Relay - U14 3.0km
11:35am	12:15pm	Team Relay - U16 3.0km
12:45pm		Medal Presentations / Results
1:15pm		Team departure, take down
*** food available		