



Competition Schedule

Cross Country Skiing

Blue Mountain Adventure Park

North on Highway 4 (5 km) East on Highway 378 (25 km)

February 21-24, 2018

Last Updated: April 12, 2017

WEDNESDAY, FEBRUARY 21, 2018

TIME:	EVENT:
14:00 - 16:00	Training on trails behind school (with district coaches and CCS Provincial Coach)
20:30	Coaches Meeting

THURSDAY, FEBRUARY 22, 2018

TIME:	EVENT:
8:30	Official training, course open
10:20	Course closed
10:30 - 12:30	Race: Interval Start, Classic Technique
13:00	Medal Presentations
19:30	Coaches Meeting

FRIDAY, FEBRUARY 23, 2018

TIME:	EVENT:
8:30	Official training, course open
10:00 - 10:50	Race: Sprint Qualifications, Free Technique
12:45-13:45	Race: Sprint Heats, Free Technique
14:15 - 14:45	Race: Sprint Finals
15:00	Medal Presentations
19:30	Coaches Meeting

SATURDAY, FEBRUARY 24, 2018

TIME:	EVENT:
8:30	Official training, course open
10:00 - 12:15	Race: Relay, Technique TBD
13:00	Medal Presentations