

DATE	TIME	EVENT	LOCATION/COURSE
		TRAINING	
Dec 4 2019 Wednesday	0900-1600	Race office Opens	Meeting Room A CNS Day Lodge
Dec 5 2019 Thursday	0900-1600	Race office opens	Meeting Room A CNS Day Lodge
	1000-1400	Official Training	All Courses
	1800	Team Captains Meeting	Bill Warren Training Centre
Dec 6 2019 Friday		ALTA GAS SPRINTS YOUTH OLYMPIC GAMES TRIAL	
	0730-1600	Race Office Opens	Meeting Room A CNC Day Lodge
	0800	Training	All course
	0900	Training	1.3 km Sprint Course
	0950	Course Close	1.3 Km Sprint Course
	1000	Sprint qualification Open Women	1.3 Km Sprint Course
ALL TIMES APPROXIMATE	1040	Sprint qualification Open Men	1.3 km Sprint Course
	1145	Course closes	1.3 km Sprint Course
EXACT START TIMES ON START LIST ZONE 4	1155	MEXICAN NATIONAL SPRINT FINAL	1.3 km Sprint Course
EVENING BEFORE RACE ZONE4.CA	1200	FEMALE Sr/U20 Sprint Heats Quarter finals	1.3 km Sprint Course
	1244	Semis	
	1306	Finals	
	1330	MALE Sr/U20 Sprint Heats Quarter finals	
	1414	Semis	
	1436	Finals	
	1530	Awards OPEN,U20,U23,CCUNC	Haywood Podium West End of Day Lodge
	1450	Training	All Courses
	1800	Team Captains Meeting	Bill Warren Training Centre

DATE	TIME	EVENT	LOCATION / COURSE
Dec 7, 2019 SATURDAY		HAYWOOD NorAm YOG TRIAL INTERVAL START CLASSIC PRESENTED BY Rocky Mountain Ski Lodge	
	0730	Race office opens	Meeting room A CNC Day Lodge
	0800	Training	All Courses
	0830	Para Nordic	3 x 2 km PN course
	0900	Open Men, U20, U18 10 KM	3 x 3.3
	1050	Open Women U20,U18, 5KM	2 x 2.5
	1230	AWARDS OPEN,U20,PN, U18, CCUNC	HAYWOOD PODIUM WEST END OF DAY LODGE
ALL TIMES APPROXIMATE	1210	U8 M/F 0.8 KM	1 X 0.8 km
	1220	U10 M 1 KM	1 x 1 km
	1224	U10 F 1 KM	
EXACT START TIMES ON START LIST ZONE 4	1240	U12 M 2 KM	2 X 1 km
EVENING BEFORE RACE ZONE4.CA		U12 F 2 KM	2 X 1 km
	1320	U14 M 2 KM	1 X 2 km
		U14 F 2 KM	1 X 2 km
	1400	AWARDS U8/U10/U12	HAYWOOD PODIUM WEST END OF DAY LODGE
	1400	U16 M 5 KM	2 X 2.5
		U16 F 5 KM	2 X 2.5
	1500	MASTERS M 10 KM INTERVAL	3 x 3.3 km
		MASTERS F 10 KM INTERVAL	3 X 3.3 km
	1509	MEXICAN NATIONALS	3 X 3.3
	1600	AWARDS	HAYWOOD PODIUM WEST END OF DAY LODGE
	1800	TEAM CAPTAINS MEETING	Bill Warren Training Centre

DATE	TIME	EVENT	LOCATION / COURSE
DEC 8, 2019 SUNDAY		Haywood Noram INTERVAL START FREE Presented by Trail Sports and Lorpen	
	0730	Race office opens	Meeting room A CNC Day Lodge
	0800	Training	All Courses
	0830	Para Nordic	3 X 2 km PN course
	0900	Open Male/U20 15 km	4 X 3.75
	1040	Open Female/U20 10 KM	3 x 3.3 km
	1145	U18 Male 10 km	3 x 3.3 km
ALL TIMES APPROXIMATE	1225	U18 Female 7.5 KM	3 x 2.5
	1230	AWARDS OPEN, U20, CCUNC,U18	HAYWOOD PODIUM WEST END OF DAY LODGE
	1300	U8 0.8 KM	1 X 0.8 km
		U10 M 1 KM	1 x 1.0 km
EXACT START TIMES ON START LIST ZONE 4		U10 F 1 KM	1 x 1.0 km
EVENING BEFORE RACE ZONE4.CA	1322	U12 M 2 KM	2 X 1.0 km
	1338	U12 F 2 KM	2 X 1.0 km
	1400	AWARDS U8, U10, U12	HAYWOOD PODIUM WEST END OF DAY LODGE
	1400	U16 M 4 KM	2 x 2 km
	1422	U16 F 4 KM	2 X 2 km
	1450	U14 M 4 KM	2 X 2 km
	1505	U14 F 4 KM	2 X 2 km
	1530	MASTERS M 7.5 KM INTERVAL START	2 x 3.75km
	1540	MASTERS F 7.5 KM INTERVAL START	2 X 3.75 km
	1630	AWARDS REMAINING	HAYWOOD PODIUM WEST END OF DAY LODGE