



Program for: FIS NorAm Cup – MENS & WOMENS SKI CROSS - 2022 / Nakiska (CAN)

Program Wed, 15-Dec-2021	Duration	Start time	Finish time	Last changes: 2021-12-12 / 22:00 MST
Course Closed to Training		7:30	16:00	

Program Thurs, 16-Dec-2021	Duration	Start time	Finish time	
First Team Captains Meeting / Draws	0:30	8:00	8:30	Basement of Legacy House (Race Office)
Jury/Course/Medical Meeting	0:20	8:35	8:55	Basement of Legacy House (Race Office)
First run on lift for athletes		9:00		Time of circ. 6'
Jury Inspection, Course Setting	0:20	9:25	9:45	
Inspection	0:30	9:45	10:15	All Admitted by 10:00
Forerunners	0:05	10:25	10:30	
Training	1:30	10:30	12:00	Doors Operating: NO Runs / Competitor: Unlimited Start training: Yes
Break / Course Prep.	0:45	12:00	12:45	
Forerunners	0:05	12:45	12:50	
Training	1:55	12:50	14:45	Doors Operating: YES Runs / Competitor: Unlimited Start training: No
Jury Inspection, Course Setting	0:15	14:45	15:00	
Team Captains Meeting / Info	0:30	15:30	16:00	Basement of Legacy House (Race Office)
Note: *Training with Race 1 Qualification Bibs				

Program Fri, 17-Dec-2021	Duration	Start time	Finish time	
Jury/Course/Medical Meeting	0:20	8:30	8:50	Basement of Legacy House (Race Office)
First run on lift for athletes		9:00		Time of circ. 6'
Jury Inspection, Course Setting	0:10	9:10	9:20	
Inspection	0:30	9:20	9:50	All Admission at 9:35
Forerunners	0:05	10:00	10:05	
Training	1:55	10:05	12:00	Doors Operating: @11:00 Runs / Competitor: Unlimited Start training: No
Break / Course Prep.	1:00	12:00	13:00	
Forerunners	0:05	13:00	13:05	
Qualification - Race 1	0:25	13:05	13:30	Seeding Run Format - Codex: 8566L/8565M - 25 sec Interval
Bib re-sort at Start	0:10	13:30	13:40	
Qualification - Race 2	0:25	13:40	14:05	Seeding Run Format - Codex: 8568L/8567M - 25 sec Interval
Jury Inspection, Course Setting	0:15	14:05	14:20	
Team Captains Meeting / Info / Bib Pickup	0:30	14:45	15:15	Basement of Legacy House (Race Office)
Note: *Training with Race 1 Qualification Bibs				

Program Sat, 18-Dec-2021	Duration	Start time	Finish time	
Jury/Course/Medical Meeting	0:20	8:30	8:50	Basement of Legacy House (Race Office)
First run on lift for athletes		9:00		Time of circ. 6'
Jury Inspection, Course Setting	0:10	9:10	9:20	
Inspection	0:30	9:20	9:50	All Admission at 9:35
Forerunners	0:05	10:00	10:05	
Training	0:55	10:05	11:00	Doors Operating: Yes Runs / Competitor: Unlimited Start training: No
Break / Course Prep.	1:00	11:00	12:00	
Finals – Race 1	1:40	12:00	12:00	Women: 8566L 16 Men: 8565M 32
Forerunner - Heats	0:02	12:00	12:02	begin with: Quarter Final begin with: Eights Final
EF - Men	0:16	12:02	12:18	Eights Final Round (8 Heats) Men
Break	0:05	12:18	12:23	
QF – Women	0:08	12:23	12:31	Quarter Final Round (4 Heats) Women
QF – Men	0:08	12:31	12:39	Quarter Final Round (4 Heats) Men
Break / Course Prep	0:10	12:39	12:49	

SF - Women	0:05	12:49	12:54	Semi Final Round (2 Heats) Women
SF - Men	0:05	12:59	13:04	Semi Final Round (2 Heats) Men
Break	0:15	13:04	13:19	
SmF - Women	0:02	13:19	13:21	
SmF - Men	0:02	13:21	13:23	
BgF - Women	0:02	13:23	13:25	
BgF - Men	0:02	13:25	13:27	
Jury Inspection, Course Setting	0:15	13:30	13:45	
Awards Race 1	0:15	13:35	13:50	Finish Area
Team Captains Meeting / Info / Bib Pickup	0:30	14:30	15:00	Basement of Legacy House (Race Office)
Note:				

Program Sun, 19-Dec-2021	Duration	Start time	Finish time						
Jury/Course/Medical Meeting	0:20	8:30	8:50	Basement of Legacy House (Race Office)					
First run on lift for athletes		9:00		Time of circ. 6'					
Jury Inspection, Course Setting	0:10	9:10	9:20						
Inspection	0:30	9:20	9:50	All Admission at 9:35					
Forerunners	0:05	10:00	10:05						
Training	0:55	10:05	11:00	Doors Operating:	Yes	Runs / Competitor:	Unlimited	Start training:	No
Break / Course Prep.	1:00	11:00	12:00						
Finals – Race 1	1:40	12:00	12:00	Women: 8566L	16	Men: 8565M	32		
Forerunner - Heats	0:02	12:00	12:02	begin with:	Quarter Final	begin with:	Eights Final		
EF - Men	0:16	12:02	12:18	Eights Final Round (8 Heats) Men					
Break	0:05	12:18	12:23						
QF – Women	0:08	12:23	12:31	Quarter Final Round (4 Heats) Women					
QF – Men	0:08	12:31	12:39	Quarter Final Round (4 Heats) Men					
Break / Course Prep	0:10	12:39	12:49						
SF - Women	0:05	12:49	12:54	Semi Final Round (2 Heats) Women					
SF - Men	0:05	12:59	13:04	Semi Final Round (2 Heats) Men					
Break	0:15	13:04	13:19						
SmF - Women	0:02	13:19	13:21						
SmF - Men	0:02	13:21	13:23						
BgF - Women	0:02	13:23	13:25						
BgF - Men	0:02	13:25	13:27						
Awards Race 1	0:15	13:35	13:50	Finish Area					
Note:									