

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 L	egacy Hous	e (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			L				
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)						

Duration	Start time	Finish time						
0:20	8:30	8:50	Basement of	Legacy Hοι	se (Race Office)		
	9:00		Time of circ	. 6'				
0:10	9:10	9:20						
0:30	9:20	9:50	All Admissi	on at 9:35				
0:05	10:00	10:05						
1:55	10:05	12:00	Doors Operating:	@11:00	Runs / Competitor:	Unlimited	Start training:	No
1:00	12:00	13:00		L		L		
0:05	13:00	13:05						
0:25	13:05	13:30	Seeding Rui	n Format -	Codex: 8566L	/8565M - 2	sec Interv	al
0:10	13:30	13:40						
0:25	13:40	14:05	Seeding Rui	n Format -	Codex: 8568L	/8567M - 2	sec Interv	al
0:15	14:05	14:20						
0:30	14:45	15:15	Basement of	Legacy Hou	se (Race Office)		
	0:20 0:10 0:30 0:05 1:55 1:00 0:05 0:25 0:10 0:25 0:15	0:20 8:30 9:00 0:10 9:10 0:30 9:20 0:05 10:00 1:55 10:05 12:00 0:05 13:00 0:05 13:00 0:25 13:05 0:10 13:30 0:25 13:40 0:15 14:05	0:20 8:30 8:50 9:00 9:00 0:10 9:10 9:20 0:30 9:20 9:50 0:05 10:00 10:05 1:55 10:05 12:00 1:00 12:00 13:00 0:05 13:00 13:05 0:25 13:30 13:40 0:25 13:40 14:05 0:15 14:05 14:20	0:20 8:30 8:50 Basement of Time of circ 0:10 9:10 9:20 0:30 9:20 9:50 All Admissi 0:05 10:00 10:05 1:55 10:05 12:00 Doors Operating: 1:00 12:00 13:00 0:05 13:00 13:05 0:25 13:30 13:40 0:25 13:40 14:05 0:15 14:05 14:20	0:20 8:30 8:50 Basement of Legacy Houndary 9:00 Time of circ. 6' 0:10 9:10 9:20 0:30 9:20 9:50 All Admission at 9:35 0:05 10:00 10:05 1:55 10:05 12:00 Doors Operating: @11:00 1:00 12:00 13:00 Operating: @11:00 0:05 13:00 13:05 Seeding Run Format - 0:10 13:30 13:40 Seeding Run Format - 0:15 14:05 14:20	0:20 8:30 8:50 Basement of Legacy House (Race Office 9:00 Time of circ. 6' 0:10 9:10 9:20 0:30 9:20 9:50 All Admission at 9:35 0:05 10:00 10:05 1:55 10:05 12:00 Doors Operating: @11:00 Runs / Competitor: 1:00 12:00 13:00 13:05 Seeding Run Format - Codex: 8566L 0:10 13:30 13:40 Seeding Run Format - Codex: 8568L 0:15 14:05 14:20	0:20 8:30 8:50 Basement of Legacy House (Race Office) 9:00 Time of circ. 6' 0:10 9:10 9:20 0:30 9:20 9:50 All Admission at 9:35 0:05 10:00 10:05 1:55 10:05 12:00 Doors Operating: @11:00 Runs / Competitor: Unlimited 1:00 12:00 13:00 13:05 Operating: 9:25 13:05 13:30 Seeding Run Format - Codex: 8566L/8565M - 25 0:10 13:30 13:40 14:05 Seeding Run Format - Codex: 8568L/8567M - 25 0:15 14:05 14:20	0:20 8:30 8:50 Basement of Legacy House (Race Office) 9:00 Time of circ. 6' 0:10 9:10 9:20 0:30 9:20 9:50 All Admission at 9:35 0:05 10:00 10:05 1:55 10:05 12:00 Doors Operating: @11:00 Runs / Competitor: Unlimited Training: Start training: 1:00 12:00 13:00 13:00 13:00 13:00 Oeeding Run Format - Codex: 8566L/8565M - 25 sec Interval Oees Oeeding Run Format - Codex: 8568L/8567M - 25 sec Interval Oees Oeeding Run Format - Codex: 8568L/8567M - 25 sec Interval Oees Oeeding Run Format - Codex: 8568L/8567M - 25 sec Interval Oees Oeeding Run Format - Codex: 8568L/8567M - 25 sec Interval Oees Oees Oeeding Run Format - Codex: 8568L/8567M - 25 sec Interval Oees Oees

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 Admissi	on 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:			
Break / Course Prep.	1:00	11:00	12:00							
Finals - Race 1	1:40	12:00	12:00	00 Women: 8566L 16 Men: 8565M 32					2	
Forerunner - Heats	0:02	12:00	12:02	2 begin with: Quarter Final begin with: E				n: Eigl	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	231 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							



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

Program Sun, 19-Dec-202	21 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	ı					
Jury Inspection, Course Setting	0:10	9:10	9:20								
Inspection	0:30	9:20	9:50	All Admissi	on at 9:35	,					
Forerunners	0:05	10:00	10:05								
Training	0:55	10:05	11:00	:00 Doors					No		
Break / Course Prep.	1:00	11:00	12:00								
Finals - Race 1	1:40	12:00	12:00	Women: 85	66L 16	1	Men: 856	5M 32			
Forerunner - Hea	s 0:02	12:00	12:02	begin with:	Qı	uarter Final	begin wit	n: Eig	hts Fin		
EF - Men	0:16	12:02	12:18	Eights Final Round (8 Heats) Men							
Bre	eak <i>0:05</i>	12:18	12:23								
QF – Wome	n 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 P	ep <i>0:10</i>	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							
Bre	eak <i>0:15</i>	13:04	13:19								
SmF - Wom	en 0:02	13:19	13:21								
SmF - Men	0:02	13:21	13:23								
BgF - Wome	o:02	13:23	13:25								
BgF - Men	0:02	13:25	13:27								
Awards Race 1	0:15	13:35	13:50	Finish Area							