



Program for: FIS NorAm Cup – MENS & WOMENS SKI CROSS - 2023 / Nakiska (CAN)

| Program Wed, 14-Dec-2022 | Duration | Start time | Finish time | Last changes: 2022-12-11 / 23:00 MST |
|---------------------------|----------|------------|-------------|--------------------------------------|
| Course Closed to Training | | 7:30 | 16:00 | |

| Program Thurs, 15-Dec-2022 | Duration | Start time | Finish time | |
|------------------------------------|----------|------------|-------------|--|
| Jury/Course/Medical Meeting | 0:20 | 8:00 | 8:20 | Basement of Legacy House (Race Office) |
| First Team Captains Meeting | 0:30 | 8:30 | 9:00 | Basement of Legacy House (Race Office) |
| First run on lift for athletes | | 9:00 | | Time of circ. 6' |
| Jury Inspection, Course Setting | 0:20 | 9:30 | 9:50 | |
| Inspection | 0:30 | 10:15 | 10:45 | All Admitted by 10:30 |
| Forerunners | 0:05 | 10:55 | 11:00 | |
| Training | 1:30 | 11:00 | 12:30 | Doors Operating: NO Runs / Competitor: Unlimited Start training: Yes |
| Break / Course Prep. | 0:45 | 12:30 | 13:15 | |
| Forerunners | 0:05 | 13:20 | 13:25 | |
| Training | 1:20 | 13:25 | 14:45 | Doors Operating: YES Runs / Competitor: Unlimited Start training: No |
| Jury Inspection, Course Setting | 0:20 | 14:45 | 15:05 | |
| Team Captains Meeting/Draw Meeting | 0:30 | 15:45 | 16:15 | Basement of Legacy House (Race Office) |
| Note: *Training with Random Bibs | | | | |

| Program Fri, 16-Dec-2022 | Duration | Start time | Finish time | |
|--|----------|------------|-------------|---|
| Jury/Course/Medical Meeting | 0:20 | 8:15 | 8:35 | 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 | 9:30 | 10:00 | All Admission at 9:45 |
| Forerunners | 0:05 | 10:05 | 10:10 | |
| Training | 1:35 | 10:10 | 11:45 | Doors Operating: @11:00 Runs / Competitor: Unlimited Start training: No |
| Break / Course Prep. | 1:00 | 11:45 | 12:45 | |
| Forerunners | 0:05 | 12:50 | 12:55 | |
| Qualification - Race 1 | 0:30 | 12:55 | 13:25 | Timed Seeding Run Format - Codex: 8495W/8494M - 25 sec Interval |
| Bib re-sort at Start | 0:10 | 13:25 | 13:35 | |
| Qualification - Race 2 | 0:30 | 13:35 | 14:05 | Timed Seeding Run Format - Codex: 8497W/8496M - 25 sec Interval |
| Jury Inspection, Course Setting | 0:20 | 14:05 | 14:25 | |
| Team Captains Meeting / Info / Bib Pickup | 0:30 | 15:05 | 15:35 | Basement of Legacy House (Race Office) |
| Note: *Training with Race 1 Timed Seeding Bibs | | | | |

| Program Sat, 17-Dec-2022 | Duration | Start time | Finish time | |
|---------------------------------|----------|------------|-------------|--|
| Jury/Course/Medical Meeting | 0:20 | 8:15 | 8:35 | 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 | 9:30 | 10:00 | All Admission at 9:45 |
| Forerunners | 0:05 | 10:05 | 10:10 | |
| Training | 0:50 | 10:10 | 11:00 | Doors Operating: Yes Runs / Competitor: Unlimited Start training: No |
| Break / Course Prep. | 1:00 | 11:00 | 12:00 | |
| Finals – Race 1 | 2:13 | 12:05 | 14:18 | Women: 8495W 32 Men: 8494M 64 |
| Forerunner - Heats | 0:02 | 12:05 | 12:07 | begin with: Eights Final begin with: Sixteens Final |
| SixF - Men | 0:24 | 12:07 | 12:31 | Sixteens Final Round (16 Heats) Men |
| Break | 0:04 | 12:31 | 12:35 | |
| EF - Women | 0:15 | 12:35 | 12:50 | Eights Final Round (8 Heats) Women |
| EF - Men | 0:15 | 12:50 | 13:05 | Eights Final Round (8 Heats) Men |
| Break | 0:05 | 13:05 | 13:10 | |

| | | | | |
|--|------|--------------|--------------|---|
| QF – Women | 0:08 | 13:10 | 13:18 | Quarter Final Round (4 Heats) Women |
| QF – Men | 0:08 | 13:18 | 13:26 | Quarter Final Round (4 Heats) Men |
| Break / Course Prep | 0:14 | 13:26 | 13:40 | |
| SF - Women | 0:04 | 13:40 | 13:44 | Semi Final Round (2 Heats) Women |
| SF - Men | 0:04 | 13:44 | 13:48 | Semi Final Round (2 Heats) Men |
| Break | 0:22 | 13:48 | 14:10 | |
| SmF - Women | 0:02 | 14:10 | 14:12 | |
| BgF - Women | 0:02 | 14:12 | 14:14 | |
| SmF - Men | 0:02 | 14:14 | 14:16 | |
| BgF - Men | 0:02 | 14:16 | 14:18 | |
| Jury Inspection, Course Setting | 0:15 | 14:30 | 14:45 | |
| Awards Race 1 | 0:10 | 15:30 | 15:40 | Base Area |
| Team Captains Meeting / Info / Bib Pickup | 0:20 | 16:00 | 16:20 | Basement of Legacy House (Race Office) |
| Note: | | | | |

| Program Sun, 18-Dec-2022 | Duration | Start time | Finish time | | | | | | |
|---------------------------------------|-----------------|-------------------|--------------------|---|---------------------|--------------------|-----------------------|-----------------|-----------|
| Jury/Course/Medical Meeting | 0:20 | 8:15 | 8:35 | 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 | 9:30 | 10:00 | All Admission at 9:45 | | | | | |
| Forerunners | 0:05 | 10:05 | 10:10 | | | | | | |
| Training | 0:50 | 10:10 | 11:00 | Doors Operating: | Yes | Runs / Competitor: | Unlimited | Start training: | No |
| Break / Course Prep. | 1:00 | 11:00 | 12:00 | | | | | | |
| Finals – Race 1 | 2:13 | 12:05 | 14:18 | Women: 8497W | 32 | Men: 8496M | 64 | | |
| Forerunner - Heats | 0:02 | 12:05 | 12:07 | begin with: | Eights Final | begin with: | Sixteens Final | | |
| SixF - Men | 0:24 | 12:07 | 12:31 | Sixteens Final Round (16 Heats) Men | | | | | |
| Break | 0:04 | 12:31 | 12:35 | | | | | | |
| EF - Women | 0:15 | 12:35 | 12:50 | Eights Final Round (8 Heats) Women | | | | | |
| EF - Men | 0:15 | 12:50 | 13:05 | Eights Final Round (8 Heats) Men | | | | | |
| Break | 0:05 | 13:05 | 13:10 | | | | | | |
| QF – Women | 0:08 | 13:10 | 13:18 | Quarter Final Round (4 Heats) Women | | | | | |
| QF – Men | 0:08 | 13:18 | 13:26 | Quarter Final Round (4 Heats) Men | | | | | |
| Break / Course Prep | 0:14 | 13:26 | 13:40 | | | | | | |
| SF - Women | 0:04 | 13:40 | 13:44 | Semi Final Round (2 Heats) Women | | | | | |
| SF - Men | 0:04 | 13:44 | 13:48 | Semi Final Round (2 Heats) Men | | | | | |
| Break | 0:22 | 13:48 | 14:10 | | | | | | |
| SmF - Women | 0:02 | 14:10 | 14:12 | | | | | | |
| BgF - Women | 0:02 | 14:12 | 14:14 | | | | | | |
| SmF - Men | 0:02 | 14:14 | 14:16 | | | | | | |
| BgF - Men | 0:02 | 14:16 | 14:18 | | | | | | |
| Awards Race 1 | 0:10 | 15:00 | 15:10 | Base Area | | | | | |
| Note: | | | | | | | | | |