

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	

Duration	Start time	Finish time							
0:20	8:00	8:20	Basement of Legacy House (Race Office)						
0:30	8:30	9:00	Basement of Legacy House (Race Office)						
	9:00		Time of circ. 6'						
0:20	9:30	9:50							
0:30	10:15	10:45	All Admitted by 10:30						
0:05	10:55	11:00							
1:30	11:00	12:30	Doors Operating:	NO	Runs / Competitor:	Unlimited	Start training:	Ye	
0:45	12:30	13:15							
0:05	13:20	13:25							
1:20	13:25	14:45	Doors Operating:	YES	Runs / Competitor:	Unlimited	Start training:	No	
0:20	14:45	15:05		_	L	·		.	
0:30	15:45	16:15	Basement of Legacy House (Race Office)						
	0:20 0:30 0:20 0:20 0:30 0:05 1:30 0:45 0:05 1:20	0:20 8:00 0:30 8:30 9:00 9:30 0:30 10:15 0:05 10:55 1:30 11:00 0:45 12:30 0:05 13:20 1:20 13:25	0:20 8:00 8:20 0:30 8:30 9:00 9:00 9:00 0:20 9:30 9:50 0:30 10:15 10:45 0:05 10:55 11:00 1:30 11:00 12:30 0:45 12:30 13:15 0:05 13:20 13:25 1:20 13:25 14:45	0:20 8:00 8:20 Basement of I 0:30 8:30 9:00 Basement of I 9:00 Time of circ 0:20 9:30 9:50 0:30 10:15 10:45 All Admitte 0:05 10:55 11:00 Doors Operating: 0:45 12:30 13:15 10:25 1:20 13:25 14:45 Doors Operating:	0:20 8:00 8:20 Basement of Legacy Hous 0:30 8:30 9:00 Basement of Legacy Hous 9:00 Time of circ. 6' 0:20 9:30 9:50 0:30 10:15 10:45 All Admitted by 10:30 0:05 10:55 11:00 Doors Operating: NO 0:45 12:30 13:15 13:25 YES	0:20 8:00 8:20 Basement of Legacy House (Race Office) 0:30 8:30 9:00 Basement of Legacy House (Race Office) 9:00 Time of circ. 6' 0:20 9:30 9:50 0:30 10:15 10:45 0:05 10:55 11:00 1:30 11:00 12:30 Doors Operating: NO 0:45 12:30 13:25 14:45 Doors Operating: YES Runs / Competitor:	0:20 8:00 8:20 Basement of Legacy House (Race Office) 0:30 8:30 9:00 Basement of Legacy House (Race Office) 9:00 Time of circ. 6' 0:20 9:30 9:50 0:30 10:15 10:45 0:30 10:55 11:00 0:05 10:55 11:00 1:30 11:00 12:30 Doors Operating: NO Runs / Competitor: Unlimited 0:45 12:30 13:25 14:45 Doors Operating: YES Runs / Competitor: Unlimited	0:20 8:00 8:20 Basement of Legacy House (Race Office) 0:30 8:30 9:00 Basement of Legacy House (Race Office) 9:00 Time of circ. 6' 0:20 9:30 9:50 0:30 10:15 10:45 0:30 10:55 11:00 0:05 10:55 11:00 1:30 11:00 12:30 0:45 12:30 13:15 0:05 13:20 13:25 1:20 13:25 14:45	

0:20	8:15	8:35	Basement of Legacy House (Race Office)						
	9:00		Time of circ. 6'						
0:10	9:10	9:20							
0:30	9:30	10:00	All Admission at 9:45						
0:05	10:05	10:10							
1:35	10:10	11:45	Doors Operating:	@11:00	Runs / Competitor:	Unlimited	Start training:	No	
1:00	11:45	12:45							
0:05	12:50	12:55							
0:30	12:55	13:25	Timed Seeding Run Format - Codex: 8495W/8494M - 25 sec						
0:10	13:25	13:35							
0:30	13:35	14:05	Timed Seeding Run Format - Codex: 8497W/8496M - 25 sec						
0:20	14:05	14:25	ANARCAE12701						
0:30	15:05	15:35	Basement of	Legacy Hou	ise (Race Office))			
	0:10 0:30 0:05 1:35 1:00 0:05 0:30 0:10 0:30 0:20 0:30	9:00 0:10 9:10 0:30 9:30 0:05 10:05 1:35 10:10 1:00 11:45 0:05 12:50 0:30 12:55 0:10 13:25 0:30 13:35 0:20 14:05	9:00 0:10 9:10 9:20 0:30 9:30 10:00 0:05 10:05 10:10 1:35 10:10 11:45 1:00 11:45 12:45 0:05 12:50 12:55 0:30 12:55 13:25 0:10 13:25 13:35 0:30 13:35 14:05 0:20 14:05 14:25 0:30 15:05 15:35	9:00 Time of circ 0:10 9:10 9:20 0:30 9:30 10:00 All Admissi 0:05 10:05 10:10 All Admissi 1:35 10:10 11:45 Doors Operating: 1:00 11:45 12:45 Doors 0:05 12:50 12:55 Timed Seed 0:10 13:25 13:35 Timed Seed 0:30 13:35 14:05 Timed Seed 0:20 14:05 14:25 Basement of	9:00 Time of circ. 6' 0:10 9:10 9:20	9:00 Time of circ. 6' 0:10 9:10 9:20	9:00 Time of circ. 6' 0:10 9:10 9:20	9:00 Time of circ. 6' 0:10 9:10 9:20	

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:	Voc		r: Unlimited	Start training: No		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:	begin with: Eights Final		begin with:		Sixteens Final		
SixF - Men	0:24	12:07	12:31	Sixteens Final Round (16 Heats) Men							
Brea	k <i>0:04</i>	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					
Brea	k 0:05	13:05	13:10								

	- 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	

Program Sun, 18-Dec-2	022 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: 84	97W	32		Men: 8496	64 64	
Forerunner - H	eats 0:02	12:05	12:07	begin with:		Eight	ts Final	begin wit	n: Six	teens Final
SixF - Me) 0:24	12:07	12:31	Sixteens Final Round (16 Heats) Men						
	Break 0:04	12:31	12:35							
EF - Wom	en 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 – Won	ien 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 - Wom	en 0:04	13:40	13:44	Semi Final F	Round	(2 Hea	ats) Women			
SF - Men	0:04	13:44	13:48	Semi Final Round (2 Heats) Men						
	Break 0:22	13:48	14:10							
SmF - Wo	men 0:02	14:10	14:12							
BgF - Woi	nen 0:02	14:12	14:14							
SmF - Me	n 0:02	14:14	14:16							
BgF - Mer	0:02	14:16	14:18							
Awards Race 1	0:10	15:00	15:10	Base Area						
Note:	I									