

Freestyle Aerial NorAm Le Relais Feb. 25-28, 2023

Saturday Feb. 25, 2023

Start	Finish	Duration	Event	Location
9:00	- 9:45	0:45	Chop / Hill Prep	Aerial Hill
9:45	10:00	0:15	Speed Check	Aerial Hill
10:00	- 12:00	2:00	Group 1 Train (Can + Qc)	Aerial Hill
12:00	- 12:15	0:15	Chop / Hill Prep	Aerial Hill
12:15	12:30	0:15	Speed Check	Aerial Hill
12:30	- 14:30	2:00	Group 2 Train (USA + JAP)	Aerial Hill

Sunday Feb. 26, 2023

Start	Finish	Duration	Event	Location
9:00	- 9:45	0:45	Chop / Hill Prep	Aerial Hill
9:45	10:00	0:15	Speed Check	Aerial Hill
10:00	- 12:00	2:00	Group 2 Train (Can + Qc)	Aerial Hill
12:00	- 12:15	0:15	Chop / Hill Prep	Aerial Hill
12:15	12:30	0:15	Speed Check	Aerial Hill
12:30	- 14:30	2:00	Group 1 Train (USA + JAP)	Aerial Hill
16:00	- 16:30	0:30	Aerial Draw/ Team leaders	TCM - via Zoom

Monday Feb. 27, 2023

Start	Finish	Duration	Event	Location
9:00	- 9:30	0:30	Course Prep	Aerial Hill
9:30	- 9:45	0:15	Men's Aerial Speed Checks	Aerial Hill
9:45	- 10:45	1:00	Men's Aerial Training - Max 4 jumps in run order	Aerial Hill
10:45	- 11:00	0:15	Course Prep	Aerial Hill
11:00	- 11:30	0:30	Men's Aerial Qualifications (Q1)	Aerial Hill
11:30	- 12:00	0:30	Men's Aerial Qualifications (Q2)	Aerial Hill
12:10	- 12:20	0:10	Course Prep	Aerial Hill
12:20	- 12:30	00:10	Men's Aerial Final (F1)(6)	Aerial Hill
12:30	- 13:00	0:30	Coach Chop/Athlete Warmup	Aerial Hill
13:00	- 13:15	0:15	Ladies' Speed Checks	Aerial Hill
13:15	- 14:00	0:45	Ladies' Aerials Training - Max 4 jumps in run order	Aerial Hill
14:00	- 14:10	0:10	Course Prep	Aerial Hill
14:10	- 14:30	0:20	Ladies' Aerial Qualifications (Q1)	Aerial Hill
14:30	- 14:50	0:20	Ladies' Aerial Qualifications (Q2)	Aerial Hill
14:50	- 15:00	0:10	Course Prep	Aerial Hill
15:00	- 15:10	0:10	Ladies' Aerial Finals (F1)(6)	Aerial Hill
15:30	- 15:45	0:15	Awards	Aerial Hill
16:00	- 16:30	0:30	Aerial Draw/ Team leaders	TCM - via Zoom

Tuesday Feb. 28, 2023

Start	Finish	Duration	Event	Location
9:00	- 9:30	0:30	Course Prep	Aerial Hill
9:30	- 9:45	0:15	Men's Aerial Speed Checks	Aerial Hill
9:45	- 10:45	1:00	Men's Aerial Training - Max 4 jumps in run order	Aerial Hill
10:45	- 11:00	0:15	Course Prep	Aerial Hill
11:00	- 11:30	0:30	Ladies' Aerial Qualifications (Q1)	Aerial Hill
11:30	- 12:00	0:30	Ladies' Aerial Qualifications (Q2)	Aerial Hill
12:10	- 12:20	0:10	Course Prep	Aerial Hill
12:20	- 12:30	00:10	Ladies' Aerial Finals (F1)(6)	Aerial Hill
12:30	- 13:00	0:30	Coach Chop/Athlete Warmup	Aerial Hill
13:00	- 13:15	0:15	Ladies' Speed Checks	Aerial Hill
13:15	- 14:00	0:45	Ladies' Aerials Training - Max 4 jumps in run order	Aerial Hill
14:00	- 14:10	0:10	Course Prep	Aerial Hill
14:10	- 14:30	0:20	Men's Aerial Qualifications (Q1)	Aerial Hill
14:30	- 14:50	0:20	Men's Aerial Qualifications (Q2)	Aerial Hill
14:50	- 15:00	0:10	Course Prep	Aerial Hill
15:00	- 15:10	0:10	Men's Aerial Final (F1)(6)	Aerial Hill
15:30	- 15:45	0:15	Awards	Aerial Hill