



Program for: FIS/U16 – MENS & WOMENS SKI CROSS – MARCH 10-12 2023 / Nakiska (CAN)

Program Thurs, 9-MAR-2023	Duration	Start time	Finish time	Last Changes Mar 6, 22:00
Course Worker Meeting	0:20	11:30	11:50	Legacy Room (Race Office)
COURSE WORK	3:00	12:00	3:00	Nakiska Training Track (off Bronze Chair)

Program Fri, 10-MAR-2023	Duration	Start time	Finish time	
Volunteer Meeting	0:30	8:30	9:00	Legacy Room (Race Office)
Team Registration	0:10	8:50	9:00	
First TC Meeting	0:20	9:00	9:20	Legacy Room (Race Office)
First run on lift for athletes		9:00		Time of circ. 6'
Jury Inspection, Course Setting	0:30	9:45	10:15	
Inspection	0:30	10:15	10:45	Last Admitted at 10:30
Break/ Course Prep	0:10	10:45	10:55	
Forerunners	0:05	10:55	11:00	
Training	1:15	11:00	12:15	Doors Operating: NO Runs / Competitor: Unlimited Start training: Yes
Break / Course Prep.	:45	12:15	13:00	
Forerunners	0:05	13:00	13:05	
Training	1:15	13:05	14:20	Doors Operating: YES Runs / Competitor: Unlimited Start training: No
Jury Inspection, Course Setting	0:15	14:20	14:35	
Team Captains Meeting / Info	0:30	15:00	15:30	Legacy Room (Race Office)

Program Sat, 11-MAR-2023	Duration	Start time	Finish time	
Jury/Course/Medical Meeting	0:20	8:30	8:50	Legacy Room (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	Last Admission at 9:35
Forerunners	0:05	9:55	10:00	
Training	0:30	10:00	10:30	Doors Operating: Yes Runs / Competitor: limited Start training: No
Break / Course Prep.	0:25	10:30	10:55	
Qualification – Race 1	2:10	11:00	13:10	Women: 8874L 3 heat quali Men: 8873M 3 heat quali
Forerunner - Heats	0:05	10:55	11:00	U16 Women 3 heat quali U16 Men 3 heat quali
U16 W Round 1	0:08	11:00	11:08	3 heats
U16 M Round 1	0:13	11:08	11:21	5 heats
FIS W Round 1	0:08	11:21	11:29	3 heats
FIS M Round 1	0:10	11:29	11:39	4 Heats
Break	0:06	11:39	11:45	
U16 W Round 2	0:08	11:45	11:53	3 heats
U16 M Round 2	0:13	11:53	12:06	5 heats
FIS W Round 2	0:08	12:06	12:14	3 heats
FIS M Round 2	0:10	12:14	12:24	4 Heats
Break	0:06	12:24	12:30	
U16 W Round 3	0:08	12:30	12:38	3 heats
U16 M Round 3	0:13	12:38	12:51	5 heats
FIS W Round 3	0:08	12:51	12:59	3 heats
FIS M Round 3	0:10	12:59	13:09	4 Heats
Break for course work and build final brackets	0:31	13:09	13:45	
SEMI FINALS	0:25	13:45	14:10	
Forerunners	0:05	13:45	13:50	
Semi – Women u16	0:05	13:50	13:55	Semi Final Round (2 Heats)



Semi – Men U16	0:05	13:55	14:00	Semi Final Round (2 Heats)
Semi – Women FIS	0:05	14:00	14:05	Semi Final Round (2 Heats)
Semi – Men FIS	0:05	14:05	14:10	Semi Final Round (2 Heats)
Course Break	0:05	14:10	14:15	
Finals – Race 1	0:20	14:15	14:35	
SF – Women U16	0:02.5	14:15	14:17.5	
BF – Women U16	0:02.5	14:17.5	14:20	
SF – Men U 16	0:02.5	14:20	14:22.5	
BF – Men U16	0:02.5	14:22.5	14:25	
SF – Women FIS	0:02.5	14:25	14:27.5	
BF – Women FIS	0:02.5	14:27.5	14:30	
SF – Men FIS	0:02.5	14:30	14:32.5	
BF – Men FIS	0:02.5	14:32.5	14:35	
Jury Inspection, Course Setting	0:15	14:35	14:50	
Awards Race 1	0:10	15:15	15:25	Location Outside Legacy Room
Team Captains Meeting / Info / Bib Pickup	0:30	After awards		Legacy Room (Race Office)
Note:				

Program Sun, 12-MAR-2023	Duration	Start time	Finish time						
Jury/Course/Medical Meeting	0:20	8:30	8:50	Legacy Room (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	Last Admission at 9:35					
Forerunners	0:05	9:55	10:00						
Training	0:30	10:00	10:30	Doors Operating:	Yes	Runs / Competitor:	limited	Start training:	No
Break / Course Prep.	0:25	10:30	10:55						
Qualification – Race 1	2:10	11:00	13:10	Women: 8874L	3 heat quali	Men: 8873M	3 heat quali		
Forerunner - Heats	0:05	10:55	11:00	U16 Women	3 heat quali	U16 Men	3 heat quali		
U16 W Round 1	0:08	11:00	11:08	3 heats					
U16 M Round 1	0:13	11:08	11:21	5 heats					
FIS W Round 1	0:08	11:21	11:29	3 heats					
FIS M Round 1	0:10	11:29	11:39	4 Heats					
Break	0:06	11:39	11:45						
U16 W Round 2	0:08	11:45	11:53	3 heats					
U16 M Round 2	0:13	11:53	12:06	5 heats					
FIS W Round 2	0:08	12:06	12:14	3 heats					
FIS M Round 2	0:10	12:14	12:24	4 Heats					
Break	0:06	12:24	12:30						
U16 W Round 3	0:08	12:30	12:38	3 heats					
U16 M Round 3	0:13	12:38	12:51	5 heats					
FIS W Round 3	0:08	12:51	12:59	3 heats					
FIS M Round 3	0:10	12:59	13:09	4 Heats					
Break for course work and build final brackets	0:31	13:09	13:45						
SEMI FINALS	0:25	13:45	14:10						
Forerunners	0:05	13:45	13:50						
Semi – Women u16	0:05	13:50	13:55	Semi Final Round (2 Heats)					
Semi – Men U16	0:05	13:55	14:00	Semi Final Round (2 Heats)					
Semi – Women FIS	0:05	14:00	14:05	Semi Final Round (2 Heats)					

Semi – Men FIS	0:05	14:05	14:10	Semi Final Round (2 Heats)
Course Break	0:05	14:10	14:15	
Finals – Race 1	0:20	14:15	14:35	
SF – Women U16	0:02.5	14:15	14:17.5	
BF – Women U16	0:02.5	14:17.5	14:20	
SF – Men U 16	0:02.5	14:20	14:22.5	
BF – Men U16	0:02.5	14:22.5	14:25	
SF – Women FIS	0:02.5	14:25	14:27.5	
BF – Women FIS	0:02.5	14:27.5	14:30	
SF – Men FIS	0:02.5	14:30	14:32.5	
BF – Men FIS	0:02.5	14:32.5	14:35	
Jury Inspection, Course Setting	0:15	14:35	14:50	
Awards Race 1	0:10	15:15	15:25	Outside of Legacy Room
Team Captains Meeting / Info / Bib Pickup	0:30	After awards		Legacy Room (Race Office)
Note:				