

ORDER OF THE DAY

- 8-10am** **Registration**
Bib pick up for 1K time trial and 3K race
- 9:30 am** **Coaches meeting**
- 10am** **Time trial**
Girls first with 4 racer going every 30 sec.
Boys to follow
- Seed top 48 girls
Seed top 48 boys
Seeding for sprints will be posted.
Skiers pick up bib according to place in time trial.
Girls bibs 1-48
Boys bibs 51-98
Skiers that did not make the top 48 and want to ski in the 3K can register and pick up their bibs now.
- Times for Prelim's, Quarter Finals, Semi's and Finals as well as the 3K are approximate. No race will start before the posted time.**
- 10:45am** **Prelim's**
Run 8 waves of 6 girls picking 3 to move on.
Run 8 waves of 6 boys picking 3 to move on.
- 11:45am** **Quarter finals**
Run 4 waves of 6 girls picking 3 to move on.
Run 4 waves of 6 boys picking 3 to move on.
- 12:15pm** **3K Race**
Wave start 3K girls
Wave start 3K boys 8 min. after girls.
- 1pm** **Semi's**
Run 2 waves of 6 girls pick 3
Run 2 waves of 6 boys pick 3
- 1:20pm** **Finals**
Run 1 wave of 6 girls
Run 1 wave of 6 boys

Food and bib draw while waiting for final Sprint & 3k results
Awards for top 6 sprinter and top 3 3k racers.

ALL GLIDE WAX MUST BE FLUORO FREE