

CATEGORY 1: TEACHING AREA

Category 1 Events

Cross Country and Snowshoe

Sunday, March 3

1:30 PM

Staging

1:45 PM

Time Trials (with and without support) 15M

Monday, March 4

8:45 AM

Staging

9:00 AM

Cross Country 25M (with and without support)

9:30 AM

Snowshoe 25M (with and without support)

10:00 AM

Snowshoe Relay 4x25M

Tuesday, March 5

8:30 AM

Staging

8:45 AM

Cross Country 15M (with and without support)

9:00 AM

Staging

9:15 AM

Snowshoe 15M (with and without support)

9:30 AM

Cross Country 10M (with and without support)

9:45 AM

Staging

10:00 AM

Snowshoe 40M (with and without support)

CATEGORY 2: GOLF COURSE

Category 2

Cross Country

Sunday, March 3

1:30 PM

Staging

1:45 PM

Time Trial 100M

Monday, March 4

9:15 AM

Staging

9:30 AM

Cross Country Relays 4x100 (Traditional and Unified)

10:15 AM

Staging

10:30 AM

Cross Country 200M

Tuesday, March 5

9:00 AM

Staging

9:15 AM

Cross Country 100M

10:00 AM

Staging

10:15 AM

Cross Country 50M

Category 2

Snowshoe

Sunday, March 3

1:30 PM

Staging

1:45 PM

Time Trial 100M

2:15 PM

Staging

2:30 PM

Time Trial 100M

Category 2 cont.

Snowshoe

Monday, March 4

8:45 AM	Staging	
9:00 AM	Snowshoe 200M	Divisions 1 – 6
9:15 AM	Staging	
9:30 AM	Snowshoe 200M	Divisions 7 – 12
10:15 AM	Staging	
10:30 AM	Snowshoe 50M	Divisions 1 – 6
10:45 AM	Staging	
11:00 AM	Snowshoe 50M	Divisions 7 – 12

Tuesday, March 5

8:30 AM	Staging	
8:45 AM	Snowshoe 400M	
9:00 AM	Staging	
9:15 AM	Snowshoe 4x100 (Traditional and Unified)	
10:00 AM	Staging	
10:15 AM	Snowshoe 100M	Divisions 1 – 6
10:30 AM	Staging	
10:45 AM	Snowshoe 100M	Divisions 7 – 12

CATEGORY 3: TEACHING AREA

Category 3 Events

Cross Country and Snowshoe

Sunday, March 3

1:30 PM	Staging
1:45 PM	Snowshoe Time Trial 1K
1:45 PM	Cross Country Time Trial 1K
3:00 PM	Cross Country and Snowshoe 3K

Monday, March 4

8:45 AM	Staging
9:00 AM	Cross Country and Snowshoe 1K
9:15 AM	Staging
9:30 AM	Snowshoe 800M
10:00 AM	Staging
10:15 AM	Cross Country 7.5K

Tuesday, March 5

8:30 AM	Staging
8:45 AM	Cross Country and Snowshoe 500M
9:15 AM	Staging
9:30 AM	Snowshoe 1600M
10:00 AM	Staging
10:15 AM	Cross Country and Snowshoe 5K