



CATEGORY 1: TEACHING AREA

Category 1 Events

Cross Country and Snowshoe

Monday, March 3

1:30 PM

Staging

1:45 PM

Time Trials 15M

Tuesday, March 4

9:15AM

Staging

9:30AM

Cross Country 25M

10:00AM

Snowshoe 25M

10:30AM

Snowshoe Relay 4x25M

1:00 PM

Staging

1:15 PM

Cross Country 15M

1:30 PM

Staging

1:45 PM

Snowshoe 15M

2:00 PM

Cross Country 20M

2:15 PM

Staging

2:30 PM

Snowshoe 40M

CATEGORY 2: GOLF COURSE

Category 2

Cross Country

Monday, March 3

1:30 PM

Staging

1:45 PM

Time Trial 100M

Tuesday, March 4

9:15AM

Staging

9:30AM

Cross Country Relays 4x100 (Traditional and Unified)

10:15AM

Staging

10:30AM

Cross Country 200M

1:00 PM

Staging

9:15 AM

Cross Country 100M

2:00 PM

Staging

2:15 PM

Cross Country 50M & 400M

Category 2

Snowshoe

Monday, 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

Tuesday, March 4

9:15AM	Staging	
9:30AM	Snowshoe 200M	Divisions 1 – 5
9:45AM	Staging	
10:00AM	Snowshoe 200M	Divisions 6 – 9
10:45AM	Staging	
11:00AM	Snowshoe 50M	Divisions 1 – 6
11:15AM	Staging	
11:30AM	Snowshoe 50M	Divisions 7 – 12
1:00 PM	Staging	
1:15 PM	Snowshoe 400M	
1:30 PM	Staging	
1:45 PM	Snowshoe 4x100 (Traditional and Unified)	
2:30 PM	Staging	
2:45 PM	Snowshoe 100M	Divisions 1 – 6
3:00 PM	Staging	
3:15 PM	Snowshoe 100M	Divisions 7 – 12

CATEGORY 3: TEACHING AREA

Category 3 Events

Cross Country and Snowshoe

Monday, 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

Tuesday, March 4

9:15 AM	Staging
9:30 AM	Cross Country and Snowshoe 1K
9:45 AM	Staging
10:00 AM	Snowshoe 800M
1:00 PM	Staging
1:15 PM	Cross Country and Snowshoe 500M
1:45 PM	Staging
2:00 PM	Snowshoe 1600M
2:30 PM	Staging
2:45 PM	Cross Country 5K