



**CATEGORY 1: TEACHING AREA**

**Category 1 Events**

**Cross Country and Snowshoe**

**Monday, March 2**

|          |  |
|----------|--|
| 10:00 AM | Staging                                    |
| 10:15 AM | Time Trials (with and without support) 15M |

**Tuesday, March 3**

|         |  |
|---------|--|
| 10:00AM | Staging                                      |
| 10:15AM | Cross Country 25M (with and without support) |
| 10:45AM | Snowshoe 25M (with and without support)      |
| 11:15AM | Snowshoe Relay 4x25M                         |
| 1:00 PM | Staging                                      |
| 1:15 PM | Cross Country 15M (with and without support) |
| 1:30 PM | Staging                                      |
| 1:45 PM | Snowshoe 15M (with and without support)      |

**Wednesday, March 4**

|          |  |
|----------|--|
| 10:00 AM | Staging                                      |
| 10:15 AM | Cross Country 10M (with and without support) |
| 10:30 AM | Staging                                      |
| 10:45 AM | Snowshoe 40M (with and without support)      |

**CATEGORY 2: TEACHING AREA (CROSS COUNTRY) AND GOLF COURSE (SNOWSHOE)**

**Category 2** **Cross Country**

**Monday, March 2**

|          |                 |
|----------|-----------------|
| 10:00 AM | Staging         |
| 10:15 AM | Time Trial 100M |

**Tuesday, March 3**

|         |  |
|---------|--|
| 10:00AM | Staging  |
| 10:15AM | Cross Country Relays 4x100 (Traditional and Unified) |
| 11:00AM | Staging  |
| 11:15AM | Cross Country 200M                                   |
| 1:00 PM | Staging  |
| 1:15 PM | Cross Country 100M                                   |

**Wednesday, March 4**

|          |                   |
|----------|-------------------|
| 10:00 AM | Staging           |
| 10:15 AM | Cross Country 50M |

**Category 2** **Snowshoe**

**Monday, March 2**

|          |                 |                 |
|----------|-----------------|-----------------|
| 10:00 AM | Staging         |                 |
| 10:15 AM | Time Trial 100M | Divisions (TBD) |
| 10:30 AM | Staging         |                 |
| 10:45 PM | Time Trial 100M | Divisions (TBD) |

**Tuesday, March 3**

|         |               |                 |
|---------|---------------|-----------------|
| 10:00AM | Staging       |                 |
| 10:15AM | Snowshoe 200M | Divisions (TBD) |
| 11:00AM | Staging       |                 |
| 11:15AM | Snowshoe 200M | Divisions (TBD) |
| 1:00PM  | Staging       |                 |
| 1:15PM  | Snowshoe 50M  | Divisions (TBD) |
| 2:00PM  | Staging       |                 |
| 2:15PM  | Snowshoe 50M  | Divisions (TBD) |

**Wednesday, March 4**

|          |  |                 |
|----------|--|-----------------|
| 9:30 AM  | Staging                                  |                 |
| 9:45 AM  | Snowshoe 400M                            |                 |
| 10:00 AM | Staging                                  |                 |
| 10:15 AM | Snowshoe 4x100 (Traditional and Unified) |                 |
| 10:30 AM | Staging                                  |                 |
| 10:45 AM | Snowshoe 100M                            | Divisions (TBD) |
| 11:00 AM | Staging                                  |                 |
| 11:15 AM | Snowshoe 100M                            | Divisions (TBD) |

**CATEGORY 3: TEACHING AREA**

**Category 3 Events Cross Country and Snowshoe**

**Monday, March 2**

|          |                             |
|----------|-----------------------------|
| 10:00 AM | Staging                     |
| 10:15 AM | Snowshoe Time Trial 1K      |
| 10:45 AM | Cross Country Time Trial 1K |

**Tuesday, March 3**

|         |                               |
|---------|-------------------------------|
| 10:00AM | Staging                       |
| 10:15AM | Cross Country and Snowshoe 1K |
| 10:45AM | Staging                       |
| 11:00AM | Snowshoe 800M                 |
| 1:00PM  | Staging                       |
| 1:15PM  | Cross Country 7.5K            |
| 2:00PM  | Staging                       |
| 2:15 PM | Cross Country and Snowshoe 3K |

**Wednesday, March 4**

|          |                                 |
|----------|---------------------------------|
| 9:30 AM  | Staging                         |
| 9:45 AM  | Cross Country and Snowshoe 500M |
| 10:15 AM | Staging                         |
| 10:30 AM | Snowshoe 1600M                  |
| 11:00 AM | Staging                         |
| 11:15 AM | Cross Country and Snowshoe 5K   |