



SKIING - CROSS COUNTRY

includes PARA

Beaton Provincial Park



248 Rd, Charlie Lake



THURSDAY, FEBRUARY 20

Start	End	Event	Category
10:10 AM	11:00 AM	Practice	All
9:00 PM	10:00 PM	Coaches Meeting at accommodation site	Coaches

FRIDAY, FEBRUARY 21

Start	End	Event	Category
10:00 AM	10:10 AM	Indigenous Welcome Ceremony	
10:00 AM	10:15 AM	Classic Technique Interval Start Distance	Para-Nordic
10:15 AM	11:30 AM	Classic Technique Interval Start Distance	All
12:00 PM	12:30 PM	Medal Presentations	
12:30 PM	1:30 PM	Warm Down	All
8:00 PM	9:00 PM	Coaches Meeting at accommodation site	Coaches

SATURDAY, FEBRUARY 22

Start	End	Event	Category
10:00 AM	10:15 AM	Free Technique Individual Sprints 400 m Qualification Round	Para-Nordic
10:15 AM	11:00 AM	Free Technique Individual Sprints 400 m Qualification Round	4 Able-Bodied Categories
11:00 AM	2:00 PM	Heat Sprints	All
1:30 PM	2:00 PM	Heat Sprints	Para-Nordic
2:00 PM	2:30 PM	Medal Presentations	
2:30 PM	3:00 PM	Pack up for the day	All
8:00 PM	9:00 PM	Coaches Meeting at accommodation site	Coaches

SUNDAY, FEBRUARY 23

Start	End	Event	Category
9:30 AM	10:30 AM	Mixed 4 x 2 km Relays Mass Start	All
11:00 AM	11:30 AM	Medal Presentations	