

# 12022 XC Junior National Championships

## Detailed Competition Schedule

(03/10/22 ver.)\*

### Saturday, March 5th

9:00 AM - 12:00 PM	Course inspection (all courses marked)
2:00 PM	Courses and Stadium closed
7:00 PM - 8:00 PM	Team Captains' meeting

### Sunday, March 6th

9:00 AM - 12:00 PM	Course inspection (all courses marked)
12:30 PM - 1:30 PM	Team Captains' meeting
2:00 PM	Courses and Stadium closed
3:00 PM - 4:30 PM	Opening Ceremony (off site-Stone Arch Bridge)

### Monday March 7th: 5/10K Skate, INTERVAL START

7:00 AM	Venue Opens
8:50 AM	Courses and Stadium closed
9:00 AM	Girls U20/18/16 (15 sec int) 5km
10:45 AM	Boys U16 (15 sec int) 5km
11:45 AM	Boys U18/20 (30s int) 10km
2:00 PM	Courses and Stadium closed

### Tuesday, March 8th

9:00 AM - 12:00 PM	Classic sprint course open for inspection
2:00 PM	Courses and Stadium closed
12:30 PM - 1:30 PM	Team Captains' meeting

### Wednesday, March 9th: 1.3 K CLASSIC SPRINTS

7:00 AM - 8:55 AM	Course open for inspection
8:50 AM	Courses and Stadium closed

9:00 AM	Qualifiers order: Boys U20/U18 U16 boys U16 girls
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Girls U20/18

10:55 AM - 11:25 AM	Course open for inspection
11:00 AM	MU18/20 Bibs re issue
11:30 AM - 12:55 PM	MU18/20 Quarter, Semi, Finals*
	*See Detailed Heat Schedule on the last page
12:30 PM	U16 Bib Pickup
1:05 PM - 2:30 PM	U16 Quarter, Semi, Finals
1:30 PM	FU20/FU18 Bib Pick Up
2:40 PM - 4:05 PM	FU20/FU18 Quarter, Semi, Final

**Thursday, March 10th**

9:00 AM - 12:00 PM	Classic and Relay courses open inspection
2:00 PM	Courses and Stadium closed
12:30 PM - 1:30 PM	Team Captains' meeting

**Friday, March 11th: 5/10/15K CLASSIC, MASS START**

8:00 AM	Venue Opens
9:55 AM	Courses and Stadium closed
10:00 AM	Boys U18 10km
10:45 AM	Boys U20 15km
11:00 AM	<b>U18 Men's Awards</b>
11:30 AM	Course Open
12:00 PM	<b>U20 Men's Awards</b>
12:10 PM	Course Closed
12:15 PM	Girls U18 10km
1:00 PM	Girls U20 10km
1:15 PM	<b>U18 Women's Awards</b>
1:30 PM	Course Open
1:55 PM	Course Closed
2:00 PM	Boys U16 5km & <b>U20 Women's Awards</b>
2:20 PM	Girls U16 5km
2:30 PM	<b>Boys U16 Awards</b>
2:50 PM	<b>Girls U16 Awards</b>
3:00 PM	Courses and Stadium closed
4:00 PM - 5:00 PM	Team Captains' meeting

**Saturday, March 12th: 3x3K FREESTYLE MIXED RELAY**

8:00 AM	Venue Opens
9:55 AM	Courses and Stadium closed
10:00 AM	U16 4 x 3km

11:00 AM	U18	4 x 3km
12:00 AM	U20	4 x 3km
2:00PM	Courses and Stadium closed	

**\*Schedule is subject to change due to conditions and jury decisions**

## Sprint Heat Schedule

START TIME	HEAT #	RACE	CLASS
900		Qualifying start	MU18.20
			MU16
			FU16
1045		Qualifying done	FU20/18
45-minute break			
1130	1	Q1	MU18
1135	2	Q2	MU18
1140	3	Q3	MU18
1145	4	Q4	MU18
1150	5	Q5	MU18
1155	6	Q1	MU20
1200	7	Q2	MU20
1205	8	Q3	MU20
1210	9	Q4	MU20
1215	10	Q5	MU20
1220	11	Semi Final 1	MU18
1225	12	Semi Final 2	MU18
1230	13	Semi Final 1	MU20
1235	14	Semi Final 2	MU20
1240	15	B Final	MU18

1245	16	A Final	MU18
1250	17	B Final	MU20
1255	18	A Final	MU20
10-minute break			
1305	19	Q1	MU16
1310	20	Q2	MU16
1315	21	Q3	MU16
1320	22	Q4	MU16
1325	23	Q5	MU16
1330	24	Q1	FU16
1335	25	Q2	FU16
1340	26	Q3	FU16
1345	27	Q4	FU16
1350	28	Q5	FU16
1355	29	Semi Final 1	MU16
1400	30	Semi Final 2	MU16
1405	31	Semi Final 1	FU16
1410	32	Semi Final 2	FU16
1415	33	B Final	MU16
1420	34	A Final	MU16
1425	35	B Final	FU16
1430	36	A Final	FU16
10-minute break			
1440	37	Q1	FU20
1445	38	Q2	FU20
1450	39	Q3	FU20
1455	40	Q4	FU20
1500	41	Q5	FU20
1505	42	Q1	FU18
1510	43	Q2	FU18
1515	44	Q3	FU18
1520	45	Q4	FU18
1525	46	Q5	FU18
1530	47	Semi Final 1	FU20
1535	48	Semi Final 2	FU20
1540	49	Semi Final 1	FU18
1545	50	Semi Final 2	FU18
1550	51	B Final	FU20
1555	52	A Final	FU20
1600	53	B Final	FU18
1605	54	A Final	FU18