



Program for: FIS NorAm Cup – MENS & WOMENS SKI CROSS - 2024 / Nakiska (CAN)

Program Wed, 06-Dec-2023	Duration	Start time	Finish time	Last changes: 2023-12-03 / 10:00 MST
Course Closed to Training		12:00	16:00	

Program Thurs, 07-Dec-2023	Duration	Start time	Finish time	
First Run on Chair for Course Crew		8:00		
Jury/CourseControl/Medical Meeting	0:20	8:10	8:30	Legacy Room
Team Checkin	0:15	8:45	9:00	Legacy Room
First Team Captains Meeting	0:20	9:00	9:20	Legacy Room
First run on lift for athletes		9:00		Time of circ. 6'
Jury Inspection, Course Setting	0:20	10:00	10:20	
Inspection	0:30	10:30	11:00	All Admitted by 10:45
Break / Course Prep.	0:10	11:00	11:10	Colour Crew
Forerunners	0:05	11:10	11:15	
Training	1:00	11:15	12:15	Doors Operating: NO Runs / Competitor: Unlimited Start training: Yes
Break / Course Prep.	0:50	12:15	13:05	
Forerunners	0:05	13:05	13:10	
Training	1:20	13:10	14:30	Doors Operating: YES Runs / Competitor: Unlimited Start training: No
Jury Inspection, Course Setting	0:20	14:40	15:00	Meet in Start Corral
Team Captains Meeting/Draw Race 2	0:30	15:30	16:00	Legacy Room
Note: *Training with Random Bibs				

Program Fri, 08-Dec-2023	Duration	Start time	Finish time	
First Run on Chair for Course Crew		8:00		
Jury/Course Control/Medical Meeting	0:20	8:15	8:35	Legacy Room
Bib Pickup		8:30		Legacy Room
First run on lift for athletes		9:00		Time of circ. 6'
Jury Inspection, Course Setting	0:15	9:10	9:25	
Inspection	0:30	9:30	10:00	All Admission at 9:45
Break / Course Prep.	0:10	10:00	10:10	Colour Crew
Forerunners	0:05	10:10	10:15	
Training	1:30	10:15	11:45	Doors Operating: @11:00 Runs / Competitor: Unlimited Start training: Yes
Break / Course Prep.	1:00	11:45	12:45	
Forerunners	0:05	12:50	12:55	
Qualification - Race 2	0:30	13:00	13:30	Timed Qualification Format - Codex: 8456W/8457M - 25 sec Interval
Jury Inspection, Course Setting	0:20	13:40	14:00	
Team Captains Meeting /Draw Race 1	0:30	14:30	15:00	Legacy Room
Note: *Training with Race 2 Qualification Start List Bibs				

Program Sat, 09-Dec-2023	Duration	Start time	Finish time	
First Run on Chair for Course Crew		8:00		
Jury/Course Control/Medical Meeting	0:20	8:15	8:35	Legacy Room
Bib Pickup		8:30		Legacy Room
First run on lift for athletes		9:00		Time of circ. 6'
Jury Inspection, Course Setting	0:15	9:10	9:25	
Inspection	0:30	9:30	10:00	All Admission at 9:45
Break / Course Prep.	0:10	10:00	10:10	Colour Crew
Forerunners	0:05	10:10	10:15	
Training	0:45	10:15	11:00	Doors Operating: Yes Runs / Competitor: 2 Start training: No
Break / Course Prep.	1:00	11:00	12:00	
Finals – Race 1	2:00	12:00	14:00	Women: 8454W 16 - Holistic Men: 8455M 32 - Holistic
Forerunner - Heats	0:02	12:05	12:07	begin with: QHR begin with: QHR

	QHR - Men	0:08	12:07	12:15	Qualification Heats Round (4 Heats) Men
	QHR - Women	0:02	12:15	12:17	Qualification Heats Round (1 Heat) Women
	Break / Course Prep	0:18	12:17	12:35	
	EF - Men	0:15	12:35	12:50	Eights Final Round (8 Heats) Men
	QF - Women	0:08	12:50	12:58	Quarter Final Round (4 Heats) Women
	Break / Course Prep	0:12	12:58	13:10	
	QF - Men	0:08	13:10	13:18	Quarter Final Round (4 Heats) Men
	Break / Course Prep	0:07	13:18	13:25	
	SF - Women	0:04	13:25	13:29	Semi Final Round (2 Heats) Women
	SF - Men	0:04	13:29	13:34	Semi Final Round (2 Heats) Men
	Break / Course Prep	0:16	13:34	13:50	
	SmF - Women	0:02	13:50	13:52	
	BgF - Women	0:02	13:52	13:54	
	SmF - Men	0:02	13:54	13:56	
	BgF - Men	0:02	13:56	13:58	
	Jury Inspection, Course Setting	0:20	14:10	14:30	
	Awards Race 1	0:10	14:30	14:40	Finish Corral
	Team Captains Meeting / Info	0:20	15:30	15:50	Legacy Room
Note:					

Program Sun, 10-Dec-2023		Duration	Start time	Finish time						
First Run on Chair for Course Crew			8:00							
Jury/Course Control/Medical Meeting		0:20	8:15	8:35	Legacy Room					
Bib Pickup			8:30		Legacy Room					
First run on lift for athletes			9:00		Time of circ. 6'					
Jury Inspection, Course Setting		0:15	9:10	9:25						
Inspection		0:30	9:30	10:00	All Admission at 9:45					
Break / Course Prep.		0:10	10:00	10:10	Colour Crew					
Forerunners		0:05	10:10	10:15						
Training		0:45	10:15	11:00	Doors Operating:	Yes	Runs / Competitor:	2	Start training:	No
Break / Course Prep.		1:00	11:00	12:00						
Finals - Race 2		1:40	12:00	13:40	Women: 8456W	16	Men: 8457M	32		
Forerunner - Heats		0:02	12:05	12:07	begin with:	Quarter Final	begin with:	Eights Final		
EF - Men		0:15	12:07	12:22	Eights Final Round (8 Heats) Men					
QF - Women		0:08	12:22	12:30	Quarter Final Round (4 Heats) Women					
Break / Course Prep		0:15	12:30	12:45						
QF - Men		0:08	12:45	12:53	Quarter Final Round (4 Heats) Men					
Break / Course Prep		0:12	12:53	13:05						
SF - Women		0:04	13:05	13:09	Semi Final Round (2 Heats) Women					
SF - Men		0:04	13:09	13:13	Semi Final Round (2 Heats) Men					
Break / Course Prep		0:17	13:13	13:30						
SmF - Women		0:02	13:30	13:32						
BgF - Women		0:02	13:32	13:34						
SmF - Men		0:02	13:34	13:36						
BgF - Men		0:02	13:36	13:38						
Awards Race 2		0:10	14:30	14:40	Base Area, In Front of NASA Shack near Daylodge					
Note:										