

2023 Nordiq Canada Selection Trials & Nordiq Cup (COC)

Unofficial Training Day

Monday, January 16, 2023

	start time		finish time	course	other
Race Office Open	8:00	to	16:00		trail pass required from Rental Shop
Course open	8:00	to	15:00	4 x 5 k red 1.1 k sprint 2 x 5 k blue	groomed & signed groomed & signed groomed & signed

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Day 1 - Official Training Day **Tuesday, January 17, 2023**

category	start time		finish time	skiers	run time	finish	course	other
Race Office Open	8:00	to	16:00					
TD inspections	8:00							
Courses open	9:00	to	15:00				4 x 5 k red 1.1 k sprint 2 x 5 k blue	groomed & signed groomed & signed groomed & signed
Team Captains' Meeting	17:30		18:30					Zoom Meeting

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Day 2 - Individual Sprints - CT							Wednesday, January 18, 2023	
category	start time	rs	distance	skiers	run time	finish	course	other
Race Office open	7:30	to	16:00					
TD Inspection	7:30							
Jury Meeting	8:00							
Bib Pickup - Race Office	8:00		9:00					
Comp courses closed	8:55		use alternate warmup trails					
Open Women Qualifier	9:00	1	1.1	70	22	9:22	1.1 Sprint	
Open Men Qualifier	9:45	2	1.1	81	25	10:10	1.1 Sprint	
Break								Volunteer Lunches Ready at 11:00
Open Top 30 Women QF	11:30	3	1.1	30			1.1 Sprint	
Open Top 30 Men QF	11:55	4	1.1	30			1.1 Sprint	
U20 Women QF	12:57	5	1.1	30			1.1 Sprint	
U20 Men QF	13:22	6	1.1	30			1.1 Sprint	
Awards	14:45							Cash, Medals, Merchandise
Official Training for Day 3	14:30		16:30				4 x 5 k red	Groomed and Signed
Team Captains' Meeting	17:30		18:30					Zoom Meeting

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Day 3 - Mass Start - CT							Thursday, January 19, 2023	
category	start time	to	distance	skiers	run time	finish	course	other
Race Office open	7:30		16:00					
TD Inspections	8:00							
Bib Pickup - Race Office	8:00		11:00					
Jury Meeting	9:00							
Comp courses closed	9:55		use alternate warmup trails					
Open Men	10:00	1	20	78	80	11:20	4 x 5 k red	
Open Women	11:30	2	20	61	80	12:50	4 x 5 k red	Volunteer Lunches Ready at 11:00
Awards - Men	12:00							Cash, Medals, Merchandise
Awards - Women	13:30							Cash, Medals, Merchandise

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Day 4 - Official Training Day

Friday, January 20, 2023

category	start time	finish time	skiers	run time	finish	course	other
Race Office Open	8:00	16:00					
TD Inspections	9:00						
Courses open	10:00	to 14:00				2 x 5 k blue	groomed & signed
Team Captains' Meeting	17:30	to 18:30					Zoom Meeting

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Day 5 - Interval Start - FT							Saturday, January 21, 2023	
category	start time	rd	distance	skiers	run time	finish	course	other
Race Office open	8:00	to	16:00					
TD Inspection	8:00							
Jury Meeting	9:00							
Comp courses closed	9:55		use alternate warmup trails					
Open Women	10:00	1	10.0	71	58	10:57	2 x 5 k blue	Volunteer Lunches Ready at 11:00
Open Men	11:15	2	10.0	85	61	12:16	2 x 5 k blue	
Awards - Women	11:30							Cash, Medals, Merchandise
Awards - Men & Farewell	12:45			156				Cash, Medals, Merchandise
FREE Reception at UNBC	18:30		21:00					