

2023 Nordiq Canada Selection Trials & Nordiq Cup (COC)

Day 2 - Individual Sprints - CT								Wednesday, January 18, 2023	
category	start time	to	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	71	23	9:22	1.1 Sprint		
Open Men Qualifier	9:27	2	1.1	84	26	9:52	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	11:52	4	1.1	30			1.1 Sprint		
U20 Women QF	12:48	5	1.1	30			1.1 Sprint		
U20 Men QF	13:10	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	to	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	82	80	11:20	4 x 5 k red	Volunteer Lunches Ready at 11:00	
Open Women	11:30	2	20	64	80	12:50	4 x 5 k red		
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	to	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	to	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						