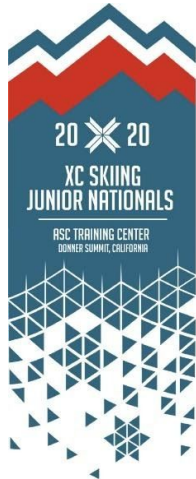


2020 XC Junior National Championships

Detailed Competition Schedule



Saturday, March 7th

| | |
|-------------------|---|
| 8:00 AM - 2:00 PM | Course inspection (all courses marked) |
| 2:00 PM | Courses and Stadium closed |
| 4:00 PM - 5:00 PM | Team Captains' meeting, ASC-TC, Event Orientation |

Sunday, March 8th

| | |
|-------------------|--|
| 8:00 AM - 2:00 PM | Course inspection (all courses marked) |
| 2:00 PM | Courses and Stadium closed |
| 2:00 PM - 3:00 PM | Team Captains' meeting, ASC TC |

Monday March 9th: 5/10K Classic, INTERVAL START

| | | | |
|------------|----------------------------|--------|------|
| 7:00 AM - | Venue Opens | | |
| 8:45 AM - | Courses and Stadium closed | | |
| 9:00 AM - | Boys | U18/20 | 10km |
| 10:40 AM - | Girls | U18/20 | 5km |
| 11:45 AM - | Girls | U16 | 5km |
| 12:40 AM - | Boys | U16 | 5km |
| 2:00 PM - | Courses and Stadium closed | | |

Tuesday, March 10th

| | | | |
|---------|---|---------|---|
| 8:00 AM | - | 2:00 PM | Freestyle sprint course open for inspection |
| 2:00 PM | - | | Courses and Stadium closed |
| 4:00 PM | - | 5:00 PM | Team Captains' meeting, ASC-TC |

Wednesday, March 11th: 1.3 K FREESTYLE SPRINTS*

| | | | |
|----------|---|----------|--|
| 7:00 AM | - | 8:55 AM | Course open for inspection |
| 8:45 AM | - | | Courses and Stadium closed |
| 9:00 AM | - | | Qual order: U16 boys/girls, Boys U20/U18; Girls U20/18 |
| 10:45 AM | - | 11:25 AM | Course open for inspection |
| 11:00 AM | - | | U16 Bibs reissue |
| 11:30 AM | | 12:55 PM | MU16/FU16 Qual, Semi, Finals |
| 12:30 PM | | | Mu20/18 Bib Pickup |
| 13:05 PM | | 14:30 PM | MU20/MU18 Qual, Semi, Final |
| 13:30 PM | | | FU20/FU18 Bib Pick Up |
| 14:40 PM | | 16:05PM | FU20/FU18 Qual. Semi. Finals |

*See Detailed Heat Schedule on the last page

Thursday, March 12th

| | | | |
|---------|---|---------|---|
| 8:00 AM | - | 2:00 PM | Classic and Relay courses open inspection |
| 2:00 PM | - | | Courses and Stadium closed |
| 2:00 PM | - | 3:00 PM | Team Captains' meeting, ASC-TC |

Friday, March 13th: 5/10/15K FREESTYLE, MASS START

| | | | | |
|----------|---|----------------------------|--------------------------------|------|
| 7:00 AM | - | Venue Opens | | |
| 8:45 AM | - | Courses and Stadium closed | | |
| 9:00 AM | - | Boys | U16 | 5km |
| 9:30 AM | - | Girls | U16 | 5km |
| 9:55 AM | - | Girls | U18 | 10km |
| 10:40 AM | - | Girls | U20 | 10km |
| 11:30 AM | - | Boys | U18 | 10km |
| 12:20 PM | - | Boys | U20 | 15km |
| 2:00 PM | - | Courses and Stadium closed | | |
| 4:00 PM | - | 5:00 PM | Team Captains' meeting, ASC TC | |

Saturday, March 14th: 3x3K CLASSIC RELAY

| | | | | |
|----------|---|-----------------------------|-----|---------|
| 7:00 AM | - | Venue Opens | | |
| | | Courses and Stadium closed- | | |
| 8:35 AM | - | Forerunners on course | | |
| 9:00 AM | - | Girls | U16 | 3 x 3km |
| 9:35 AM | - | Boys | U16 | 3 x 3km |
| 10:10 AM | - | Girls | U18 | 3 x 3km |
| 10:45 AM | - | Boys | U18 | 3 x 3km |
| 11:15 AM | - | Girls | U20 | 3 x 3km |
| 11:55 AM | - | Boys | U20 | 3 x 3km |
| 2:00pm | - | Courses and Stadium closed | | |

| START TIME | HEAT # | RACE | CLASS |
|--------------------|--------|------------------|---------|
| | | | |
| 900 | | Qualifying start | MU16 |
| | | | FU16 |
| | | | MU20/18 |
| 1045 | | Qualifying done | FU20/18 |
| 45 minute break | | | |
| 1130 | 1 | Q1 | MU16 |
| 1135 | 2 | Q2 | MU16 |
| 1140 | 3 | Q3 | MU16 |
| 1145 | 4 | Q4 | MU16 |
| 1150 | 5 | Q5 | MU16 |
| 1155 | 6 | Q1 | FU16 |
| 1200 | 7 | Q2 | FU16 |
| 1205 | 8 | Q3 | FU16 |
| 1210 | 9 | Q4 | FU16 |
| 1215 | 10 | Q5 | FU16 |
| 1220 | 11 | Semi Final 1 | MU16 |
| 1225 | 12 | Semi Final 2 | MU16 |
| 1230 | 13 | Semi Final 1 | FU16 |
| 1235 | 14 | Semi Final 2 | FU16 |
| 1240 | 15 | B Final | MU16 |
| 1245 | 16 | A Final | MU16 |
| 1250 | 17 | B Final | FU16 |
| 1255 | 18 | A Final | FU16 |
| 10 minute break | | | |
| 1305 | 19 | Q1 | MU20 |
| 1310 | 20 | Q2 | MU20 |
| 1315 | 21 | Q3 | MU20 |
| 1320 | 22 | Q4 | MU20 |
| 1325 | 23 | Q5 | MU20 |
| 1330 | 24 | Q1 | MU18 |

| | | | |
|--------------------|--------|--------------|-------|
| 1335 | 25 | Q2 | MU18 |
| START TIME | HEAT # | RACE | CLASS |
| 1340 | 26 | Q3 | MU18 |
| 1345 | 27 | Q4 | MU18 |
| 1350 | 28 | Q5 | MU18 |
| 1355 | 29 | Semi Final 1 | MU20 |
| 1400 | 30 | Semi Final 2 | MU20 |
| 1405 | 31 | Semi Final 1 | MU18 |
| 1410 | 32 | Semi Final 2 | MU18 |
| 1415 | 33 | B Final | MU20 |
| 1420 | 34 | A Final | MU20 |
| 1425 | 35 | B Final | MU18 |
| 1430 | 36 | A Final | MU18 |
| 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 |