

# RACE PROGRAM

**Date Saturday 31st of July**

**Technique Classic**

**Format Sprint**

**Start times for individual time trial:**

**10.00am WU16, WU20 MU16, MU20 750m**

On completion of the individual time trial, athletes will be ranked according to times. Seeded heats based on the FIS International Competition Rules for Sprints. Size of heats and finals will be determined by the number of participants in each age class.

Start times for heats will be advised in the detailed race program, available on the day prior to the event. Race organisers will make every effort to minimise the time between the individual time trial and the heats and finals.

Course details will be available on the day prior to the event.

**Date Sunday 1st of August**

**Technique Freestyle**

**Format Mass Start Distance**

<b>Start Time</b>	<b>Age Class</b>	<b>Distance</b>
12:30pm	WU10	1.0km
12:35	MU10	1.0km
12:40	WU12, 14	2.5km
12.45	MU12 , 14	2.5km
12.55	WU16,18, 20	5.0km
1: 15	MU16, 18, 20	5.0km

Course details will be available on the day prior to the event in the Windy Corner Day Shelter.