

EVENT TIMETABLE

Haywood NorAm, Buff Sprints and USSA Super Tour Points Race

December 2016 Sovereign Lake

DATE	TIME (PST)	EVENT	LOCATION
Sunday Nov 20	23:59	Deadline for early registration	www.zone4.ca
Monday Dec 5	23:59	Final deadline for registration <i>Coaches please check Confirmation List</i>	If you have any problems with registration please email race@sovereignlake.com
Friday Dec 9	10:00-12:00	Race Office open	<i>brown log cabin behind green technical building</i>
	9:00-15:00	Official Training	Sovereign Lake Nordic Centre
	17:00	Team Captains Meeting	National Training Centre Silver Star Mtn Resort
Sat Dec 10	7:30-9:30	Sprint Bib pickup	Race Office
	9:00	Buff Sprint Qualification CL Open Women Open Men	Stadium
	11:15	Heats Jr Women, Sr Women Jr Men, Sr Men	<i>Awards in finish area following</i>
	12:00-1:30	Bib pickup Jr/Juv/Midget B/G	Race Office
	14:00	Mass Start CL Jr/Juv/Midget B/G	<i>Awards in finish area following</i>
	17:30	TCM	National Training Centre SSMR
Sun Dec 11	7:30-9:30	Bib pickup	Race Office
	9:00	Interval Start FT Open Men	Stadium
	~10.00	Interval Start FT Open Women	<i>Awards in finish area following</i>
	~11.00	Interval Start FT Jr/Juv/Midget B/G	<i>Awards in finish area following</i>

*Note: Scheduled times and start orders are subject to weather etc.

Updates on race times will be available after registration closes. Please check the Sovereign Lake website <http://www.sovereignlake.com/event/2016-haywood-noram-buff-sprints/>