

Cross Country Skiing includes PARA



Venue: Sovereign Lake Nordic Centre

Thursday, March 23, 2023

Start	End	Event	Category
13:30	15:30	Practice	All
15:00	16:00	Team Coach Meeting at SLNC Race Office	Coaches
17:25	17:40	Athlete and Coaches Meeting at VSS Foyer	All

Friday, March 24, 2023

Start	End	Event	Category
9:30	9:45	Welcome Ceremony	
10:00	10:15	Classic Technique Interval Start Distance	Para-Nordic
10:15	11:30	Classic Technique Interval Start Distance	All
12:00	12:30	Medal Presentations	
12:30	13:30	Warm Down	All
13:00	13:30	Informal Coaches Meeting at SLNC Race Office	Coaches
13:00	13:30	Zone Team and Officials Photos	All

Saturday, March 25, 2023

Start	End	Event	Category
10:00	10:15	Free Technique Individual Sprints 400 m Qualification Round	Para-Nordic
10:15	11:00	Free Technique Individual Sprints 400 m Qualification Round	4 Able-Bodied Categories
11:30	12:00	Heat Sprints	Para-Nordic
11:45	14:45	Heat Sprints	ALL
14:45	15:30	Medal Presentations	
15:30	16:00	Informal Coaches Meeting at SLNC Race Office	Coaches
15:30	16:00	Pack up for the day	All

Sunday, March 26, 2023

Start	End	Event	Category
9:30	10:30	Mixed 4 x 2 km Relays Mass Start	All
11:00	11:30	Medal Presentations	



We respectfully acknowledge the traditional and unceded territory of the s̓q̓ilx̓/s̓yilx̓ (Okanagan) peoples.