



## RACE NOTICE

# Sovereign Invitational

**Nov 27<sup>th</sup> to 30<sup>th</sup>**

**2025**


(Version: Nov 26<sup>th</sup>, 2025)



## 2025 Sovereign Invitational – Sovereign Lake Nordic Club

CHANGES FROM PREVIOUS REVISION	<ul style="list-style-type: none"><li>Nov 26<sup>th</sup> – Major modification to Tier 3 from Tier 1</li><li>Nov 5<sup>th</sup> – minor typo correction</li></ul>		
SAFE SPORT:	Creating safe environments is our top priority and is a responsibility we share with all sport participants. Athletes, coaches, officials, staff, and volunteers have the right to participate in a safe and inclusive training and competition environment that is free of abuse, harassment or discrimination – collectively referred to as maltreatment.  For More Information See: <a href="#">Safesport - Nordiq Canada</a>  The SafeSport contact for this event is: Laura Bot who can be reached at 778-363-2302		
HEALTH POLICY:	Sovereign Lake Nordic Club follows the mandates and recommendation of the Provincial Health Authority and Interior Health. As we see an increase in flu and cold-related illness in the fall we recommend that athletes and support staff reduce time spent in indoor spaces, wear a mask if you are experiencing any flu-like symptoms, are immunocompromised, or feel more comfortable doing so. There are no enforced mandates surrounding mask-wearing or vaccinations at this time.		
RACE SCHEDULE: (For more detail refer to tables at end of document)	Thursday, Nov 27 <sup>th</sup>	Official Training	
	Friday, Nov 28 <sup>th</sup>	Interval Start – Free	
	Saturday, Nov 29 <sup>th</sup>	Sprint – Free	
	Sunday, Nov 30 <sup>th</sup>	Interval Start – tbd	
LOCATION:	Sovereign Lake Nordic Centre (22 km east of Vernon, B.C. in Silver Star Provincial Park)		
HOST CLUB:	<a href="#">Sovereign Lake Nordic Club</a>		
SANCTIONED BY:	NORDIQ CANADA (NC) CROSS COUNTRY BC (CCBC)		
RULES & REGULATIONS:	<a href="#">ICC-CCR</a> <a href="#">Int'l Competition Rules (ICR)</a> Technical Package – will be available from Nordiq Canada website		
COMPETITION SELECTION CRITERIA	None		
STAKES:	<ul style="list-style-type: none"><li>None</li></ul>		
RACE ORGANIZING COMMITTEE:	Chief of Competition	Marcus Boyle	<a href="mailto:competitions@sovereignlake.com">competitions@sovereignlake.com</a>
	Chief of Course	Rick Latta	
	Chief of Timing & Results	Chris Williamson	
	Chief of Stadium	Glen Stiven/Neil Hendry	
	Competition Secretary	DJ Hay	<a href="mailto:race@sovereignlake.com">race@sovereignlake.com</a>
RACE JURY	Technical Advisor	Jeff Ellis	
	Jury Member	Eric de Nys	
	Chief of Competition	Marcus Boyle	
EVENT WEB-SITE:	<a href="#">Sovereign Invitational – Sovereign Lake Nordic Club</a>		
INFORMATION AND COMMUNICATION:	Communications during the event will be done via email and WhatsApp.  Coaches, team support and others who wish to receive email communications during the event must register on Zone4.		

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	<p>The WhatsApp group will only be used for more immediate communications. To join the WhatsApp group click the link or scan the QR code below.</p> <p style="text-align: center;"><a href="#">Join WhatsApp Group Chat - 2025 - Continental Cup - SLNC</a></p> <div style="text-align: center;">  </div>	
<b>REGISTRATION:</b>	<p>Registration and fee payment is at <a href="#">Zone4</a> and is ON-LINE ONLY.</p> <p>Coaches should register on Zone4 (no fee). Preliminary Seeding Lists will be sent in advance via email to coaches who are registered.</p> <p><i>All feedback on the preliminary seed lists must be provided to <a href="mailto:race@sovereignlake.com">race@sovereignlake.com</a> by noon on the day of the TCM. No changes will be allowed during or after the TCM.</i></p>	
<b>RACE FEES:</b>	\$50 per race	
<b>RACE ENTRY DEADLINE:</b>	<p>Registration is closed.</p> <p>Late entries will only be accepted at the discretion of the Jury, requested through the Competition Secretary, and if allowed will incur an additional \$50 late fee per race. Seeding is unlikely for late entries and it is entirely at the discretion of the Jury and OC if it does occur.</p>	
<b><u>LICENCES:</u></b>	<b>All Categories</b>	
	<b><u>TO PARTICIPATE:</u></b> <b>EVERYONE (Canadian and Non-Canadian)</b> <ul style="list-style-type: none"> <li>• No requirements (we're doing something under the hood)</li> </ul> <b><u>FOR SEEDING:</u></b> <b>EVERYONE (Canadian and Non-Canadian)</b> <ul style="list-style-type: none"> <li>• FIS or NC license</li> </ul>	
	Racers holding both Nordiq Canada and FIS licences must provide both numbers when registering on Zone4.	
<b>WAIVER FORMS:</b>	Waivers must be completed on Zone4 registration.	
<b>CANCELLATION:</b>	Any change in the event status, courses or scheduling will be communicated by event email and WhatsApp.	
<b>REFUND POLICY:</b>	<p>In the event of cancellation of the entire event, a refund of registration fees less administration and event expenses already incurred will be provided. A refund of individual registration fees will only be provided for medical reasons and if the Competition Secretary receives notification WITH medical documentation prior to the registration deadline. After the registration deadline no refunds will be provided.</p> <p>Refunds were also provided (up to the registration deadline) for those that wished, due to the change from Tier 1 to Tier 3.</p>	

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<b>SEEDING:</b>	Using current CPL points (distance or sprint as appropriate). Refer to <a href="#">Nordiq Canada</a> for more details.
<b>TEAM CAPTAINS MEETING:</b>	<p>Team Captains Meeting will be held <u>ONLINE</u> and are as follows:</p> <ul style="list-style-type: none"> <li>- Thursday, Nov 27<sup>th</sup> @ 6:00 pm for Nov 28<sup>th</sup>,</li> <li>- Friday Nov 28<sup>th</sup> @ 6:00 pm for Nov 29<sup>th</sup>, and</li> <li>- Saturday Nov 29<sup>th</sup> @ 6:00 pm for Nov 30<sup>th</sup></li> </ul> <p>Registered coaches will receive an email with the online information.</p>
<b>START LISTS:</b>	Start Lists will be available on <a href="#">Zone4</a> as soon as they have been finalized.
<b>RACE OFFICE &amp; BIB PICKUP:</b>	<p>The event race office is a small log cabin located behind the Technical Building at the start/finish line. The Race Secretary can be reached at <a href="mailto:race@sovereignlake.com">race@sovereignlake.com</a>.</p> <p><b>Race Office Hours</b></p> <ul style="list-style-type: none"> <li>• Thursday, Nov 27<sup>th</sup>      11:00 am – 3:00 pm</li> <li>• Friday, Nov 28<sup>th</sup>        07:30 am – 09:00 am</li> <li>• Saturday, Nov 29<sup>th</sup>     07:00 am – 08:00 am</li> <li>• Sunday, Nov 30<sup>th</sup>       07:30 am – 09:00 am</li> </ul> <p><b>Athlete Bibs</b> pick-up for each event is on race day morning. Please send a coach or team manager to pick up bibs. Athletes, please use the “Bib Pick-Up” field when registering on Zone 4 to indicate the club or team your bib should be assigned to.</p> <p><b>Coach Bibs</b> will not be provided.</p>
<b>AWARDS:</b>	<p>Podiums</p> <ul style="list-style-type: none"> <li>• CCUNC (Female and Male) <ul style="list-style-type: none"> <li>• Medals: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup></li> <li>• Merchandise: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup></li> <li>• Cash: None</li> </ul> </li> <li>• U23 (Female and Male) <ul style="list-style-type: none"> <li>• Medals: 1<sup>st</sup></li> <li>• Merchandise: 1<sup>st</sup></li> <li>• Cash: None</li> </ul> </li> <li>• Open (Female and Male) <ul style="list-style-type: none"> <li>• Medals: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup></li> <li>• Merchandise: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup></li> <li>• Cash: None</li> </ul> </li> <li>• U20, U18 and U16 (Female and Male) <ul style="list-style-type: none"> <li>• Medals: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup></li> <li>• Merchandise: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup></li> <li>• Cash: None</li> </ul> </li> </ul> <p>All awards will be in the finish area following the event.</p>
<b>PROTEST PROCEDURES:</b>	The Protest Procedure is outlined in the FIS ICR – CCR Precisions 2020 (see link under RULES). Protests must be presented to the Race Office representative in the race office or at the finish line. Protest forms will be available in the race office during race office hours. Note: a \$100 cash fee must accompany the protest form.
<b>FACILITIES:</b>	SLNC offers indoor washrooms downstairs in the day lodge. The upstairs of the day lodge will not be open for congregating or seating. Downstairs (limited space) will be available to athletes.

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	In addition, outhouses will be located close to the parking and stadium areas.
<b>FIRST AID:</b>	First aid attendants will be available on site at the Finish area and at the First Aid Hut across from the day lodge.
<b>FOOD &amp; DRINKS:</b>	Drinks and snacks will be available to racers at the finish line. A limited selection of food and drinks are available for purchase at the Sovereign Lake day lodge. And limited lunches will be available for purchase at the small lodge, across from the main lodge. Full service restaurants, cafes, pubs and a small grocery store are available at SilverStar Mountain Resort (3km away).
<b>COURSE MAPS:</b>	<p style="text-align: center;"><b>Access to the trails during racing will only be allowed on foot</b></p> <p>See end of document for images of the course maps</p>
<b>WAX PROTOCOL:</b>	<b><i>Nordiq Canada Wax Rule: Fluoro kick and glide wax is not permitted (all age categories).</i></b>
<b>WAX FACILITIES:</b>	Teams are welcome to set up tents for waxing in the area between the lower parking lot and the day lodge. Clubs should bring their own tents. There is an adequate supply of power available to connect extension cords. There is no waxing on the decks of the main day lodge as this is access for the washrooms.
<b>WARM UP/WAX TESTING:</b>	<p><b>Refer to venue map at the end of this document</b></p> <p><b>RACE COURSES WILL BE CLOSED FIVE (5) MINUTES BEFORE THE START OF COMPETITION.</b></p>
<b>TRAIL PASSES:</b>	<p>Trail passes for Official Training and Competition days are included with race fees for coaches and competitors only. Passes must be purchased for any use of the trails by anybody other than Coaches and Athletes or for use of the trails on any day outside of the Official Training and Competition days.</p> <p><b>Sovereign Lake Nordic Club reserves the right to remove athletes from events (without refund) if they are discovered skiing at Sovereign without a trail pass.</b></p> <p>You may purchase additional training day tickets for other days <a href="#">online</a> or at the ticket windows outside the day lodge.</p>
<b>TRAIL/SNOW CONDITIONS:</b>	See the SLNC website at <a href="#">Sovereign Lake</a> for snow and trail conditions and webcam information.
<b>WEATHER:</b>	See weather report at: <a href="#">Sovereign Lake</a>
<b>PARKING:</b>	Parking will be limited throughout the competition days. We are asking coaches, athletes and their supporters to limit the number of vehicles by carpooling in team vehicles. Due to the restrictions on parking at this time of the year we request that team vans park in Parking Lot C (this is the first parking lot on your right before coming through the gate).
<b>AIRPORT:</b>	The Kelowna International Airport is the closest airport to Sovereign Lake (approx 1 hr drive – see <a href="#">Kelowna Airport</a> ). Airlines include Air Canada Jazz, Westjet, Horizon Air, Air North and Central Mountain Air.
<b>ACCOMMODATION:</b>	<p><b>Vance Creek – Accommodation Sponsor (3km from Sovereign Lake)</b></p> <p>Book your accommodation through our accommodation sponsor Vance Creek and receive a <b>15% accommodation discount</b>. The discount is valid from Nov 22<sup>nd</sup> to Dec 7<sup>th</sup>, so come and enjoy the snow for longer! Call 250 549 5191 or email <a href="mailto:info@vancecreekhotel.com">info@vancecreekhotel.com</a> to get the discount. The Vance Creek has many different styles of accommodation available, from hotels to homes. See their <a href="#">website</a> for more information.</p> <p><b>Vernon (21 km from Sovereign Lake)</b></p> <p>See <a href="#">Vernon Tourism</a></p>

## 2025 Sovereign Invitational – Sovereign Lake Nordic Club

DATE	TIME (PST)	EVENT	Sub Category/YOB	LOCATION	COURSE
<b>Mon, Nov 24<sup>th</sup></b>	<b>Closed</b>	<b>Final deadline for registration</b> <i>Coaches, please check confirmation list</i>		Any problems with registration, please email <a href="mailto:race@sovereignlake.com">race@sovereignlake.com</a>	
<b>Thurs, Nov 27<sup>th</sup></b>	11:00 am – 3:00 pm	Race Office Open		Race Office – Brown log cabin behind green technical building	
	10:00 am – 2:00 pm	Official Training		Sovereign Trails	
	6:00 pm	Team Captains Meeting (For Nov 28 <sup>th</sup> )		<b>ONLINE</b>	
<b>Fri, Nov 28<sup>th</sup></b>	7:30 am – 8:45 am	Interval Start Bib Pickup		Race Office	
	8:00 am – 8:55am	Race Course Open for Training			
	9:00 am	Interval Start Free U16 Girls U16 Boys	U16 – born 2010 or 2011	See Course Maps	2.5km = 2.5km
	~9:50 am	Interval Start Free U18 Girls U18 Boys	U18 – born 2008 or 2009	See Course Maps	5km = 2 x 2.5km
	~10:40 am	Interval Start Free Open (U20 & Senior) Women– Combined Seeding	Senior – 2005 or before U23 – 2003, 2004 or 2005 CCUNC U20 – 2006 or 2007	See Course Maps	7.5km = 3 x 2.5km
	~11:20 am	Interval Start Free Open (U20 & Senior) Men – Combined Seeding	Senior – 2005 or before U23 – 2003, 2004 or 2005 CCUNC U20 – 2006 or 2007	See Course Maps	7.5km = 3 x 2.5km
	6:00 pm	Team Captains Meeting (For Nov 29 <sup>th</sup> )		<b>ONLINE</b>	
<b>Sat, Nov 29<sup>th</sup></b>	7:30 am – 8:15 am	Bib Pickup – Sprint – Free Technique		Race Office	
	7:30 am – 8:25 am	Race Course Open for Training			
	8:30 am – 8:50 am	Sprint Qualification – Free Technique Open (U20 & Senior) Women– Combined Seeding Open (U20 & Senior) Men – Combined Seeding	Senior – 2005 or before U23 – 2003, 2004 or 2005 CCUNC U20 – 2006 or 2007	See Course Maps	See Course Maps
	8:50 am – 9:25 am	Sprint Qualification – Free Technique U16 & U18 Girls – Combined Seeding	U16 – born 2010 or 2011 U18 – born 2008 or 2009	See Course Maps	See Course Maps

### 2025 Sovereign Invitational – Sovereign Lake Nordic Club

DATE	TIME (PST)	EVENT	Sub Category/YOB	LOCATION	COURSE
		U16 & U18 Boys – Combined Seeding			
	<b>9:30am – 10:15 am</b>	<b>BREAK</b>			
	10:15 am – 11:35 am	Heats & Finals – Free Technique Top 18 Women – U20 & Senior Women Top 18 Men – U20 & Senior Men 19 to 36 Women – U20 Women only 19 to 36 Men – U20 Men only		See Course Maps	See Course Maps
	<b>11:35am – 11:45am</b>	<b>BREAK</b>			
	11:45 am – 1:05pm	Heats & Finals – Free Technique U18 Girls (Top 18) U18 Boys (Top 18) U16 Girls (Top 18) U16 Boys (Top 18)		See Course Maps	See Course Maps
	6:00 pm	Team Captains Meeting (For Nov 30 <sup>th</sup> )		<b>ONLINE</b>	
<b>Sun, Nov 30<sup>th</sup></b>	7:30 am – 9:00 am	Interval Start Bib Pickup		Race Office	
	8:00 am – 8:55am	Race Course Open for Training			
	9:00 am	Interval Start (Technique: tbd) U16 & U18 Boys – Combined Seeding	U16 – born 2010 or 2011 U18 – born 2008 or 2009	See Course Maps	5km = 2 x 2.5km
	~9:45 am	Interval Start (Technique: tbd) U16 & U18 Girls – Combined Seeding	U16 – born 2010 or 2011 U18 – born 2008 or 2009	See Course Maps	5km = 2 x 2.5km
	~10:45 am	Interval Start (Technique: tbd) Open (U20 & Senior) Men – Combined Seeding	Senior – 2005 or before U23 – 2003, 2004 or 2005 CCUNC U20 – 2006 or 2007	See Course Maps	10km = 4 x 2.5km
	~11:25 am	Interval Start (Technique: tbd) Open (U20 & Senior) Women – Combined Seeding	Senior – 2005 or before U23 – 2003, 2004 or 2005 CCUNC U20 – 2006 or 2007	See Course Maps	10km = 4 x 2.5km

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**OPTION 2 SPRINT SCHEDULE (STADIUM) – ALTERNATIVE TO ABOVE SATURDAY SCHEDULE**

<b>Sat, Nov 29<sup>th</sup></b>	7:30 am – 8:15 am	Bib Pickup – Sprint – Free Technique		Race Office	
	7:30 am – 8:25 am	Race Course Open for Training			
	8:30 am – 8:50 am	Sprint Qualification – Free Technique Open (U20 & Senior) Women– Combined Seeding Open (U20 & Senior) Men – Combined Seeding	Senior – 2005 or before U23 – 2003, 2004 or 2005 CCUNC U20 – 2006 or 2007	See Course Maps	See Course Maps
	8:50 am – 9:25 am	Sprint Qualification – Free Technique U16 & U18 Girls – Combined Seeding U16 & U18 Boys – Combined Seeding	U16 – born 2010 or 2011 U18 – born 2008 or 2009	See Course Maps	See Course Maps
	<b>9:30am – 10:15 am</b>	<b>BREAK</b>			
	10:15 am – 11:30 am	Heats & Finals – Free Technique Top 30 Women – U20 & Senior Women Top 30 Men – U20 & Senior Men		See Course Maps	See Course Maps
	11:30 am – 12:45 pm	Heats & Finals – Free Technique 31 to 60 Women – U20 Women only 31 to 60 Men – U20 Men only		See Course Maps	See Course Maps
	<b>12:45pm – 1:15 pm</b>	<b>BREAK</b>			
	1:15 pm – 2:15 pm	Heats & Finals – Free Technique U18 Girls U18 Boys		See Course Maps	See Course Maps
	2:15 pm – 3:15 pm	Heats & Finals – Free Technique U16 Girls U16 Boys		See Course Maps	See Course Maps
	6:00 pm	Team Captains Meeting (For Nov 30 <sup>th</sup> )		<b>ONLINE</b>	



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**Sprint Brackets – Option 1 – Low Snow**

SPRINT HEAT TIMING					
			0:03:00	0:02:00	
Heat		Start	Finish	Gap	Least Rest
19 to 36 Women	SF1	10:15:00	10:18:00	10:20:00	
	SF2	10:20:00	10:23:00	10:25:00	
	SF3	10:25:00	10:28:00	10:30:00	
19 to 36 Men	SF1	10:30:00	10:33:00	10:35:00	
	SF2	10:35:00	10:38:00	10:40:00	
	SF3	10:40:00	10:43:00	10:45:00	
Top 18 Women	SF1	10:45:00	10:48:00	10:50:00	
	SF2	10:50:00	10:53:00	10:55:00	
	SF3	10:55:00	10:58:00	11:00:00	
Top 18 Men	SF1	11:00:00	11:03:00	11:05:00	
	SF2	11:05:00	11:08:00	11:10:00	
	SF3	11:10:00	11:13:00	11:15:00	
19 to 36 Women	F	11:15:00	11:18:00	11:20:00	00:45:00
Top 18 Men	F	11:20:00	11:23:00	11:25:00	00:35:00
Top 18 Women	F	11:25:00	11:28:00	11:30:00	00:25:00
Top 18 Men	F	11:30:00	11:33:00	11:35:00	00:15:00
U16 Girls	SF1	11:45:00	11:48:00	11:50:00	00:10:00
	SF2	11:50:00	11:53:00	11:55:00	
	SF3	11:55:00	11:58:00	12:00:00	
U16 Boys	SF1	12:00:00	12:03:00	12:05:00	
	SF2	12:05:00	12:08:00	12:10:00	
	SF3	12:10:00	12:13:00	12:15:00	
U18 Girls	SF1	12:15:00	12:18:00	12:20:00	
	SF2	12:20:00	12:23:00	12:25:00	
	SF3	12:25:00	12:28:00	12:30:00	
U18 Boys	SF1	12:30:00	12:33:00	12:35:00	
	SF2	12:35:00	12:38:00	12:40:00	
	SF3	12:40:00	12:43:00	12:45:00	
U16 Girls	F	12:45:00	12:48:00	12:50:00	00:45:00
U16 Boys	F	12:50:00	12:53:00	12:55:00	00:35:00
U18 Girls	F	12:55:00	12:58:00	13:00:00	00:25:00
U18 Girls	F	13:00:00	13:03:00	13:05:00	00:15:00

Semi-Final			
LC	Bib #	Name	Row
SF1 Start:			
1	1	Racer 1	1
2	6	Racer 6	1
3	7	Racer 7	1
4	12	Racer 12	2
5	13	Racer 13	2
6	18	Racer 18	2
SF2 Start:			
1	3	Racer 3	1
2	4	Racer 4	1
3	9	Racer 9	1
4	10	Racer 10	2
5	15	Racer 15	2
6	16	Racer 16	2
SF3 Start:			
1	2	Racer 2	1
2	5	Racer 5	1
3	8	Racer 8	1
4	11	Racer 11	2
5	14	Racer 14	2
6	17	Racer 17	2

Final			
LC	Bib #	Name	Row
F Start:			
1	tbd	SF1 - 1st Place	1
2	tbd	SF2 - 1st Place	1
3	tbd	SF3 - 1st Place	1
4	tbd	SF1 - 2nd Place	2
5	tbd	SF2 - 2nd Place	2
6	tbd	SF3 - 2nd Place	2

## 2025 Sovereign Invitational – Sovereign Lake Nordic Club

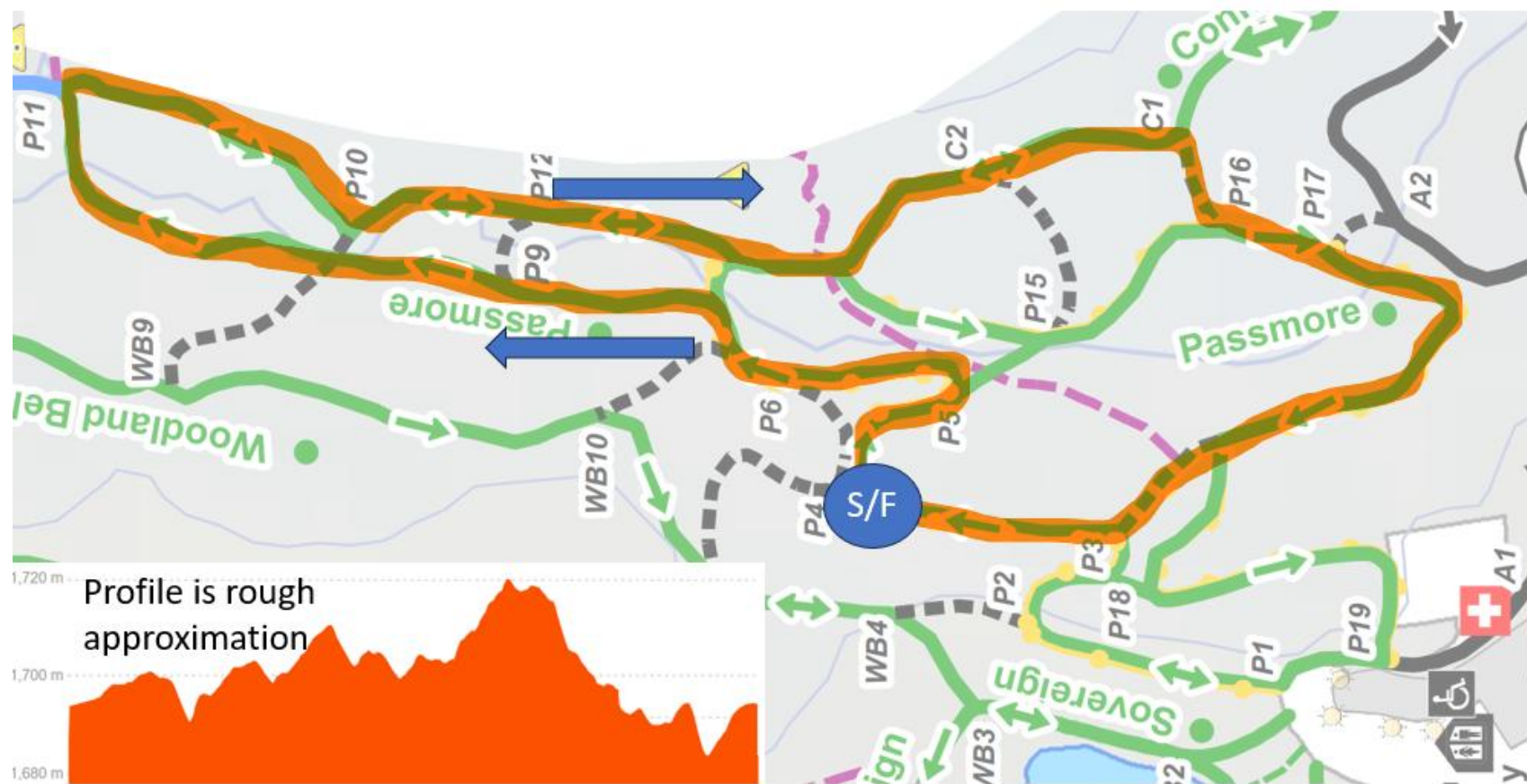
### Sprint Brackets – Option 2 – Medium Snow

SPRINT HEAT TIMING														
			0:03:30	0:00:30						0:02:00	0:01:00			
Heat		Start	Finish	Gap	Add Gap	Least Rest	Heat		Start	Finish	Gap	Add Gap	Least Rest	
Open Women	Q1	10:15:00	10:18:30	10:19:00			U18 Girls	Q1	13:15:00	13:17:00	13:18:00		00:31:00	
	Q2	10:19:00	10:22:30	10:23:00				Q2	13:18:00	13:20:00	13:21:00			
	Q3	10:23:00	10:26:30	10:27:00				Q3	13:21:00	13:23:00	13:24:00			
	Q4	10:27:00	10:30:30	10:31:00				Q4	13:24:00	13:26:00	13:27:00			
	Q5	10:31:00	10:34:30	10:35:00				Q5	13:27:00	13:29:00	13:30:00			
Open Men	Q1	10:35:00	10:38:30	10:39:00			U18 Boys	Q1	13:30:00	13:32:00	13:33:00			
	Q2	10:39:00	10:42:30	10:43:00				Q2	13:33:00	13:35:00	13:36:00			
	Q3	10:43:00	10:46:30	10:47:00				Q3	13:36:00	13:38:00	13:39:00			
	Q4	10:47:00	10:50:30	10:51:00				Q4	13:39:00	13:41:00	13:42:00			
	Q5	10:51:00	10:54:30	10:55:00	00:03:00			Q5	13:42:00	13:44:00	13:45:00	00:03:00		
Open Women	S1	10:58:00	11:01:30	11:02:00		00:23:30	U18 Girls	S1	13:48:00	13:50:00	13:51:00		00:19:00	
	S2	11:02:00	11:05:30	11:06:00				S2	13:51:00	13:53:00	13:54:00	00:01:00		
Open Men	S1	11:06:00	11:09:30	11:10:00		00:11:30	U18 Boys	S1	13:55:00	13:57:00	13:58:00		00:11:00	
	S2	11:10:00	11:13:30	11:14:00	00:07:00			S2	13:58:00	14:00:00	14:01:00	00:07:00		
Open Women	F	11:21:00	11:24:30	11:25:00		00:15:30	U18 Girls	F	14:08:00	14:10:00	14:11:00		00:15:00	
Open Men	F	11:25:00	11:28:30	11:29:00		00:11:30	U18 Boys	F	14:11:00	14:13:00	14:14:00		00:11:00	
U20 Women	Q1	11:30:00	11:33:30	11:34:00		00:01:00	U16 Girls	Q1	14:15:00	14:17:00	14:18:00		00:01:00	
	Q2	11:34:00	11:37:30	11:38:00				Q2	14:18:00	14:20:00	14:21:00			
	Q3	11:38:00	11:41:30	11:42:00				Q3	14:21:00	14:23:00	14:24:00			
	Q4	11:42:00	11:45:30	11:46:00				Q4	14:24:00	14:26:00	14:27:00			
	Q5	11:46:00	11:49:30	11:50:00				Q5	14:27:00	14:29:00	14:30:00			
U20 Men	Q1	11:50:00	11:53:30	11:54:00			U16 Boys	Q1	14:30:00	14:32:00	14:33:00			
	Q2	11:54:00	11:57:30	11:58:00				Q2	14:33:00	14:35:00	14:36:00			
	Q3	11:58:00	12:01:30	12:02:00				Q3	14:36:00	14:38:00	14:39:00			
	Q4	12:02:00	12:05:30	12:06:00				Q4	14:39:00	14:41:00	14:42:00			
	Q5	12:06:00	12:09:30	12:10:00	00:03:00			Q5	14:42:00	14:44:00	14:45:00	00:03:00		
U20 Women	S1	12:13:00	12:16:30	12:17:00		00:23:30	U16 Girls	S1	14:48:00	14:50:00	14:51:00		00:19:00	
	S2	12:17:00	12:20:30	12:21:00				S2	14:51:00	14:53:00	14:54:00	00:01:00		
U20 Men	S1	12:21:00	12:24:30	12:25:00		00:11:30	U16 Boys	S1	14:55:00	14:57:00	14:58:00		00:11:00	
	S2	12:25:00	12:28:30	12:29:00	00:07:00			S2	14:58:00	15:00:00	15:01:00	00:07:00		
U20 Women	F	12:36:00	12:39:30	12:40:00		00:15:30	U16 Girls	F	15:08:00	15:10:00	15:11:00		00:15:00	
U20 Men	F	12:40:00	12:43:30	12:44:00		00:11:30	U16 Boys	F	15:11:00	15:13:00	15:14:00		00:11:00	

2025 Sovereign Invitational – Sovereign Lake Nordic Club

**COURSE MAPS BELOW**

**2.5km Course**



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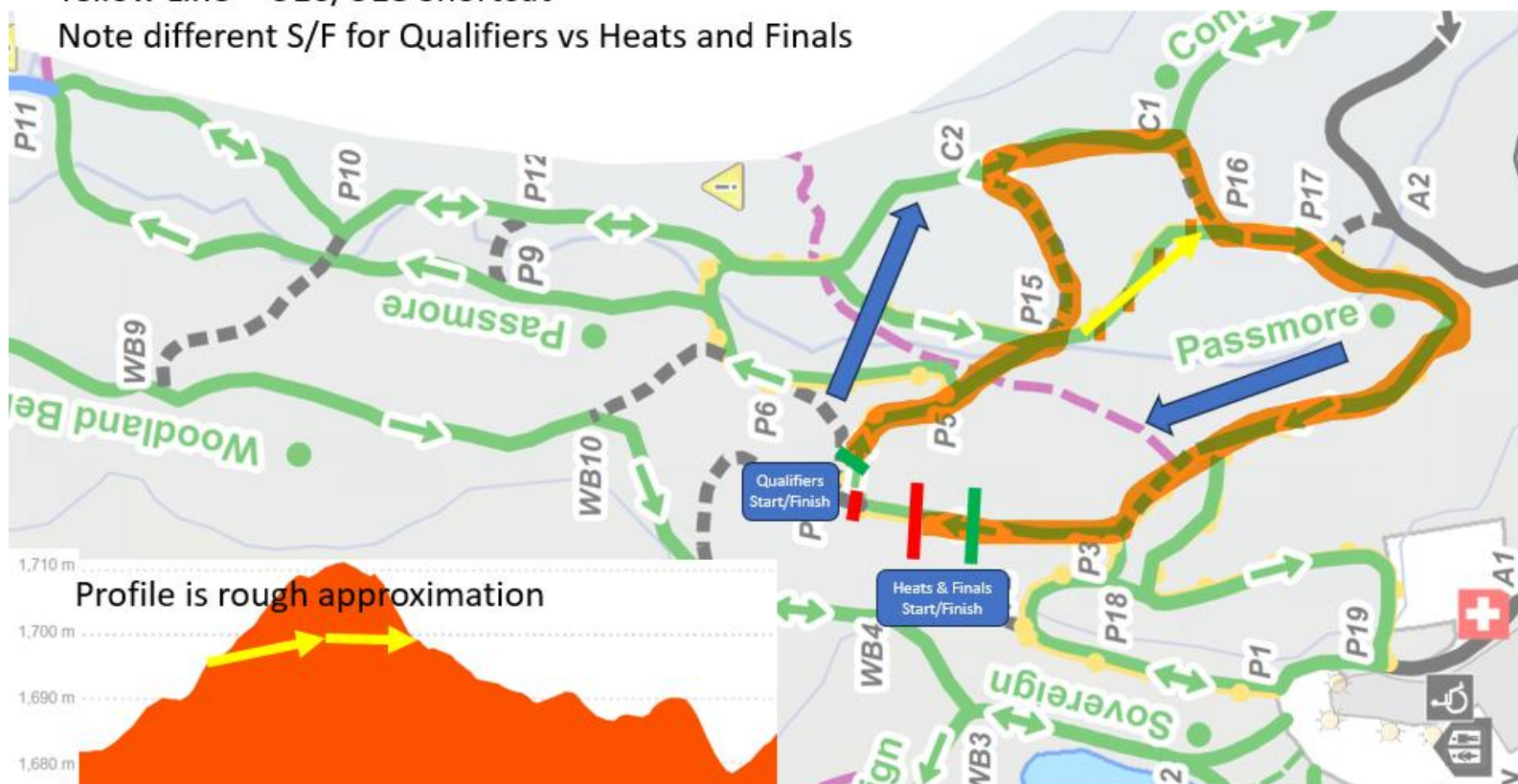
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**Sprint Course – Option 1 – Low Snow**

# Upper Trails Sprint Course

Yellow Line – U16/U18 Shortcut

Note different S/F for Qualifiers vs Heats and Finals



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**Sprint Course – Option 2 – Medium Snow**

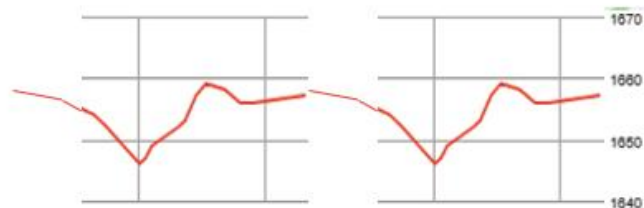
## Stadium Sprint Course

Two laps, dotted line is the finish line.

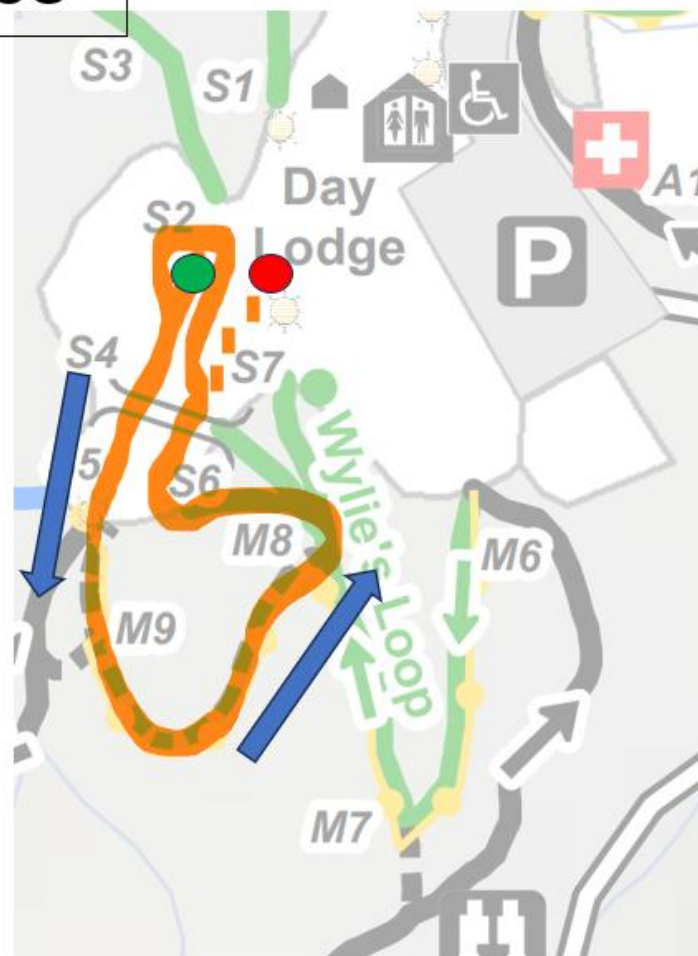
U16/U18 – Single Lap

U20/Senior – Two Laps

Approximate profile of 2 lap course



Profile is rough approximation

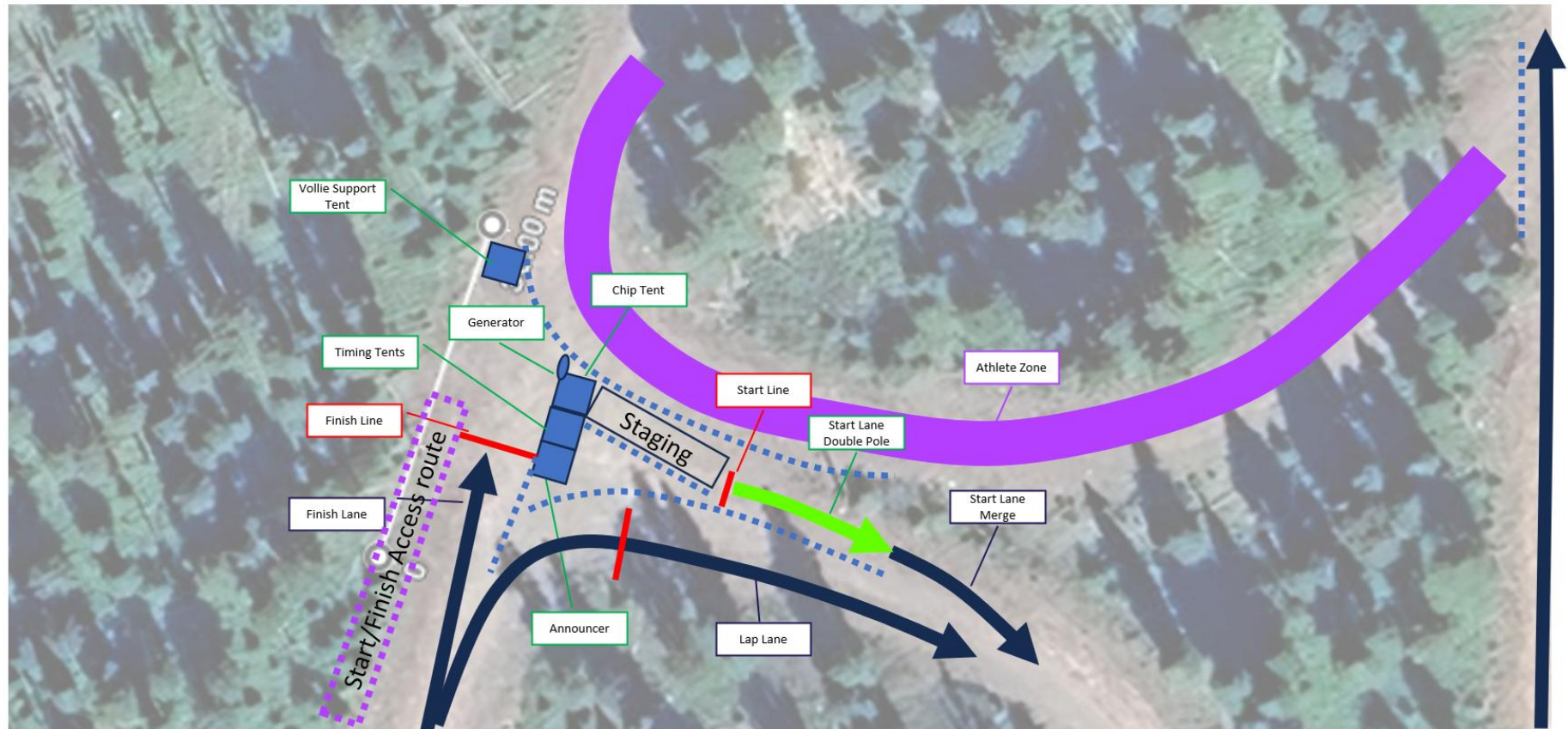


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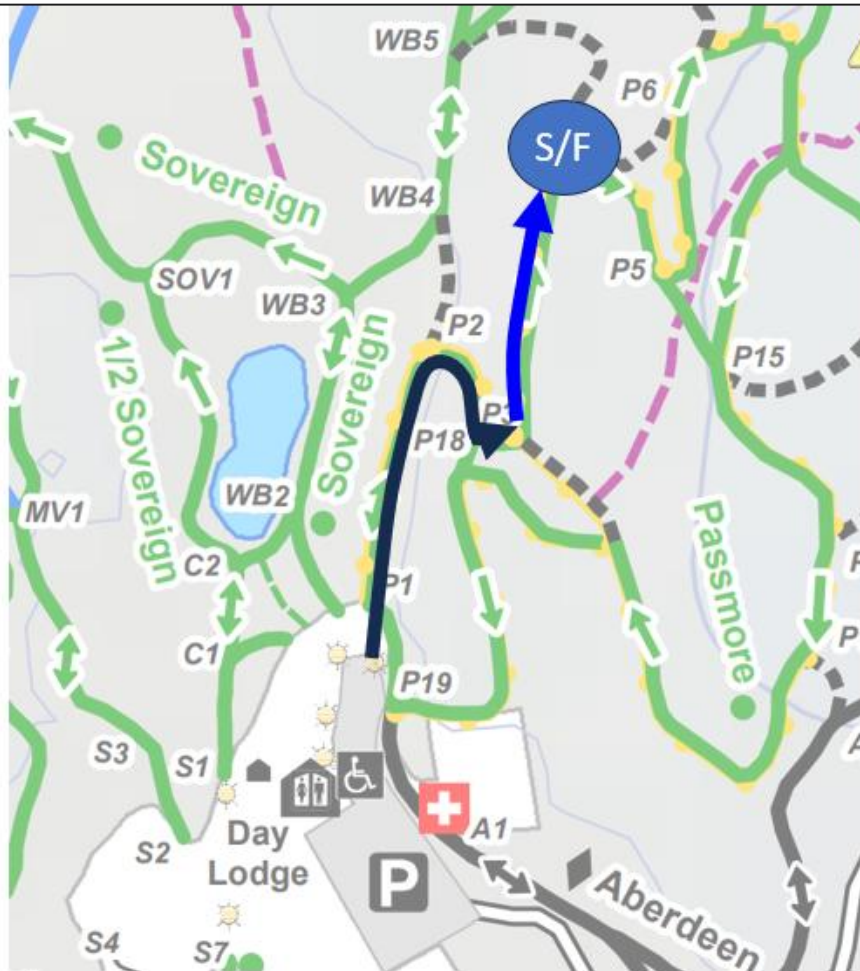
# Start/Finish Area – 2.5km Course





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## Route to Start/Finish Area



Follow Blue Arrows

-  Ski or walk, if walking stay to the far right of the trail
-  **YOU MUST REMOVE SKIS AND WALK OFF THE TRAIL**



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