

RACE PROGRAM

Date	Saturday 20th July	
Technique	Freestyle	
Format	Sprint	
Start times for individual time trial:		
	Age Class	Distance
9:30am	WU 12, MU12, WU14, MU14	350m
9:40	WU 16, WU 20, MU 16, MU20	750m
<p>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.</p> <p>Start times for heats will be advised in the detailed race program, available on the day prior to the event. Race organizers will make every effort to minimise the time between the individual time trial and the heats and finals.</p> <p>Course details will be available on the day prior to the event.</p>		

Date	Sunday 21st July	
Technique	Classic	
Format	Mass Start Distance	
	Age Class	Distance
10:00am	WU10	1.0km
10:05	MU10	1.0km
10:10	WU 12	1.5km
10:15	MU 12	2.5km
10:20	WU 14	2.5km
10:25	MU 14	2.5km
10:30	WU 16	3.5km
10:35	MU 16	5.0km
10:40	WU 18, WU20	5.0km
10:45	MU 18, MU 20	7.5km
<p>Course details will be available on the day prior to the event in the Windy Corner Day Shelter.</p>		