

# Cross-Country Schedule

*Schuss Village at Shanty Creek Resort (Updated: 1/22/20)*

- ❖ Any athlete entered in the 50 and/or 100 Meter must do a 50 Meter Time Trial
- ❖ Any athlete entered in the 250 and/or 500 Meter must do a 250 Meter Time Trial
- ❖ Any athlete entered in the 1, 3, and/or 5 Kilometer must do a 1 Kilometer Time Trial
- ❖ Please show up thirty (30) minutes before your scheduled event for staging
- ❖ Divisions: Juniors (Jrs.) 8-15, Seniors (Srs.) 16-21, Masters (Masters) 22+
- ❖ **The first full bus will leave GTRS at 7:15 a.m. Busses will run on a continuous basis starting at approximately 9:00 a.m. from GTRS**
- ❖ Warming tent provided and hot chocolate will be located at the Nordic Center Deck
- ❖ Athletes who cannot complete a race will be disqualified
- ❖ **Uniform rule will be enforced**

## TUESDAY

7:30 p.m. Coaches Meeting – GTRS Michigan Ballrooms

## WEDNESDAY

9:00 a.m.	50	Time Trials	M/F	Masters
9:30 a.m.	50	Time Trials	M/F	Srs.
9:45 a.m.	50	Time Trials	M/F	Jrs.
<b>10:15 a.m.</b>	<b>1K</b>	<b>Time Trials</b>	<b>M/F</b>	<b>Jrs./Srs.</b>
10:30 a.m.	1K	Time Trials	M/F	Masters
1:00 p.m.	250M	Time Trials	M	Masters
1:30 p.m.	250M	Time Trials	F	Masters
1:45 p.m.	250M	Time Trials	M	Srs.
2:00 p.m.	250M	Time Trials	F	Srs.
2:15 p.m.	250M	Time Trials	M/F	Jrs.

## THURSDAY

8:45 a.m.	4 x1K Relay	Finals	M/F	All Ages
9:00 a.m.	500M	Finals	M	Srs/Masters
9:30 a.m.	500M	Finals	F	Srs/Masters
9:45 a.m.	500M	Finals	M/F	Jrs
10:00 a.m.	50M	Finals	M	Masters
10:15 a.m.	50M	Finals	F	Masters
10:30 a.m.	50M	Finals	M/F	Jrs/Srs
1:00 p.m.	1K	Finals	M/F	<b>Jrs/Srs</b>
1:15 p.m.	1K	Finals	M/F	<b>Masters</b>
1:30 p.m.	250M	Finals	M	Masters
2:00 p.m.	250M	Finals	F	Masters
2:15 p.m.	250M	Finals	M/F	<b>Srs/Jrs.</b>
2:30 p.m.	2.5K	Finals	M/F	All Ages

## FRIDAY

8:45 a.m.	5K	Finals	M/F	All Ages
9:15 a.m.	100M	Finals	M/F	Masters
9:30 a.m.	100M	Finals	M/F	Srs.
9:45 a.m.	100M	Finals	M/F	Jrs.