



Championnats
canadiens
de ski de fond
Ski nationals
QUÉBEC 2007

EVENT TIMETABLE Canadian Cross-Country Skiing Championships 2007

DATE	TIME	EVENT	LOCATION
Friday March 16	9h – 16h 19h	Training – usual trail access fee <i>Team leaders' information session</i>	Mont Ste-Anne Château Mont Ste-Anne
Saturday March 17	9h – 16h 10h 16h 19h	Official training – Sunday's race course Deadline – Sprint team composition <i>Team leaders' Meeting</i> Deadline – Banquet tickets	Plains of Abraham Race office – Auberge des Fondeurs Château Mont Ste-Anne Château Mont Ste-Anne
Sunday March 18 INDUSTRIELLE- ALLIANCE DAY	10h 13h30 14h30 15h End of race	Team Sprint – CCUNC, Challenge, Open INDUSTRIELLE- ALLIANCE RACE Opening Ceremonies Team Sprint – Challenge and Open finales Team Sprint Awards	Plains of Abraham Plains of Abraham Plains of Abraham Plains of Abraham Plains of Abraham
Monday March 19	09h – 16h 16h	Official training – Tuesday and Wednesday races <i>Team Leaders' Meeting</i>	Mont Ste-Anne Château Mont Ste-Anne
Tuesday March 20 HYDRO-QUEBEC DAY	10h 18h30 19h	Short distance event- freestyle Awards <i>Team Leaders' Meeting</i>	Mont Ste-Anne Château Mont Ste-Anne Château Mont Ste-Anne
Wednesday March 21 GOVERNMENT PARTNERS' DAY	10h 17h30 During banquet	Medium distance event – classic style Banquet Awards	Mont Ste-Anne Expo-Cité Expo-Cité
Thursday March 22	9h – 16h 16h	Official training – sprint race course <i>Team Leaders' Meeting</i>	Mont Ste-Anne Château Mont Ste-Anne
Friday March 23 MADSHUS SPRINT DAY	10h End of race	Madshus Sprint finals - Qualifications; Heats Awards	Mont Ste-Anne Mont Ste-Anne
Saturday March 24	9h – 16h 12h – 16h 16h	Official training – long-distance race course «Cabane à sucre à Yvon» <i>Team Leaders' Meeting</i>	Mont Ste-Anne Auberge des Fondeurs Château Mont Ste-Anne
Sunday March 25 ULTRAMAR DAY	9h 20 min after the end of the race	Long distance event - freestyle Awards	Mont Ste-Anne Mont Ste-Anne



Championnats
canadiens
de ski de fond
Ski nationaux

QUÉBEC 2007

RACE SCHEDULE AND FORMATS

Canadian Cross-Country Skiing National Championships 2007

	DATES	Sunday March 18	Tuesday March 20	Wednesday March 21	Friday March 23	Sunday March 25
	START TIMES	10h	10h	10h	10h	9h
	FORMATS	Team Sprint	Short distance	Medium distance	Sprint	Long distance
	START FORMATS		Individual	Individual	Individual qualification and heats	Mass
	TECHNIQUES	Free	Free	Classic	Classic	Free
	FEES	\$ 10 CAD	\$ 35 CAD	\$ 35 CAD	\$ 35 CAD	\$ 35 CAD
CATEGORIES	BIRTHDATES					
MEN						
Juveniles	1991-1992		5 km	7.5 km	800 m	7.5 km
Junior Boys	1989-1990		10 km	7.5 km	1200 m	15 km
Junior Men	1987-1988		10 km	15 km	1200 m	30 km
Open	1976-1986		10 km	15 km	1200 m	50 km
CCUNC	<i>Eligibility</i>		10 km	15 km	1200 m	
Team Sprint Open	<i>No restrictions</i>	2 x 3 x 1200 m				
Team Sprint Challenge	<i>Juvenile-Junior Boys</i>	2 x 3 x 800 m				
Team Sprint CCUNC	<i>Eligibility</i>	2 x 3 x 1200 m				
Para-Nordic				Sitski and standing 15 km	Sitski and standing	Standing 20 km
WOMEN						
Juveniles	1991-1992		5 km	5 km	800 m	7.5 km
Junior Girls	1989-1990		5 km	5 km	1200 m	10 km
Junior Women	1987-1988		5 km	10 km	1200 m	15 km
Open	1976-1986		5 km	10 km	1200 m	30 km
CCUNC	<i>Eligibility</i>		5 km	10 km	1200 m	
Team Sprint Open	<i>No restrictions</i>	2 x 3 x 1200 m				
Team Sprint Challenge	<i>Juvenile-Junior girls</i>	2 x 3 x 800 m				
Team Sprint CCUNC	<i>Eligibility</i>	2 x 3 x 1200 m				
Para-Nordic				Sitski and standing 10 km	Sitski and standing	Standing 10km