



Special Olympics
Alberta
Winter Games
 Calgary 2019



Cross Country Skiing Schedule

Saturday, February 9, 2019				
8:30 AM	Arrival at Venue			
9:00 AM	Warm Up			
Session #1				
Time	Event	Heats	Division	No. of Racers
9:30 AM	10km & 5.0km Final Combined	1	M1/F1	4
10:30 AM	500m Divisioning	2	M1	2
			F1	6
10:45 AM	1.0km Divisioning	2	M1	2
			F1	6
11:00 AM	5.0km Final	1	M1/F1	3
11:30 AM	500m Final	2 or 3	M1	2
			F1	6
12:00 PM	Lunch			
Session #2				
Time	Event	Heats	Division	No. of Racers
12:45 PM	7.5km Classic Final	1	M1/F1	2
12:45 PM	7.5km Free Final	1	M1/F1	2
1:30 PM	100m Divisioning	1	F1	6
1:55 PM	1.0km Final	2 or 3	M1	2
			F1	6
2:00 PM	2.5km Classic Final	2	M1	2
			F1	3
2:30 PM	2.5km Free Final	1	M1	1
3:00 PM	100m Final	1	F1	6
3:30 PM	Medal Ceremonies			
4:45pm	Departure from Venue			

Saturday, February 9, 2019	
9:30 AM	Arrival at Venue
9:45 AM	Cross Country Skiers to enjoy the Snowshoe competition or go for a ski with their team.
11:00 AM	Lunch
12:30 PM	Snowshoe Medal Ceremonies
2:00 PM	Departure to Genesis

