Category	DOB	OTD	Day 1	Day 2	Day 3	Day 5	Day 4	Day 6	Day 7
		March 9	March 10	March 11	March 12	March 14	March 13	March 15	March 16
		TCM	Free Interval	CL Sprint (U16, U18.)	CL Sprint (Open)	Training	Free Team CLUB Sprint	CL Mass Start (U16 - U18)	CL Mass Start (U20 - Open)
U16	2009-2008	Official Training Day	7.5	< 2:00 minutes		Official Training Day	700-800	10	
U18	2007-2006		7.5	<2:30 minutes			700-800	15	
U20	2005-2004		10		< 3:00 minutes		700-800		20
Open	2000 and before		10		< 3:00 minutes		700-800		50
CCUNC			10		< 3:00 minutes		700-800		50
PN Standing	N/A						700-800		
PN Sit Invitation	N/A								