

	BC Cup #1		BC Cup #2		BC Champs		Relay	(BC Champs total)
	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2		
U14 G	400 m	3.5 km	400 m	5.0 km	3.5 km	5.0 km	2.0 km	(= 10.5 km)
U16 G	800 m	5.0 km	800 m	7.5 km	7.5 km	5.0 km	3.0 km	(= 15.5 km)
U18 G	800 m	5.0 km	1200 m	7.5 km	7.5 km	10.0 km	3.0 km	(= 20.5 km)
U20 W	800 m	5.0 km	1200 m	7.5 km	7.5 km	10.0 km	3.0 km	(= 20.5 km)
U23 W	800 m	5.0 km	1200 m	7.5 km	7.5 km	10.0 km	3.0 km	(= 20.5 km)
U14 B	400 m	3.5 km	400 m	5 km	3.5 km	5.0 km	2.0 km	(= 10.5 km)
U16 B	800 m	5.0 km	800 m	7.5 km	10.0 km	7.5 km	3.0 km	(= 20.5 km)
U18 B	800 m	10.0 km	1200 m	10.0 km	10.0 km	7.5 km	3.0 km	(= 21.5 km)
U20 M	800 m	10.0 km	1200 m	10.0 km	10.0 km	10.0 km	3.0 km	(= 23.0 km)
U23 M	800 m	10.0 km	1200 m	10.0 km	10.0 km	10.0 km	3.0 km	(= 23.0 km)

NOTES

1. The BC Championships relay provides us with a 'prologue' distance
2. There are only 11 days between BC Cup #1 and the Western Canadian Champs
3. There are 18 days between the BC Championships and the Nationals
4. 2020 Youth Olympic Games distances – Men (Sprint, 10 km, Cross Country Cross); Women (Sprint, 5 km, Cross Country Cross)
5. World Jr Championship distances - Men (Sprint, 5 km, 10 km, 30 km); Women (Sprint, 3.3 km, 5 km, 15 km)
<https://www.fis-ski.com/DB/general/event-details.html?sectorcode=CC&eventid=45405&seasoncode=2020>
6. World U23 Championship distances - Men (Sprint, 5 km, 15 km, 30 km); Women (Sprint, 5 km, 10 km, 15 km)
<https://www.fis-ski.com/DB/general/event-details.html?sectorcode=CC&eventid=45405&seasoncode=2020>
7. 2019-20 FIS World Cup distances - https://res.cloudinary.com/fis-production/image/upload/v1539862505/fis-prod/assets/WC_Calendar_CC19-23_status-sept2018_all.pdf. Note 13 sprint and 11 10km races for women; 13 sprint and 12 15km races for men
8. 2019 National Championship distances: <http://www.cccski.com/getmedia/5d5d330e-1288-414c-8efc-40472abb15b2/2019-Nals-Tp-V3-7-Jan.pdf.aspx>
9. NC Competitor Model - http://www.cccski.com/getmedia/a30ad577-2ab1-4c94-8a29-9e494a68cb9d/Competition-Model_May-2010,v3.pdf.aspx