

**Canadian Cross-Country Ski Nationals and US Super
Tour Final**

Whistler, BC

Sunday March 20 – Free Technique Interval

Start

U16: W 3/ M 5

U18: W 5/M 10

U20: W 5/M 10

Open-U23/SR: W 5/ M 10

Monday March 21 – Classic Technique

Interval Start

U16: W 5/M 10

U18: W 5/M 10

U20: W 10/M

15

Open – U23/SR: W 10/M

15

Wednesday March 23 – Classic Technique

Sprint

U20: Sprint

Open – U23/SR: Sprint

Thursday March 24 – Classic Technique Sprint

U16 : Sprint

U18: Sprint

Friday March 25 – Free Technique club Team

Sprint

Single gender

U16, U18, U20, Open –

U23/SR

Sunday March 27 – Free Technique Mass Start

U16: W 12.5/

M12.5

U18: W 17.5/M

17.5

U20: W 21/M 21

Open-U23/SR: W 42/M 42

