

Canadian Winter Nationals Flying Spring Fest

Saturday, March 7th, 2009

8:30am HS95

10:30am K18

11:30am K38

12:30pm HS67

BRING YOUR OWN LUNCH!

Hospitality will be held at/around the blue & white tent at the jumps parking lot and outside it, if the weather permits.

NOTE: BRING LAWN CHAIR(S) FOR YOUR USE!

X-Country Races @ COP X-C Area

2:30pm ~ 1.5km J5 (1999 & Younger)

2:50pm ~ 1.5km J4 (1997 & 1998)

3:10pm ~ 3km

3:30pm ~ 5km & 10km

**Athletes need to be at the race course at least 30 minutes before their race start/or as instructed by their coach*

4:30pm Awards at the Jump Centre

Volunteers Needed

NOTE: Headquarters will be at the blue/white tent in the parking lot

Don't let this exciting opportunity to be involved pass you by ☺

- ~ Hill Marking: report to the hill 5-10 min prior to a scheduled event
- ~ Race Course Setup: report to the SJC at the entry immediately following the K38 event (around 12:15pm)
- ~ Race Course Control, Timers, Starters: report to the course start at 2:10pm