## Canmore 2017 World Para Nordic Skiing World Cup Day 3, Sunday, December 10, 2017

l

Cross Country, Middle Distance (FT)

Start	Activity
8:00	Race Office open
8:00	Weather Information posted hourly on info board
8:30	Bib Pickup
9:00	Sit Ski course open for training
9:40	Transponder distribution begins
9:50	Course closed for Competition
10:00	CROSS-COUNTRY SKIING WOMEN'S 5.0 KM, SITTING (2 x 2.5 km course)
10:30	CROSS-COUNTRY SKIING MEN'S 7.5 KM, SITTING (3 x 2.5 km course)
12:00	Standing Course open for training
11:45	Award Ceremony / CC Men's 7.5 km, Sitting
11:50	Award Ceremony / CC Women's 5 km, Sitting
12:50	Course closed for Competition
13:00	CROSS-COUNTRY SKIING MEN'S 10 KM FREE, VISUALLY IMPAIRED (4 x 2.5km green course)
13:10	CROSS-COUNTRY SKIING MEN'S 10 KM FREE, STANDING (4 x 2.5km green course)
14:00	CROSS-COUNTRY SKIING WOMEN'S 7.5 KM FREE, VISUALLY IMPAIRED (3 x 2.5km green course)
14:06	CROSS-COUNTRY SKIING WOMEN'S 7.5 KM FREE, STANDING (3 x 2.5km green course)
15:00	Award Ceremony / CC Men's 10 km Free, Standing
	Award Ceremony / CC Men's 10 km Free, Visually Impaired
	Award Ceremony / CC Women's 7.5 km Free, Standing
	Award Ceremony / CC Women's 7.55 km Free, Visually Impaired