

## **TD Bank EHSC: Black Mountain (March 18,19,20)**

The EHSC weekend is very busy and there are lots of athletes to assist, therefore **it is imperative that all athletes attend to the schedule and be on time!**

This is a general schedule. Team Coaches will discuss team warm-up times and other details prior to each scheduled race.

A wristwatch for the weekend would be a great idea!

### **Schedule of Events**

#### **Friday:**

9:00 am Course open for inspection

9:00 am Race Headquarters open for packets and bib pick-up

**12:00 pm NH Athletes Arrive by Coach Bus**

12:30 pm Coaches Meeting in Base Lodge Conference Room- lunch provided

2:45 pm Course closed

3:00 pm Men 5 km Free Technique- 15 second interval

4:00 pm Women 5 km Free Technique- 15 second interval

**\*5:00pm NH Athletes Depart for Rostay via Coach Bus**

**6:15 pm: 1<sup>st</sup> Dinner seating: Boy's team (*sorry seating is limited*)**

**7:15pm: 2<sup>nd</sup> Dinner seating: Girl's team**

**8:00pm: Team activity in Dining Room**

**10:00pm: All athletes in their own rooms!**

**10:30pm: Lights out!**

#### **Saturday:**

**6:30 am Breakfast @ Rostay**

**7:30 am: Coach departs for Black Mountain**

8:00 am Course open for inspection  
Bib pick up in Race Headquarters

8:30 am Coaches meeting in lower level of the Timing Building

9:15 am Course closed

9:30 am Women Free Technique Sprint- wave start runs to completion

10:30 am Men Free Technique Sprint- wave start runs to completion

11:30 pm Sprint course open for inspection

12:00 pm Stadium layout open for inspection

2:15 pm Course Closed

2:30 pm Mixed Medley, Mixed Gender Relay Mass Start  
2.5 km 2 leg Classic- followed by 2 legs Free Technique

**\*4:00pm NH Athletes Depart for Rostay via Coach Bus**

**5:45 pm NH Athletes depart for Banquet**

6:30 pm Banquet and awards in the Black Mountain Base Lodge. Must have ticket to enter. Banquet complimentary to all athletes and Up to Team Leader and 7 coaches.  
All others \$15.00. Tickets available in Race Headquarters while they last.

**10:00pm: All athletes in their own rooms!**

**10:30pm: Lights out!**

**Sunday:**

**6:30 am Breakfast @ Rostay**

**7:30 am: Coach departs for Black Mountain**

7:30 am Course open for inspection

8:00 am Coaches meeting in Hand Timing Building

9:15 am Course closed

9:30 am Men 7.5 km Classic- Mass Start

10:30 am Women 7.5 km Classic- Mass Start

12:15 pm Awards Ceremony

**1:00 pm NH Athletes Depart via Coach Bus!**