

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

Schedule of Events

Friday:

- 9:00 am Course open for inspection
- 9:00 am Race Headquarters open for packets and bib pick-up
- 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
- Flower ceremony immediately following each event

Saturday:

- 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
Flower ceremony immediately following Sprint event.
- 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.

Sunday:

- 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