

## **J2 Championships – Black Mountain of Maine - 2012**

Hosted By: New England Nordic Ski Association

### Schedule of Events

#### **Friday:**

- By 11:45 Arrive Black Mt check in with Team Leaders (dressed to ski) (eat lunch prior to arrival)
- 12:00 Team Meeting (parking lot near lower entrance) (Hat handout)
- 12:30 Course review with team coaches
- 1:30 Uniform/bib/handout (racers snack- included) (In lodge, change in bathrooms)
- 2:15 Boys warm-up (Girls at 2:30)
- 3:00 Boys Freestyle 5 km, wave start
- 4:00 Girls Freestyle 5 km, wave start
- 5:30 Entire Team on coach bus to Comfort Inn (must ride with team)
- 7:15 Dinner at Inn (for coaches and skiers - no parents)
- 7:45 Team Meeting and Yankee Swap. (See “what to bring page”)
- 9:45 Everyone in their own rooms – Pre-pack (day-bags) for Saturday
- 10:00 Lights out!!!

#### **Saturday:**

- 6:30 Breakfast at Inn (included)
- 7:15 Depart for venue on Bus **(Remember your bib!)**
- 8:30 Girls course review with team coaches / Boys at 8:45
- 9:00 Course closed / warm-up, test wax
- 9:30 Girls 5 km Classic- waves of 5, every minute
- 10:30 Boys 5 km Classic- waves of 5, every minute
- 11:45 Lunch (included) at team tent outside of lodge (may carry food to lodge or bus)
- 1:15 Sprint course open for inspection / team meeting / warm-up
- 2:30 Girls 1K Freestyle Sprint- waves of 5, every minute
- 3:15 Boys 1K Freestyle Sprint- waves of 5, every minute
- 4:00 Bus to Inn - shower/change for banquet
- 5:45 Depart for Banquet
- 6:30 Banquet (included) and Awards (Parents can purchase \$15 banquet tickets, see Chisholm website)
- 8:45 Team Meeting at Inn
- 9:45 Everyone in their rooms with lights out!!!

#### **Sunday:**

- 6:15 Breakfast at Inn
- 7:15 Check-out of Inn, all bags on bus
- 7:15 Depart for venue
- 8:30 Course review with coaches (classic then freestyle)
- 9:00 Course closed / Test wax
- 9:30 Relay-4x2k Mixed Relay (Leg 1-Boy CL, 2-Girl CL, 3-Boy FS, 4-Girl FS)
- 11:00 Team cool-down (lunch/snack at team tent)
- 11:30 Team picture / uniform return /deposit return (bring clothes to change into)
- 12:00 Awards – (Relay and overall Team)