

Event Schedule (as of 12/3/2018)

**Thursday, December 13th**

9:00 AM – 5:00 PM Team Arrival and Registration

9:30-11:00 AM and 11:00-12:30 PM Open Jump Training (two sessions)

3:30 – 4:30 PM Open XC Training and Course Inspection

4:30 – 5:00 PM SSWSC Athletes ski with COC-NC Athletes

5:00 – 5:30 PM Autograph Session for COC-NC Athletes

6:00 PM Team Captains’ Meeting & Coaches Reception

**Friday, December 14th** **HS75 Jump / 10K Cross Country/Gundersen Event**

9:00 – 10:30 AM Official Jump Training (1 jump)

10:30 – 12:00 Noon Trial Round (Provisional)

12:05 PM Flag Ceremony, National Anthem

12:10 PM Fore Jumpers

12:15 PM **Competitive Jump Round**

**10K CROSS COUNTRY**

4:00 – 5:30 PM Official Cross Country Training

5:45 PM Forerunners

**6:00 PM** **Start Time Ladies 5km Cross Country**

**6:30 PM** **Start Time Men’s 10km Cross Country**

7:00 PM Awards Ceremony (Cross Country Stadium)

7:30 PM Team Captains’ Meeting (if needed)

**Saturday, December 15th** **HS75 Jump / 10K Cross Country/Gundersen Event**

9:00 - 10:30 AM Trial Jump Round

10:45 AM National Anthem

10:50 AM Fore Jumpers

11:00 AM **Competitive Jump Round**

**10K CROSS COUNTRY**

4:00 – 5:30 PM Course Inspection

5:45 PM Forerunners

**6:00 PM** **Start Time Ladies 5km Cross Country**

**6:30 PM** **Start Time Men’s 10km Cross Country**

7:00 PM Awards Ceremony (Cross Country Stadium)

**Sunday, December 16th Weather Delay Day**