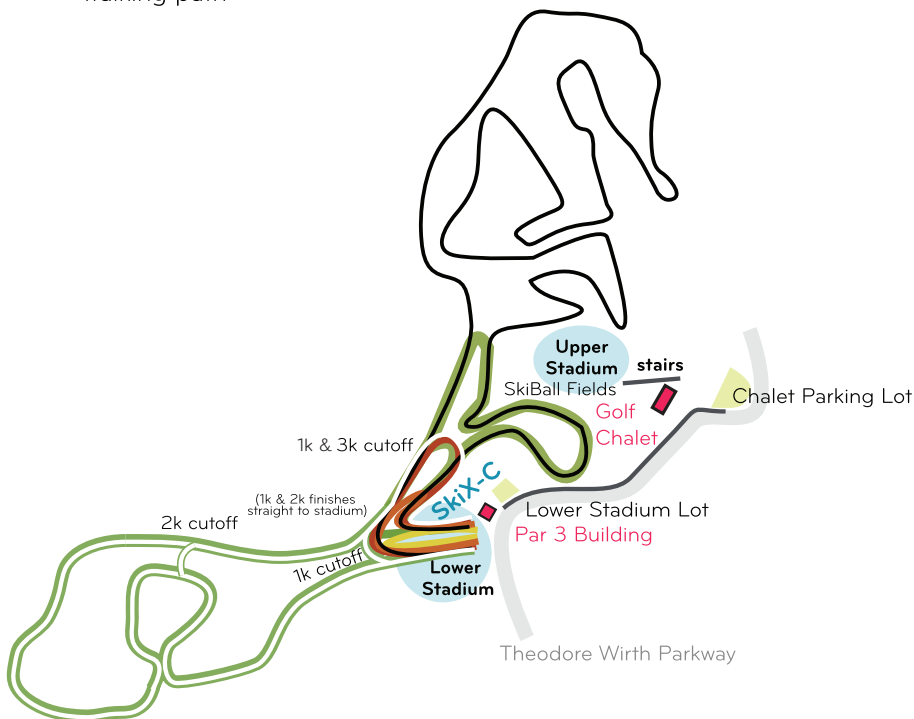


MIDWEST MARCH 2 & 3, 2013 JUNIOR CHAMPIONSHIPS

Theodore Wirth Park, Minneapolis MN

- Classic Individual: 1-4km *Cutoffs dependent on racer's age category
- 300m: Classic Sprint Relay
- 500m: Classic Sprint Relay
- 750m: Classic Sprint Relay
- Skate 5k
- Skate 3k, 2k with cutoff, 1k with cutoff
- walking path



SCHEDULE OF EVENTS

Saturday

8:00-10:00 am	Race Day Registration and Packet Pickup
9:00-10:15 am	Classic Individual Start
9:00 am	Boys and Girls 4K – J2
9:15 am	Boys and Girls 4K – J3
9:30 am	Boys and Girls 3K – J4
9:45 am	Boys and Girls 2K – J5
10:00 am	Boys and Girls 1K – Youth – Ages 7 and under
9:30 am – 12:30 pm	Ski X-c Course Open
10:30 am - 12:45 pm	Classic Sprint Relays (two skiers x 3 legs each) Note that unmatched skiers will be matched on-site)
10:30 am	Boys and Girls 3x750m – J2
11:00 am	Boys and Girls 3x750m J3
11:30 am	Boys and Girls 3x500m J4
Noon	Boys and Girls 3x500m J5
12:30 pm	Boys and Girls 3x300m – Ages 7 and under
1:00 pm	Awards Ceremony

Sunday

8:00 - 10:00 am	Race Day Registration and Packet Pickup
9:00 - 11:00 am	Mass Start Freestyle Race
9:00 am	Boys 5k – J2 (ages 14-15)
9:15 am	Girls 5k – J2 (ages 14-15)
9:45 am	Boys 3k – J3 (ages 12-13)
10:00 am	Girls 3k – J3 (ages 12-13)
10:15 am	Boys and Girls 2k – J4 (ages 10-11)
10:30 am	Boys and Girls 2k – J5 (ages 8-9)
10:45 am	Boys and Girls 1k – Ages 7 and under
11:00 am	Awards Ceremony
11:15 am - 12:00 pm	SkiBall Tournament (bring skate skis)
11:30 am	Round 1
11:45 am	Round 2
Noon	Final Round
12:15 pm	SkiBall Trophy Presentation