## Cross Country Skiing includes PARA and Special Olympics

Country BC



Venue: Hallis Lake Ski Centre

Sport schedule subject to change up to day of event given snow conditions				
Thursday, February 22, 2024				
Start	End	Event	Category	
10:00	12:00	Practice at Hallis Lake	All	
11:00	12:30	Team Coach Meeting at Hallis Lake	Coaches	
14:30	15:00	Athlete and Coaches Meeting at Quesnel Junior School	All	
Friday, February 23, 2024				
Start	End	Event	Category	
9:30	9:45	Indigenous Welcome Ceremony	All	
10:00	11:30	Classic Technique Interval Start Distance	All	
12:15	13:00	Medal Presentations including SO Medals		
13:00	13:30	Lunch/Pack Up	All	
13:00	13:30	Informal Coaches Meeting at Hallis Lake	Coaches	
13:00	13:30	Zone Team and Officials Photos	All	
Saturday, February 24, 2024				
Start	End	Event	Category	
10:00	11:00	Free Technique Individual Sprints 400 m Qualification Round	All	
11:00	11:45	Lunch Break		
11:45	14:45	Heat Sprints	All	
15:00	15:30	Medal Presentations with SO and Biathlon		
15:30	16:00	Informal Coaches Meeting at Hallis Lake	Coaches	
15:30	16:00	Pack up for the day	All	
Sunday, February 25, 2024				
Start	End	Event	Category	
9:45	11:00	Mixed 4 x 2 km Relays Mass Start	All	
11:15	12:00	Medal Presentations including	SO Medals	
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Final - February 2				