

TUNA/Soldier Hollow
Schedule JOQ Official Training Day
Thursday, January 17, 2008

Time

9:00	Start Official Training Race Office open in Day Lodge (downstairs) (all teams must check in before skiing, purchase trail passes in Day lodge)
12:00	Registration ends
14:00	Draw and bib pull
17:00	End of Official Training
17:30	Team Captains' Meeting (Day lodge -- downstairs)

TUNA/Soldier Hollow

Schedule for JOQ Skate Sprint Day Friday, January, 18, 2008

Time
9:00 Qualification (assume 360 older racers, so 90 minutes to start)
 Start order: J2 Girls, J2 Boys, J1/OJ Girls, J1/OJ Boys
10:33 Qualification Completed (top 24 in each class go on)

11:00 Mass Starts - For J3, J4, J5, J6 (three/four heats, 10 minutes each) -
 11:00 J6 Boys and girls, CMB loop
 11:10 J5 Boys and girls, 1 lap sprint course
 11:20 J4 Boys and girls, 1 lap sprint course
 11:30 J3 Boys and girls, 2 laps sprint course
 11:40 Novice Boys and girls, 2 laps sprint course
 Awards in stadium after each race
12:00 Mass starts completed

12:20 Heats at 5 minute intervals

Time	Sex	Class	Heat	
12:20	G	J2	Q1	Heats of 6
12:25	G	J2	Q2	Heats of 6
12:30	G	J2	Q3	Heats of 6
12:35	G	J2	Q4	Heats of 6
12:40	B	J2	Q1	Heats of 6
12:45	B	J2	Q2	Heats of 6
12:50	B	J2	Q3	Heats of 6
12:55	B	J2	Q4	Heats of 6
13:00	G	J2	S1	Heats of 4
13:05	G	J2	S2	Heats of 4
13:10	B	J2	S1	Heats of 4
13:15	B	J2	S2	Heats of 4
13:20	G	J2	FB	Heats of 4
13:25	G	J2	FA	Heats of 4
13:30	B	J2	FB	Heats of 4
13:35	B	J2	FA	Heats of 4
Break 15 min				
13:50	G	J1/OJ	Q1	Heats of 6
13:55	G	J1/OJ	Q2	Heats of 6
14:00	G	J1/OJ	Q3	Heats of 6
14:05	G	J1/OJ	Q4	Heats of 6
14:10	B	J1/OJ	Q1	Heats of 6
14:15	B	J1/OJ	Q2	Heats of 6
14:20	B	J1/OJ	Q3	Heats of 6
14:25	B	J1/OJ	Q4	Heats of 6
14:30	G	J1/OJ	S1	Heats of 4
14:35	G	J1/OJ	S2	Heats of 4
14:40	B	J1/OJ	S1	Heats of 4
14:45	B	J1/OJ	S2	Heats of 4
14:50	G	J1/OJ	FB	Heats of 4
14:55	G	J1/OJ	FA	Heats of 4
15:00	B	J1/OJ	FB	Heats of 4
15:05	B	J1/OJ	FA	Heats of 4
15:10	Done			
15:30	Awards in stadium for J2-J1/OJ			

18:00 Banquet -- Soldier Hollow Golf Course Lodge

TUNA/Soldier Hollow
Schedule for JOQ Classic Mass start
Saturday January 19, 2008

Time

7:30	Course open
9:00	Mass-start Boys and Girls J6 - CMB loop
9:01	Mass-start Boys and Girls J5 - 1 km (sprint loop)
9:15	Mass-start Boys J4 - 2 km
9:16	Mass-start Girls J4 - 2 km
9:45	Mass-start Boys J3 - 3 km
9:46	Mass-start Girls J3 - 3 km
9:50	Mass-start Novice Boys - 3 km
9:51	Mass-start Novice Girls - 3 km
10:25	Mass-start Boys J2 - 5 km
10:30	Mass-start Girls J2 - 5 km
11:10	Mass-start Girls J1/OJ - 10 km
12:10	Mass-start Boys J1/OJ - 15 km

Awards in stadium after each race
Team Awards after final race

