



2019 Provincial Winter Games  
CROSS COUNTRY SKIING

Special Olympics  
Newfoundland & Labrador



FRIDAY - FEBRUARY 22<sup>nd</sup>, 2019

4:30PM	Officials Meeting <b>Location:</b> Ski Chalet
4:45PM	Teams Arrive
5:00PM	***5K (Classic & Freestyle) <b>Final</b> ***5K Snow Shoe <b>Final</b>

SATURDAY - FEBRUARY 23<sup>rd</sup>, 2019

8:00AM	Officials Meeting <b>Location:</b> Ski Chalet
8:30AM	Teams Arrive
8:40AM	Head Coaches Meeting <b>Location:</b> Ski Chalet
9:00AM	Competition Begins
10:00AM	2.5K (Classic & Freestyle) Preliminary Divisions: Classic: <b>F1</b> & <b>M1</b> Free: <b>M1</b>
	500m (Classic) Preliminary Divisions: <b>M1</b> <b>F1</b>
	***10K (Classic) <b>Final</b> Divisions: <b>F1</b>
	LUNCH <b>Location:</b> Ski Chalet
1:00PM	100m (Classic) Preliminary Divisions: <b>F1</b> & <b>M1</b> Run Together
	1K (Classic) Preliminary Divisions: <b>F1</b> & <b>M1</b>

SUNDAY - FEBRUARY 24<sup>th</sup>, 2019

8:00AM	Official Meeting <b>Location:</b> Ski Chalet
8:30AM	Teams Arrive
8:40AM	Head Coaches Meeting <b>Location:</b> Ski Chalet
9:00AM	Competition Begins
	*2.5K (Classic & Freestyle) <b>Final</b>
	*500m (Classic) <b>Final</b>
	*7.5K (Classic & Freestyle) <b>Final</b>
	LUNCH <b>Location:</b> Ski Chalet
	*100m (Classic) <b>Final</b>
	*1K (Classic) <b>Final</b>
	***10K Snow Shoe <b>Final</b> <b>Location:</b> Exploits Nordic Ski Club on trail
	<b>MEDAL PRESENTATION</b> <b>Location:</b> <i>Gordon Pinsent Ctr.</i>

\* All events will have Medal Presentations at Gordon Pinsent Ctr. immediately following the last event of that day

\*\*Transportation will be provided for 5K & 10K Snow Shoeing athletes to and from Exploits Nordic Ski Club\*\*\*