

Race Categories and Distances

Category		Free Technique Interval Start	Classic Start TBA	Relay	Sprints	Free Technique Pursuit Start
		Fri – Evening	Sat – AM	Sat – PM	Sat – PM	Sun – AM
SSNL						
High School	B	7.5 km	7.5 km	4 x 1.0 km	1.0 km	7.5 km
	G	5.0 km	5.0 km		650 m	5.0 km
Junior High	B	5.0 km	5.0 km	4 x 1.0 km	650 m	5.0 km
	G	2.5 km	2.5 km	4 x 650 m	500 m	2.5 km
Special Olympics	JH	250 m	No Race	No Race	50 m	No Race
	HS	500 m			100 m	
CCNL						
Midget	B	5.0 km	5.0 km	4 x 1.0 km	650 m	5.0 km
	G	2.5 km	2.5 km	4 x 650 m	500 m	2.5 km
Pee wee	B	2.7 km	2.7 km	4 x 500 m	250 m	2.7 km
	G	1.8 km	1.8 km		150 m	1.8 km
Atom	B	500 m <i>Sun AM</i>	500 m	4 x 250 m	75 m <i>Obs Crse</i>	No Race