

BVRS II Jan 19

Friday Night Lights

Approximate Start Time	Age Category	Course
12:00 PM	Race office opens	
5:00 PM	TCM	
6:00 PM	U10 and U12 team point race	300-700m
6:20 PM	U14 team point race	700m
7:00 PM	U16 - Masters King's court freestyle	1.3km
7:00 PM	Social with snacks	

AB Cup 3 Jan 20

Saturday - Classic Distance Mass

Approximate Start Time	Age Category	Course
7:00	Race office opens	
8:30	Para sit ski	2x2km
9:00	U23, U20 Men	4x3.75km
	U23, U20 women	4x3.75km
	Master Men/Women	3x3.75km
	U18 Men	3x3.3km
	U18 Women	3x3.3km
	U16 Men	2x3.3km
	U16 Women	2x3.3km
May start entire group in 1 mass start	U8 Boys	1x0.75km
	U8 Girls	1x0.75km
	U10 Boys	1x0.75km
	U10 Girls	1x0.75km
	U12 Boys	2x0.75km
	U12 Girls	2x0.75km
	U14 Boys	3x1.2km
	U14 Girls	3x1.2km
6:00 PM	TCM	

AB Cup 4 Jan 21

Sunday - Skate Mass

Approximate Start Time	Age Category	Course
7:00	Race office opens	
8:30	Para Sit	2x1.5km
9:00	U23, U20 Men	2x3.3km
	U23, U20 Women	2x3.3km
	Master Men/Women	2x3.3km
	U16 Men	1x3.3km
	U16 Women	1x3.3km
	U18 Men	2x2.5km
	U18 Women	2x2.5km
TBA Likely ~12-1PM	U8/U10 boys and girls	Obstacle Biathlon Area
	Not a timed event	
	Show up to Biathlon area	
	Fun chocolate event	
	U12 Boys	
	U12 Girls	
	U14 Boys	
U14 Girls		
	U12 Boys	1x1.2km
	U12 Girls	1x1.2km
	U14 Boys	2x1.2km
	U14 Girls	2x1.2km