Midwest CXC Cup at Mt. Itasca - January 17 - Training Day

8:00 AM - 5:00 PM	Venue open for training
8:00 AM	Wax rooms open
8:00 AM	Maps & schedule posted/available in HQ building
12:00 PM	Courses will be marked by 12 PM
6:00 PM	Coach's meeting, Mt. Itasca Chalet
9:00 PM	Wax rooms closed

Midwest CXC Cup at Mt. Itasca - January 18 - Freestyle Interval Start	
6:00 AM	Wax rooms open
8:00 AM	Race secretary building open for information and bib distribution
8:00 AM	Courses open for inspection and wax testing
9:45 AM	Courses closed
	5 km freestyle course in place
10:00 AM	U16/U18/U20/NCAA Women - 5k
11:15 AM	U18/U20/NCAA Men - 10k (2 x 5)
11:20 AM	**Awards - U16/U18/U20/NCAA Women**
12:30 PM	U16 Boys - 5k
12:35 PM	**Awards - U18/U20/NCAA Men**
1:10 PM	**Awards - U16 Boys**
	Change to 2.5 km course
1:15 PM	U14 Boys - 2.5k
	U14 Girls - 2.5k
	Change to 1.6 km course
1:40 PM	U12/U10/U8 - 1.6k
2:00 PM	**Awards - U14/U12/U10/U8**

Midwest CXC Cup at Mt. Itasca - January 19 - Classic Distance Mass Start	
6:00 AM	Wax rooms open
8:00 AM	Race secretary building open for information and bib distribution
8:00 AM	Courses open for inspection and wax testing
9:20 AM	Courses closed
	5 km classic course in place
9:30 AM	NCAA Men - 20k (4 x 5)
10:40 AM	U18/U20 Men - 10k (2 x 5)
11:20 AM	NCAA Women - 15k (3 x 5)
11:30 AM	**Awards - U18/U20/NCAA Men**
12:20 PM	U18/20 Women - 10k (2 x 5)
1:00 PM	U16 Boys - 5k
1:10 PM	U16 Girls - 5k
1:15 PM	**Awards - U18/U20/NCAA Women**
	Change to 1.4 km course
1:40 PM	U14 Boys - 2.8k (2 x 1.4)
1:43 PM	U14 Girls - 2.8k (2 x 1.4)
1:50 PM	**Awards- U16 Boys & Girls**
1:55 PM	U12/U10/U8 - 1.4k
2:15 PM	**Awards - U14/U12/U10/U8**