

**2017 XC JUNIOR NATIONAL CHAMPIONSHIPS**  
 LAKE PLACID, NEW YORK  
 MARCH 3 - 11, 2017

**SPRINT DAY SCHEDULE** (as of 3/7/17 – subject to change)

Wednesday, March 8

**Classic Sprint (1.5km)**

**OJC**

7:00	Course Open for Inspection
7:00	The Athlete Lounge presented by Powerade Open
8:30	Jury Meeting
9:00	Classic Sprint Qualifications (15 sec interval start)
9:00	U-20/U-18M/U-16M (2minute break between U-18 and U-16)
	Approximately 20 minute break
10:30	U-20/U-18W/U-16W (2minute break between U-18 and U-16)
12:00	U-20M Quarterfinal Heat 1
12:05	U-20M Quarterfinal Heat 2
12:10	U-20M Quarterfinal Heat 3
12:15	U-20M Quarterfinal Heat 4
12:20	U-20M Quarterfinal Heat 5
12:25	U-18M Quarterfinal Heat 1
12:30	U-18M Quarterfinal Heat 2
12:35	U-18M Quarterfinal Heat 3
12:40	U-18M Quarterfinal Heat 4
12:45	U-18M Quarterfinal Heat 5
12:50	U-20M Semifinal Heat 1
12:55	U-20M Semifinal Heat 2
1:00	U-18M Semifinal Heat 1
1:05	U-18M Semifinal Heat 2
1:10	U-20M B Final
1:15	U-20M A Final
1:20	U-18M B Final
1:25	U-18M A Final
1:30	Course Open (Jury Decision)
1:35	Podium Ceremony U-20M/ U-18M
1:45	U-20W Quarterfinal Heat 1
1:50	U-20W Quarterfinal Heat 2
1:55	U-20W Quarterfinal Heat 3
2:00	U-20W Quarterfinal Heat 4
2:05	U-20W Quarterfinal Heat 5
2:10	U-18W Quarterfinal Heat 1
2:15	U-18W Quarterfinal Heat 2
2:20	U-18W Quarterfinal Heat 3
2:25	U-18W Quarterfinal Heat 4
2:30	U-18W Quarterfinal Heat 5

**2017 XC JUNIOR NATIONAL CHAMPIONSHIPS**  
 LAKE PLACID, NEW YORK  
 MARCH 3 - 11, 2017

2:35	U-20W Semifinal Heat 1	
2:40	U-20W Semifinal Heat 2	
2:45	U-18W Semifinal Heat 1	
2:50	U-18W Semifinal Heat 2	
2:55	U-20W B Final	
3:00	U-20W A Final	
3:05	U-18W B Final	
3:10	U-18W A Final	
3:15	Course Open (Jury Decision)	
3:20	Podium Ceremony U-20W / U-18W	
3:30	U-16M Quarterfinal Heat 1	
3:35	U-16M Quarterfinal Heat 2	
3:40	U-16M Quarterfinal Heat 3	
3:45	U-16M Quarterfinal Heat 4	
3:50	U-16M Quarterfinal Heat 5	
3:55	U-16W Quarterfinal Heat 1	
4:00	U-16W Quarterfinal Heat 2	
4:05	U-16W Quarterfinal Heat 3	
4:10	U-16W Quarterfinal Heat 4	
4:15	U-16W Quarterfinal Heat 5	
4:20	U-16M Semifinal Heat 1	
4:25	U-16M Semifinal Heat 2	
4:30	U-16W Semifinal Heat 1	
4:35	U-16W Semifinal Heat 2	
4:40	U-16M B Final	
4:45	U-16M A Final	
4:50	U-16W B Final	
4:55	U-16W A Final	
5:05	Podium Ceremony U-16M / U-16W	
7:30	Awards Ceremony	CC @ LP
8:30	Ice Cream Social / Ice Skating	CC @ LP