

Version 2 11/22/14

North Bay Nordic SC
Cross CountryInterval Starts
100 m heats0:00:30
0:07:00

| Event | start type | laps | Start Time | # of competitors | # heats | Time between heats | Finish Location | Est. Time Req'd for starts | Est. slowest time | Est.Finish time |
|----------------------------------|------------|------|-------------|------------------|---------|--------------------|-----------------|----------------------------|-------------------|-----------------|
| Friday January 30, 2014 | | | | | | | | | | |
| 5K Free final | interval | 2 | 9:00:00 AM | 7 | 1 | | Normal | 0:03:30 | 0:37:00 | 9:40:30 AM |
| 10K Classic final | interval | 4 | 9:03:30 AM | 2 | 1 | | Normal | 0:01:00 | 3:00:00 | 12:04:30 PM |
| 100 M Classic | mass | | 9:15:00 AM | 18 | 5 | 0:07:00 | Special | 0:35:00 | 0:01:46 | 9:50:00 AM |
| 500M Free | interval | | 10:45:00 AM | 1 | 1 | | Special | 0:00:30 | 0:05:00 | 10:50:30 AM |
| 500M Classic | interval | | 10:45:30 AM | 26 | 1 | | Special | 0:13:00 | 0:09:40 | 11:08:10 AM |
| 1 KM Free | interval | | 1:00:00 PM | 7 | 1 | | Normal | 0:03:30 | 0:13:00 | 1:16:30 PM |
| 1KM Classic | interval | | 1:03:30 PM | 24 | 1 | | Normal | 0:12:00 | 0:25:30 | 1:41:00 PM |
| 2.5 K Free | interval | 1 | 2:30:00 PM | 7 | 1 | | Normal | 0:03:30 | 0:18:00 | 2:51:30 PM |
| 2.5 KM Classic | interval | 1 | 2:33:30 PM | 16 | 1 | | Normal | 0:08:00 | 0:44:00 | 3:25:30 PM |
| AWARDS PRES. | | | | | | | | | | |
| Saturday January 31, 2014 | | | | | | | | | | |
| 5KM Classic final | interval | 2 | 9:00:00 AM | 7 | 1 | | Normal | 0:03:30 | 0:40:00 | 9:43:30 AM |
| 100M Classic final | mass | | 9:15:00 AM | 19 | 5 | 0:07:00 | Special | 0:35:00 | 0:01:46 | 9:50:00 AM |
| 2.5 K Free final | interval | 1 | 10:30:00 AM | 7 | 1 | | Normal | 0:03:30 | 0:18:00 | 10:51:30 AM |
| 2.5 K Classic final | interval | 1 | 10:33:30 AM | 16 | 1 | | Normal | 0:08:00 | 0:44:00 | 11:25:30 AM |
| AWARDS PRES. | | | | | | | | | | |
| 500M Free final | interval | | 12:30:00 PM | 1 | 1 | | Special | 0:00:30 | 0:05:00 | 12:35:30 PM |
| 500M Classic final | interval | | 12:30:30 PM | 26 | 1 | | Special | 0:13:00 | 0:09:40 | 12:53:10 PM |
| 7.5K Classic | interval | 3 | 1:15:00 PM | 3 | 1 | | Normal | 0:01:30 | 0:53:00 | 2:09:30 PM |
| 1KM Free final | interval | | 2:30:00 PM | 7 | 1 | | Normal | 0:03:30 | 0:13:00 | 2:46:30 PM |
| 1KM Classic final | interval | | 2:33:30 PM | 24 | 1 | | Normal | 0:12:00 | 0:25:30 | 3:11:00 PM |
| 3X1km Relay | mass | | 3:30:00 PM | | | | | | | 4:00:00 PM |

AWARDS PRES.

Notes:

Laps = laps of 2.5 km