

2024 AWG Cross Country Ski Territorial Trials December 14-16 Yellowknife

U14 boys: 7 U16 boys: 3 U18 boys: 3
U14 girls: 7 U16 girls: 4 U18 girls: 3

Thursday, December 14 (Potential move schedule to Saturday, December 16)

Yellowknife Ski Club – Welcome and Team Building

1:00pm Athletes, Chaperones and Coaches meet at YK Ski Club
1:10pm Introduction and overview from AWG Coaches of AWGs
1:30pm Indoor team-building exercise
2:00pm Time on skis to familiarize with race course
3:00pm Fun activity on skis
3:45pm Indoor team-building exercise
4:30pm Team meeting, coaches walk athletes through race selection process
5:00pm dinner Provided
6:00pm Athletes depart for accommodations

Friday December 15 (Potential move schedule to Thursday, December 14)

12:00pm Athletes, Chaperones and Coaches meet at YK Ski Club
12:10pm Overview from AWG Coaches of the race
12:20pm Warm up and wax testing

U14 3.75km Classic (2.5km Blue, 1.25km Red)

1:00pm U14 Boys 30 second interval start
1:30pm U14 Girls 30 second interval start

U16/U18 5km Classic (2x2.5km Blue)

2:00pm U16 Girls 30 second interval start
2:30pm U16 Boys/U18 30 second interval start

3:00pm Coaches review results and post for athletes to see
4:00pm Wrap up and break for the day

** chili lunch to be provided post race 1:30-4:00

Evening off for skiers

Saturday December 16 (Potential move schedule to Friday, December 15)

10:00am Athletes, Chaperones and Coaches meet at YK Ski Club
10:10am Overview from AWG Coaches of the race
10:20am Warm up and pre-ski the course

U14 3.75 km Mass Start free (1x2.5km Blue, 1.25km Red; seeded by previous day's results)

11:00am U14 Boys start
11:30am U14 Girls start

U16 7.5km Mass Start free (3x2.5km Blue; seeded by previous day's results)

12:00am U16 Girls start
12:30pm U16 Boys start

U18 10km Mass Start (4x2.5km Blue; seeded by previous day's results)

12:30pm U18 Boys start
12:30pm U18 Girls start

1:00pm Coaches review results and post
1:30pm AWG Team announced
1:45pm Organize race suits and warm up suits (compile order)

** snacks and lunch available post race 11:30 to 1:30