

**Cross Country Skiing & Snowshoe Schedule
2018 Special Olympics Alaska Winter Games
East High School**

Saturday, March 10

8:45am	Athlete arrival/check in
9:00am	Coaches Meeting
9:00-9:20am	Warm ups (all athletes)
9:30am-11:00am	First Competition Events
	1 st Event: 2.5K Cross Country
	2 nd Event: 25M Snowshoe & 25M Cross Country
	3 rd Event: 200M Snowshoe
	4 th Event: 100M Cross Country
11:00am -11:30am	Break for Lunch
11:30am-1:30pm	Second Competition Events
	5 th Event 1K Cross Country Relay
	6 th Event: 800M Snowshoe
	7 th Event: 100M Snowshoe Classification Round
2:30pm	Athletes Depart

Awards to follow each event except for the 100M SSH Classification Round event.

Sunday, March 11

9:00am	Athlete arrival/check-in
9:00am	Coaches Meeting
9:00-9:20am	Warm ups (all athletes)
9:30am-11:30am	First Competition Events
	1 st Event: 1K Cross Country
	2 nd Event: 100M Snowshoe Final Round
	3 rd Event: 50M Cross Country
	4 th Event: 50M Snowshoe
11:30am -12:00pm	Break for Lunch
12:00pm-1:30pm	Second Competition Events
	5 th Event: 500M Cross Country
	6 th Event: 400M Snowshoe
	7 th Event: 4X100M Snowshoe Relay
2:15pm	Athletes Depart

Awards to follow each event