

# 2011 SPECIAL OLYMPICS ONTARIO WINTER GAMES

## NORDIC SKIING & SNOWSHOEING- KAMVIEW

<b>Thursday January 20th 2011</b>	
4:30pm	Coaches Meet and Greet- Nor Wester
5:15pm	Coaches Meet and Greet- Victoria Inn
<b>Friday January 21st 2011</b>	
7:00am-8:00am	Breakfast for Athletes & Coaches
7:45-8:00am	Buses Depart from Victoria Inn & Norwester
9:00am-12:00pm	<b>Cross Country- 5 km Free finals</b>
	<b>Cross Country- 10 km Classic finals</b>
	<b>Snowshoe- 10 km finals</b>
	Snowshoe- 100 m seeding
	Cross Country- 100 m seeing
	Snowshoe- 400 m seeding
	Cross Country- 500 m Free seeding
	Cross Country - 500 m Classic seeding
11:15am-11:45am	Awards Presentation - Morning finals
11:45am-12:45pm	Lunch (Snowshoe Athletes)
12:15pm-1:15pm	Lunch (Nordic Athletes)
1:00pm-4:30pm	Cross Country- 1 km Classic seeding
	Cross Country - 1 km Free seeding
	Snowshoe- 200 m seeding
	<b>Snowshoe - 1600 m finals</b>
	Cross Country- 2.5 km Classic seeding
	Cross Country - 2.5 km Free seeding
5:00pm	Coaches Meeting
5:00pm	Buses Depart to Victoria Inn & Norwester
<b>Saturday January 22nd 2011</b>	
7:00am-8:00am	Breakfast for Athletes & Coaches
7:45-8:00am	Buses Depart from Victoria Inn & Norwester
9:00am-12:00pm	<b>Cross Country- 5 km Classic finals</b>
	<b>Snowshoe - 5 km finals</b>
	<b>Snowshoe- 100 m finals</b>
	<b>Cross Country - 100 m finals</b>
	<b>Snowshoe - 400 m finals</b>
	<b>Cross Country - 2.5 km Free final</b>
	<b>Cross Country- 2.5 km Classic final</b>
10:45am-12:15pm	Awards Presentation- Morning Snowshoe finals
	Awards Presentation- Morning Cross Country finals
11:45am-12:45pm	Lunch- Snowshoe Athletes
12:15pm-1:15pm	Lunch- Nordic Athletes
1:15pm-4:30pm	<b>Cross Country- 500 m Free finals</b>
	<b>Cross Country - 500 m Classic finals</b>
	<b>Snowshoe- 200 m finals</b>
	<b>Cross Country- 7.5 km Classic final</b>
	<b>Cross Country - 1 km Free final</b>
	<b>Cross Country- 1 km Classic final</b>
	<b>Snowshoe - 800 m finals</b>
	Snowshoe- 4 x 100 m Relay (if necessary)
	Cross Country- 3 x 1 km Relay (if necessary)

2:30pm-5:00pm	Awards Presentation- Afternoon finals
5:00pm	Buses Depart to Victoria Inn & Norwester