

Dear OCUP#3 Athletes and Coaches,

The Jury met today to discuss options for the weekend given the forecasted high of -16 C for Sunday.

Per ICR-CCR 315.9:

"For U14 age groups and younger, with air temperatures below -15C (temperature measured at the coldest part of the course and without a wind factor), the Jury must postpone or cancel the competition. In that situation, U14 skiers will not be authorized to race up in the U16 categories."

In order to maximize the race experience for all registered athletes, please see the updated schedule for the weekend.

- Saturday: 10:30am race start for the Interval Start Free
- Saturday: 3:30pm race start for the Classic Mass Start (U14 and younger athlete and PN Sit)
- Sunday: 12:00pm race start for the Pursuit Classic.

On Saturday, the U14 and younger categories will race last in the Interval Start Free Technique race. They will have a minimum of 1.5 hours break prior to racing their Classic Mass Start race in the afternoon.

The revised race format is summarized in the following table:

Category M / F	Year of Birth	Saturday Interval Start Free (AM)	Saturday Classic Mass Start (PM)	Sunday Pursuit Classic
		Race distances (km)		
PN Standing	all	5	N/A	6 (2 x 3)
PN Sitting	all	2.6 (2 x 1.3)	2.6 (2 x 1.3)	N/A
U8	2017-2018	1.3	1.3	N/A
U10	2015-2016	1.3	1.3	N/A
U12	2013-2014	3	3	N/A
U14	2011-2012	3	3	N/A
U16	2009-2010	5	N/A	6 (2 x 3)
U18	2007-2008	10 (2 x 5)	N/A	7 (2 x 3.5)
U20	2005-2006	10 (2 x 5)	N/A	7 (2 x 3.5)
Senior (20-29)	1994 - 2004	10 (2 x 5)	N/A	7 (2 x 3.5)
Masters (30+)	1993 and earlier	10 (2 x 5)	N/A	7 (2 x 3.5)

On Friday, the 1.3 km, 3 km and 5 km courses will be available for pre-skiing from 11:00 am – 5:00 pm

On Sunday, the 3 km and 3.5 km courses will be available for pre-skiing from 9:00 am - 11:45 am.