

Nordic Heritage Sport Club



Banknorth



**THE AROOSTOOK
MEDICAL CENTER**
Your Partner in Health

TD Banknorth

The Aroostook Medical Center

Eastern Cup Openers

Team Leaders Meeting

Friday

12.14.2007





Agenda

1. Call to Order
2. Grouping List Control
3. Technical Briefing
 - i. Competition Schedule
 - ii. Stadium Layout
 - iii. Competition Courses
4. Weather
5. Other Business
6. TD's Report
7. Adjournment





Competition Jury

Technical Delegate: Dan Warner

NENSA Representative: Jim Rodrigues
or
Janice Sibia

Chief of Competition: Tim Roix





Control Items

Scratches

Warm up is allowed on course

Only in the correct direction

If conditions allow





Technical Briefing

Competition Schedule
Stadium Layout
Competition Courses
Seeding Description
Age Group Relevance



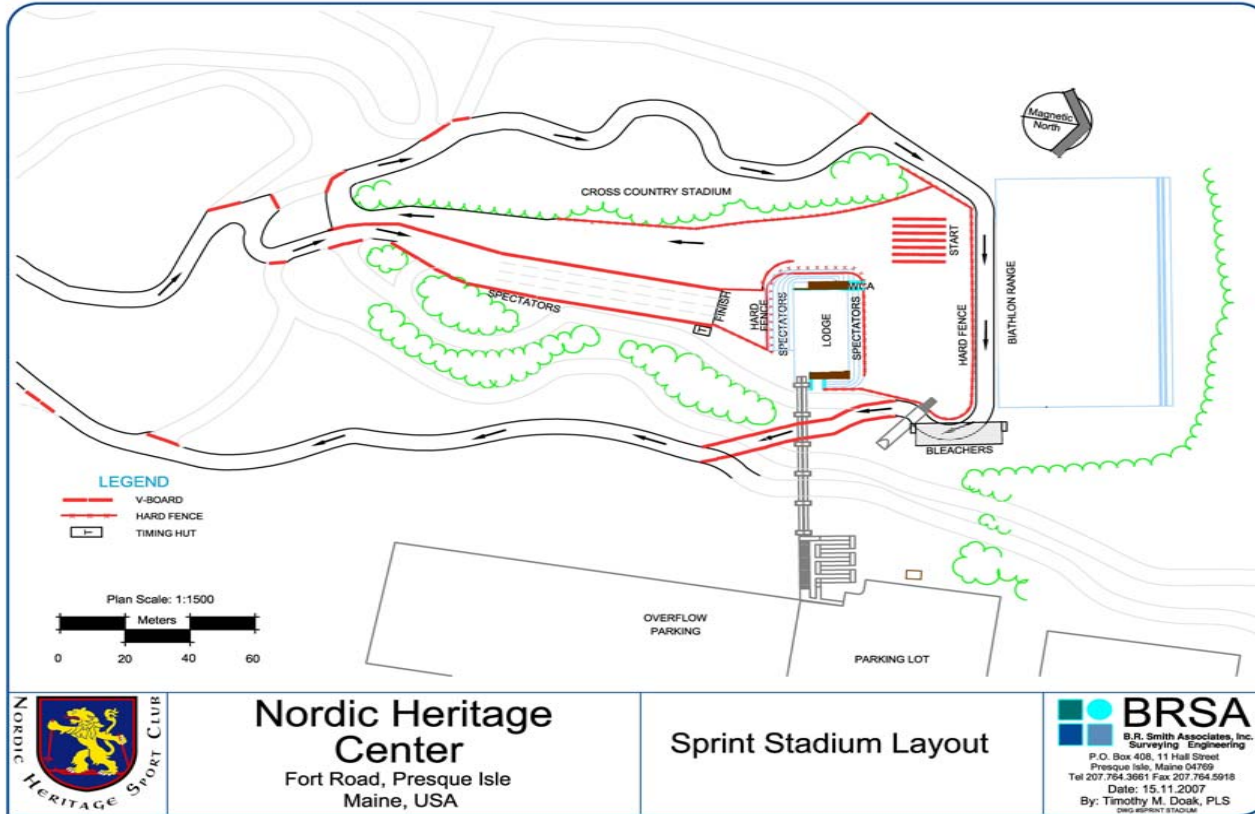
Sprint Competition Schedule

9:00 Courses open to inspection
9:00 Competition Office opens for Bib pickup

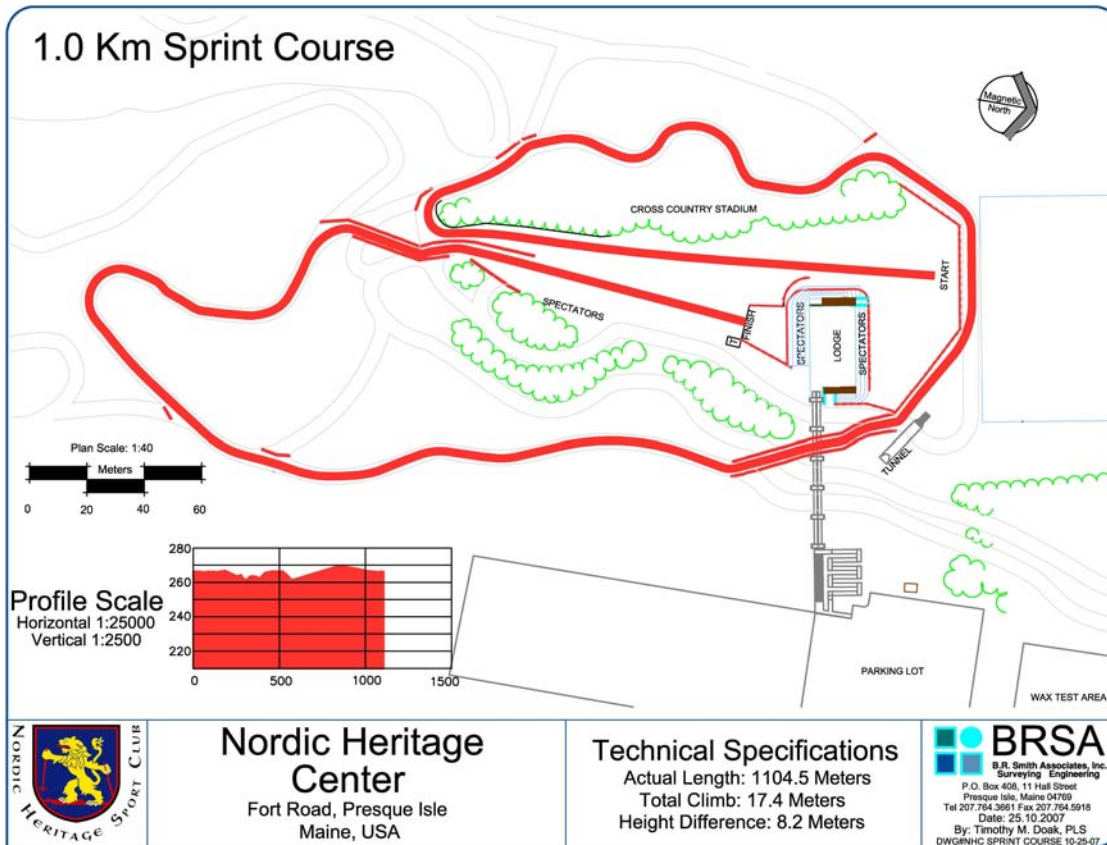
11:00	1K Freestyle Sprint – 15 second intervals	14:56	J2 Girls Final
13:15	Unofficial heats – non qualifiers	15:00	J2 Boys Final
14:00	J2 Girls Semifinal #1	15:04	Women Semifinal #1
14:04	J2 Girls Semifinal #2	15:08	Women Semifinal #2
14:08	J2 Boys Semifinal #1	15:12	Men Semifinal #1
14:12	J2 Boys Semifinal #2	15:16	Men Semifinal #2
14:16	Women Quarterfinal #1	15:20	Women's B-Final
14:20	Women Quarterfinal #2	15:24	Women's A-Final
14:24	Women Quarterfinal #3	15:28	Men's B-Final
14:28	Women Quarterfinal #4	15:32	Men's A-Final
14:32	Women Quarterfinal #5		
14:36	Men Quarterfinal #1	Podium Ceremonies: Jr. Boys & Girls Men & Women	
14:40	Men Quarterfinal #2		
14:44	Men Quarterfinal #3		
14:48	Men Quarterfinal #4		
14:52	Men Quarterfinal #5		



Sprint Stadium Layout



Sprint Course





Sprint Awards

Medals are awarded for first 3 competitors in each category.





Saenger Center



Please turn down the heat when you leave.
Please clean the room when you are done waxing.





Weather Forecast

Local forecast will be made available

Grooming plan: Time sensitive – depends on snow conditions

NWS Caribou, ME: www.srh.noaa.gov 207-492-0170





Other Business

No walking on the trail

Ski in the correct direction only

**No skiing is allowed on course
5 minutes before start**





Bib Numbers

Bibs can be picked up in the competition office at 9:00 and collected upon completion





Technical Delegate

Dan Warner

