

### COURSE SPECIFICATIONS\*

COURSE*	COLOR	DISTANCE	HD	MC	TC
SPRINT	YELLOW	1400	25	22	42
DISTANCE	BLUE	5164	43	41	165
RELAY	RED	3430	29	22	90

EVENT	DATE	TECHNIQUE	U16 Boys & Girls	U18 Boys & Girls	U20 Men & Women	COURSE
INTERVAL START	March-11	FREE	5 km	10 km/5 km	10 km/5 km	BLUE
SPRINT	March-13	CLASSIC	1.4 km	1.4 km	1.4 km	YELLOW
MASS START	March-15	CLASSIC	5 km	10 km/10 km	15 km/10 km	BLUE
RELAY	March-16	FREE	3 X 3 km	3 X 3km	3 X 3 km	RED

### DISTANCE (BLUE) COURSE SPECIFICATIONS\*

Distance	Laps	Distance	HD	MC	TC
5 KM	1	5164	43	41	165
10 km	2	10164	43	41	330
15 km	3	15164	43	41	495

\*All measurements in meters