



Ontario Winter Games 2010 Cross Country Schedule

Day	Time	Location	Activity
Friday, January 15, 2010	noon-4:00 pm	Arrowhead Nordic	Race course inspection
	3pm-5pm	Hidden Valley Resort	Registration and Accreditation
	6pm – 7:30pm	Hidden Valley Resort	Dinner
	7:30 pm	Hidden Valley Resort	Team Captains' Meeting
Saturday, January 16, 2010	7am-8:30am	Hidden Valley Resort	Breakfast
	8am	Hidden Valley Resort	1 st bus pickup
	8:30 am	Hidden Valley Resort	2 nd bus pickup
	10am	Arrowhead Nordic	Free Technique Sprints Time Trial
	11:30am	Arrowhead Nordic	Sprint Heats
	12:30pm	Arrowhead Nordic	Lunch
	1:00 pm	Arrowhead Nordic	Medal Ceremony
	1:30pm	Arrowhead Nordic	Bus pickup
	5:30 – 7pm	Hidden Valley Resort	Dinner
Sunday, January 17, 2010	7am-8:30am	Hidden Valley Resort	Breakfast
	8:00 am	Hidden Valley Resort	1 st bus pickup
	8:30am	Hidden Valley Resort	2 nd bus pickup
	10am	Arrowhead Nordic	Classic Mass Start
	12:00 pm	Arrowhead Nordic	Medal Ceremony
	12:00pm	Arrowhead Nordic	Lunch