

2010 U.S. Cross Country Championships Schedule

Updated 1/5/10

*** Schedule subject to change, please check website and daily updates

Time	Event	Location
Thursday, December 31		
Training Day		
10:00 AM 10:00 AM 12:00 PM - 4:00 PM 12:00 PM - 4:00 PM 12 PM - 10 PM	Kincaid Park Gates Open Courses Marked Competition Office Open Athlete and coach check-in Waxing Trailers Available	Kincaid Park Kincaid Park Kincaid Chalet Kincaid Chalet Keys available at Kincaid Competition Office
Friday, January 1,		
Official Training Day		
8:00 AM 9:00 AM 10:00 AM to 6:00 PM 2:00 PM 4:00 PM	Kincaid Park Gates Open Official Training Day Competition Office Open: Registration Begins Welcome Reception/USSA Address optional Coaches Meeting	Kincaid Park Kincaid Park-Sprint Course Kincaid Chalet Kincaid Chalet Kincaid Chalet
Saturday, January 2:		
Freesstyle Sprint		
6:30 AM 7:00 AM to 6:00 PM 8:00 AM 10:00 AM 11:00 AM 12:00 Noon 1:00 PM after race	Kincaid Park Gates Open Competition Office Open Bib Pickup Women's Sprint Qualifier Men's Sprint Qualifier Adaptive Qualifier and heats Sprint Quarterfinals, Semifinals, Seniors, U23, Junior Brackets Flower Ceremony	Kincaid Park Kincaid Chalet West Room-Kincaid Chalet Kincaid Park-Sprint Course Kincaid Park-Adaptive Sprint Course Kincaid Park-Sprint Course Kincaid Park-Stadium Area
Sunday, January 3:		
Official Training Day		
8:00 AM 9:00 AM 10:00 AM to 6:00 PM 2:00 PM 4:00 PM	Kincaid Park Gates Open Official Training Day Competition Office Open USSA Technique Clinic level 100 Coaches Meeting	Kincaid Park Kincaid Park-Freesstyle Course Kincaid Chalet Kincaid: Matt Whitcomb & Pat Kincaid Chalet
Monday, January 4:		
10/15K Freestyle Individual Start - 10/15K Adaptive Sit-Ski		
6:30 AM 7:00 AM to 6:00 PM 8:00 AM 10:00 AM 12:15 PM 1:45 PM after race 7:00 PM	Kincaid Park Gates Open Competition Office Open Bib Pickup Men's 15K Freestyle Individual Start Women's 10K Freestyle Individual Start Adaptive-Sit Ski Individual Start Flower Ceremony Coaches Social (Appetizers with No-host bar)	Kincaid Park Kincaid Chalet West Room-Kincaid Chalet Kincaid Park-Freesstyle Course Kincaid Park-Freesstyle Course Kincaid Park-Adaptive Course Kincaid Park-Stadium Area Westmark Hotel

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Time	Event	Location
Tuesday, January 5:		
Official Training Day		
8:00 AM	Kincaid Park Gates Open	Kincaid Park
9:00 AM	Official Training Day	Kincaid Park-Classic Course
10:00 AM to 6:00 PM	Competition Office Open	Kincaid Chalet
10:00 AM to 2:00 PM	H1N1 Vaccine Clinic	Kincaid Chalet
5:00 PM	Coaches Meeting	Kincaid Chalet
Wednesday, January 6:		
20/30K Classic Mass Start-5/10K Classic Jr Interval Start-5/10K Adaptive Sit-Ski		
6:30 AM	Kincaid Park Gates Open	Kincaid Park
8:00 AM to 6:00 PM	Competition Office Open	Kincaid Chalet
8:00 AM	Bib Pickup	West Room-Kincaid Chalet
10:00 AM	Women's 20K Classic Mass Start	Kincaid Park-Classic 7.5k Course
11:15 AM	Men's 30K Classic Mass Start	Kincaid Park-Classic 7.5k Course
12:45 PM	Junior Women's 5km Classic Ind. Start (stand-up adaptive women)	Kincaid Park-Classic 5K Course
1:25 PM	Junior Men's 10km Classic Individual Start (stand-up adaptive men)	Kincaid Park-Classic 5K Course
2:20 PM	Adaptive Sit ski (men and women)	Kincaid Park-Adaptive Course
after race	Flower Ceremony (following each class)	Kincaid Park-Stadium Area
6:15 PM	World Junior/U23/Scando Cup Naming of Team	Kincaid Chalet
Thursday, January 7:		
Official Training Day		
8:00 AM	Kincaid Park Gates Open	Kincaid Park
9:00 AM	Official Training Day	Kincaid Park-Sprint Course
10 AM to Closing	Competition Office Open	
4:00 PM	Coaches Meeting	Kincaid Chalet
Friday, January 8:		
Classical Sprint		
6:30 AM	Kincaid Park Gates Open	Kincaid Park
8 AM to Closing	Competition Office Open	Kincaid Chalet
8:00 AM	Bib Pickup	West Room-Kincaid Chalet
10:00 AM	Men's and Women's Sprint Qualifier (Men then Women)	Kincaid Park-Sprint Course
12:30 PM	Sprint Quarterfinals, Semifinals, Seniors, U23, Junior Brackets	Kincaid Park-Sprint Course
6:30 PM	Final Flower Ceremony during Banquet Awards Banquet & Social /Food/Flower Ceremony	Connoco Phillips Atrium
Saturday, January 9		
Fast and Female		
12:00 Noon to 4:00 PM	Fast and Female Event-Hosted by Kikkan Randall	Kincaid Park