

2025 NC Selection Trials and OCUP #2 Schedule

LSNA - Thunder Bay ON

Scheduled at 19 September 2024

	Wednesday January 1	Thursday January 2	Friday January 3	Saturday January 4	Sunday January 5	Monday January 6
AM	Unofficial Training	Official Training	Official Training	Official Training	Free Interval Start	Free Sprints
U20/Sr					10 km - 2 x 5 km	1.4 km Sr Heats Only
U18					10 km - 2 x 5 km	
U16					7.5 km - 2 x 3.75 km	
U14					3.75 km - 1 x 3.75 km	
Masters					7.5 km - 2 x 3.75 km	
PM	Unofficial Training	Classic Sprints	Classic Mass Start	Free Sprints King's Court	Official Training	
U20/Sr		1.4 km Sr/U20 Heats	20 km - 4 x 5 km	-		
U18			7.5 km - 2 x 3.75 km	1 km		
U16			7.5 km - 2 x 3.75 km	1 km		
U14			3.75 km - 1 x 3.75 km	1 km		
Masters			7.5 km - 2 x 3.75 km	1 km		

