

Itinerary: **Vail 2010 Sunday December 19th.**

6:30AM- Van leaves SHS parking lot.

7:30AM- Arrive at Maloit Park, Minturn, CO

8:00AM- Bib pickup at Minturn middle school

8:30AM- Warmups begin

9:00AM- START! Interval Start 15 seconds all ages/classes

J5 & J6 Male and Female

J4 Females

J4 Males

J3 Females

J3 Males

J2 Females

J2 Males

OJ/J1/Sr. Females

OJ/J1/Sr. Males

10:45AM- Heats Begin,
There will be heats in all classes. Same order as the qualifying race.
Five minutes between heats. 24 will advance to the quarter finals. No
B finals. Sprint Heats will not be timed.

3:30PM- Depart Minturn

4:30PM- Arrive at SHS