



ROCKY/CENTRAL J4 JUNIOR OLYMPICS

Winter Park Resort, Colorado

SCHEDULE OF EVENTS – subject to change

TUESDAY, MARCH 16, 2010

7:30-8:30 am	Lift Ticket and bib pick up	Upper Balcony House
9:00am-1:00pm	Optional SG training (2 runs) (Not included in entry fee: \$15 training fee, \$27 ticket)	Meadows/Hughes
1:00-5:00pm	Athlete registration	Upper Balcony House
5:30-6:30pm	Team Captains Meeting	Upper Balcony House

WEDNESDAY, MARCH 17, 2010

7:30am-4:00pm	Race office open	Upper Balcony House
8:00am	Lift open for athletes/coaches (Zephyr Express)	
8:30-9:30am	Training course inspection SG	Meadows/Hughes
10:00am	SG training run #1 by team	Meadows/Hughes
11:00am-2:30pm	NASTAR open - JO Family race	Lower Cranmer
Noon-12:30pm	Course slip and re-dress	Meadows/Hughes
12:45pm	SG training run #2 by team	Meadows/Hughes
4:15pm	Opening ceremonies/skier parade	Winter Park Village
5:15 pm	Team Captains Meeting	Upper Balcony House

THURSDAY, MARCH 18, 2010

7:30am-4:00pm	Race office open	Upper Balcony House
7:30am	Lift open for athletes/coaches (Zephyr Express)	
7:30-8:30am	SG training courses	Cranmer
8:30-9:30am	SG course inspection	Meadows/Hughes
10:00am	Women's SG race	Meadows/Hughes
11:30am	Men's SG race	Meadows/Hughes
15 min. after race	Outdoor awards ceremony top 3	Race Central
11:00am-2:30pm	NASTAR open – JO Family race	Lower Cranmer
4:00 pm	Team Captains Meeting	Upper Balcony House
4:00pm	Parent/Coach Education Session	TBD
6:00-8:00pm	Athlete mixer/party	Fraser Valley Rec Center
6:30-7:30pm	Parent mixer	Doc's Roadhouse





FRIDAY, MARCH 19, 2010

7:30am-4:00pm	Race office open	Upper Balcony House
7:30am	Lift open for athletes/coaches (Zephyr Express)	
7:30-8:45am	GS training courses	Cranmer
8:30-9:15am	1 st run inspection women	Meadows/Hughes
8:45-9:30am	1 st run inspection men	Meadows/Norwegian
9:30am	Women's GS 1 st run	Meadows/Hughes
10:45am	Men's GS 1 st run	Meadows/Norwegian
Noon-12:45pm	2 nd run inspection women	Meadows/Hughes
12:30-1:15pm	2 nd run inspection men	Meadows/Norwegian
1:00pm	Women's GS 2 nd run	Meadows/Hughes
2:15pm	Men's GS 2 nd run	Meadows/Norwegian
15 min. after race	Outdoor awards ceremony top 3	Race Central
11:00am-2:30pm	NASTAR open – JO Family race	Lower Cranmer
4:30pm	Team Captains Meeting	Upper Balcony House

SATURDAY, MARCH 20, 2010

7:30am-3:00pm	Race office open	Upper Balcony House
7:30am	Lift open for athletes/coaches (Arrow)	
7:30-8:30am	SL training courses	Lower Hughes/Larry Sale
8:15-9:00am	1 st run inspection women	Lower Hughes
8:30-9:15am	1 st run inspection men	Lower Hughes
9:15am	Women's SL 1 st run	Lower Hughes
10:45am	Men's SL 1 st run	Lower Hughes
12:15-12:45pm	2 nd run inspection women	Lower Hughes
12:45-1:30pm	2 nd run inspection men	Lower Hughes
1:00pm	Women's SL 2 nd run	Lower Hughes
2:30pm	Men's SL 2 nd run	Lower Hughes
15 min. after race	Outdoor awards ceremony top 3	Race Central
11:00am-2:30pm	NASTAR open – JO Family race	Lower Cranmer
6:30-9:30pm	Awards banquet	West Portal Station

