

2009-2010 CVU Nordic Ski Schedule

| Date | Depart CVU | Host/Event | Site | Time | Tech. |
|-----------------------------------|------------|---------------------------|------------------------|-------|-------------------|
| Friday, Dec 4 | | | Sleepy Hollow | | Sleep over |
| Saturday, Dec 12 | No bus | CVU * | Sleepy Hollow | 10:00 | Skate |
| Saturday, December 19 | 7:00 | Essex | Smuggs | 10:00 | Skate |
| Tuesday, December 22 | 1:00 | Harwood | Harwood H.S | 3:00 | Skate Relays |
| Tuesday, December 29 | No bus | CVU* | Sleepy Hollow | 10:00 | Classic |
| Saturday, January 2 | 7:00 | NCU | Mt Hor | 10:30 | Skate |
| Saturday, January 9 | 8:00 | SB | Sleepy Hollow | 10:00 | Classic |
| Wednesday, January 13 | 2:00 | CHS | CHS | 4:00 | Skate |
| Saturday, January 16 | 7:30 | U32 | U32 HS | 10:00 | Skate |
| Friday, January 22 | 1:00 | MMU | Range | 4:00 | Pursuits |
| Saturday, January 30 | 5:00 | Craftsbury | Craftsbury marathon | 9:00 | Classic relays |
| Thursday, February 4 | 3:00 | BFA | CollinsP | 5:00 | Skate Relays |
| Saturday, February 6 | TBA | UVM Carnival/ NENSA | Trapp Family Lodge | TBA | Classic |
| Tuesday, February 9 | 2:45 | CHS | CHS | 4:30 | Skate Relays |
| Sunday, February 14** | No bus | Bratt | Grafton | TBA | Classic/skate |
| Saturday, February 20 | 7:00 | SB | Range | 10:00 | Classic |
| Friday, February 26 STATE MEET | TBA | MAU | Prospect | TBA | Classic |
| Monday, March 1 STATE MEET | TBA | NCU/PA | Craftsbury | TBA | Freestyle |

* CVU Hosts- Volunteers needed to help time

** Non VPA Race, Qualifier for Vermont Nordic Elite J2 and Eastern High School Championships

NENSA JOQ/Eastern Cup Races**:

Weekend #1 Dec 19-20th, 2009: @ Nordic Heritage Center, Presque Isle, ME

Saturday, Dec 19th: 1.2km Freestyle sprint.

Sunday, Dec 20th: Classical mass start, 10km for Men and Women, 5K for J2s.

Weekend #2 Jan 16-17, 2010: @ Chisholm Ski Club, Black Mtn, Rumford, ME

Saturday, Jan 16th: 1.4 (wom) / 1.7 (men) km Classic sprint,

Sunday, January 17th: Free Technique Mass Start. 5km J2; 10km women; 15km men.

Weekend #3 Feb 6-7, 2010:@ Trapp Family Lodge, Stowe, VT w/ UVM Carnival

Saturday Feb 6th: Classic, Distance: 5K for J2 boys and all women; 10km for men.

Sunday Feb 7th: Freestyle, Distance: 5km for J2 boys and girls; 10K for men and women.

Weekend #4 Feb 20 -21, 2010: @ Hanover and Holderness, NH

Saturday, Feb 20, 2010: @ Oak Hill, Hanover, New Hampshire Freestyle. Distance: J2 and women: 5k., J1 & up men: 10k,

Sunday, Feb 21, 2010. @ Holderness, NH Classic Distance: J2's 5k,women 10km. Men 15km.