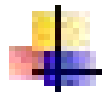


2010 RXCSF YOUTH SKIING FESTIVAL

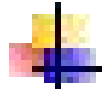
THE OLYMPIC SPIRIT



EXCELLENCE



RESPECT



FRIENDSHIP

EVENT SUMMARY & TIMELINE

JANUARY 30TH AND 31ST 2010



Presented by:
RXCSF YOUTH SKIING
&
THE ROCHESTER XC SKI FOUNDATION

2010 RXCSF YOUTH SKIING FESTIVAL

EXCELLENCE, RESPECT, FRIENDSHIP

Saturday January 30th at Bristol Mountain Summit Nordic Center:

- Registration & Bib Pickup at Festival Site 9:00AM to 9:30AM
 - Parents and Coaches Meeting 9:30AM
- Free Technique Distance Race (Mass starts boys & girls together):
 - J3 = 3.8km @ 10:00AM
 - J4 = 2.6km @ 10:30AM
 - J5/J6 = 1.4km @ 10:50AM
- Lollipop Challenge Tour = 400m @ 11:15AM
- Lunch – Purchase from the Bristol Summit Outdoor Grill or BYO 11:30 to 12:15
- Team Games Tournament 12:15PM to 4:10PM:
 - Orientation and Team Forming 12:15PM to 12:30PM
 - Team **Treasure Hunt Adventure** 12:30PM to 1:30PM
 - Break for Snack and Drink 1:30PM to 1:50PM
 - Team **Agility Games** 1:50PM to 2:50PM
 - Break for Snack and Drink 2:50PM to 3:10PM
 - Team **Speed Games** 3:10PM to 4:10PM
- Banquet @ Steamboat Landing in Canandaigua 6:00PM to 8:30PM
 - Doors Open 5:30PM
 - Dinner 6:00PM to 7:00PM
 - Team and Individual Awards 7:00PM to 7:30PM
 - Entertainment/Games & Prize Table 7:30PM to 8:30PM

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2010 RXCSF YOUTH SKIING FESTIVAL

EXCELLENCE, RESPECT, FRIENDSHIP

Sunday January 31st 2010 at Bristol Mountain Summit Nordic Center:

- Check-in at Festival Site 9:00 to 9:30AM
 - *Recommended arrival time at least one hour before class start time for check-in, grip wax application and warm up!*
- Classic Technique Distance Race (Mass starts boys & girls together. All skiers keep and re-use bibs from Saturday.):
 - J3 = 3.8km @ 10:00AM
 - J4 = 2.6km @ 10:30AM
 - J5/J6 = 1.4km @ 10:50AM
- Lollipop Challenge Tour = 400m @ 11:15AM
- Open Fun Relay 11:30AM
 - 4 X 1.2km
 - Unlimited teams/participants (kids/parents/coaches all welcomed!)
 - Free Technique (Classic or Skate)
- Family Hot Dog Barbeque 12:15PM
- Awards 1:00PM
- Festival Concludes 1:30PM
- Afternoon Open Skiing (Trail Pass Required)

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