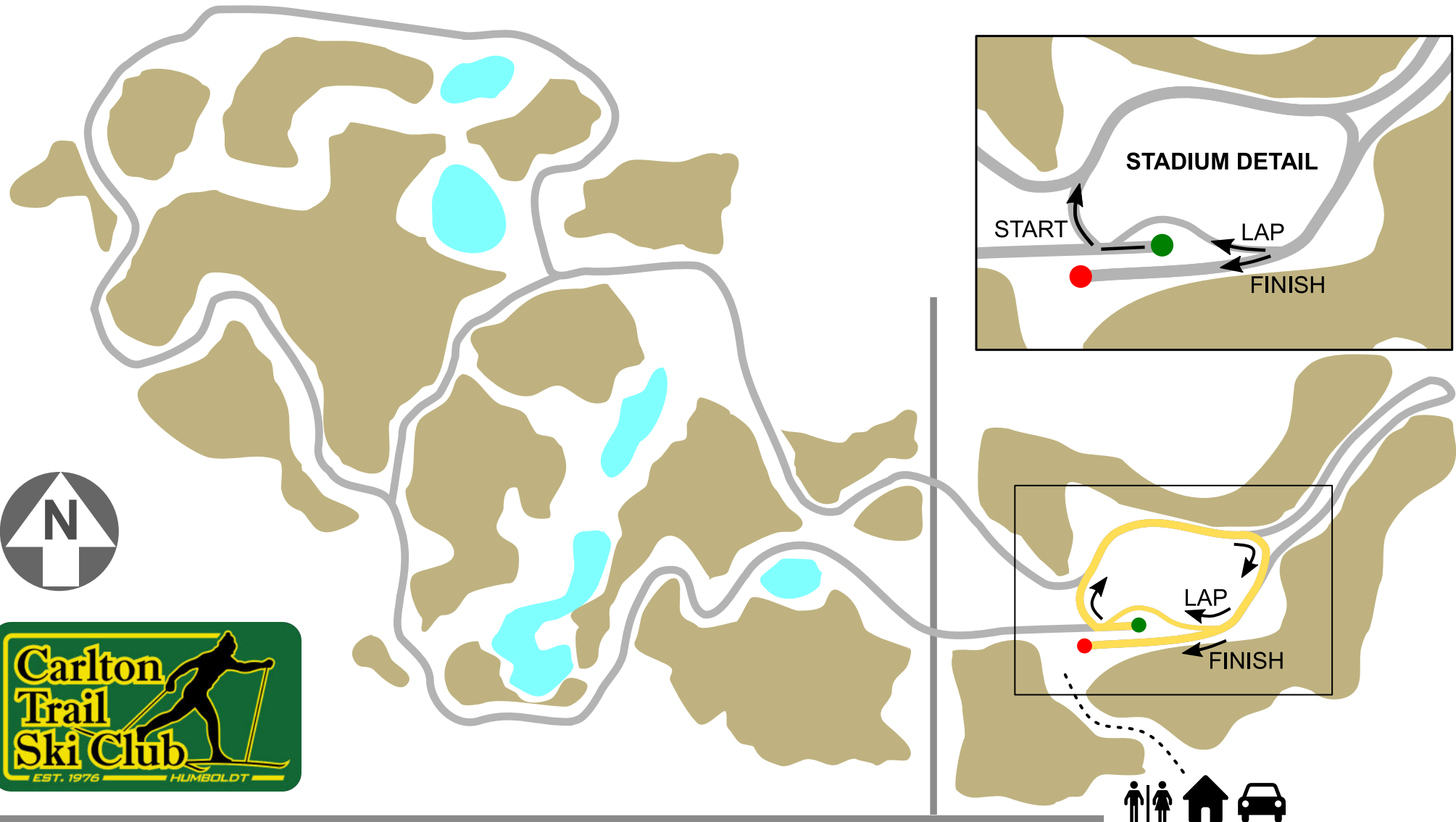


# CLASSIC TECHNIQUE - INTERVAL START

Carlton Trail Ski Club

## 500M YELLOW COURSE

U8 GIRLS / U8 BOYS - 1.0 KM (2 LAPS)



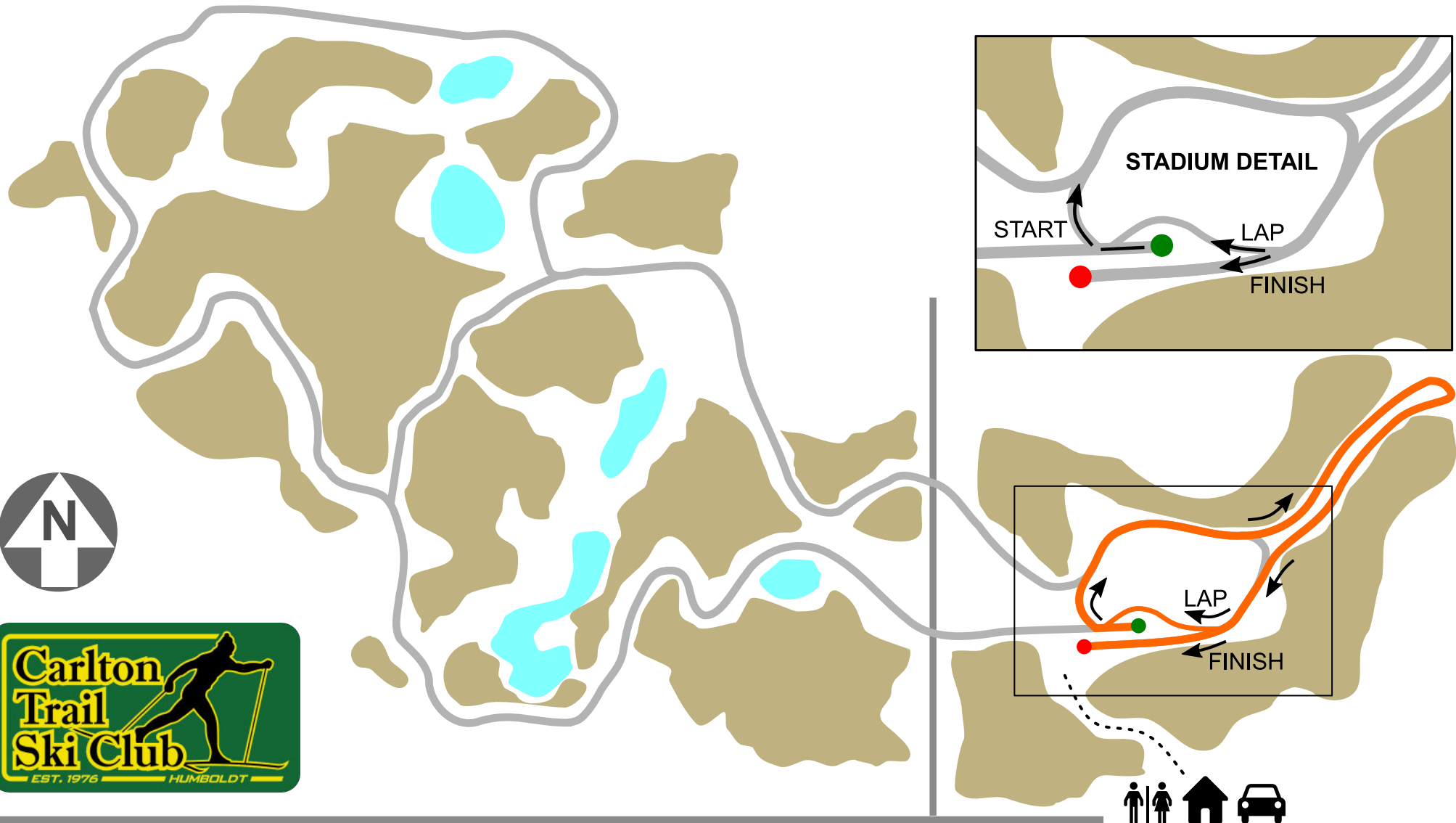
# CLASSIC TECHNIQUE - INTERVAL START

Carlton Trail Ski Club

## 1.0 KM ORANGE COURSE

U10 GIRLS / U10 BOYS / PARANORDIC DEV SIT - 2.0 KM (2 LAPS)

PARANORDIC OPEN SIT - 4.0 KM (4 LAPS)



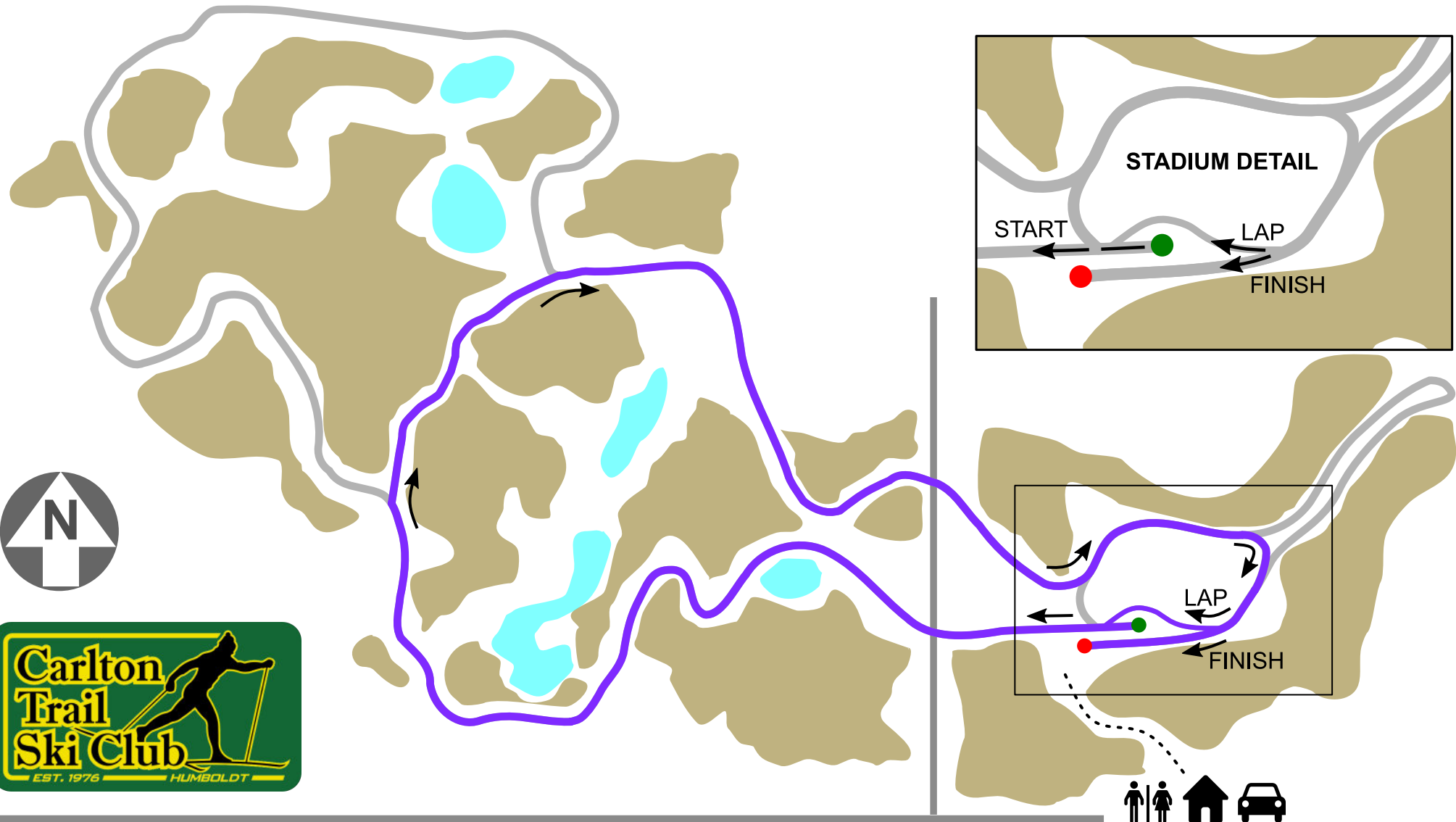
# CLASSIC TECHNIQUE - INTERVAL START

Carlton Trail Ski Club

## 2.7 KM PURPLE COURSE

U14 GIRLS / U14 BOYS / SWG JUNIOR - 5.4 KM (2 LAPS)

PARANORDIC OPEN STAND - 8.1 KM (3 LAPS)

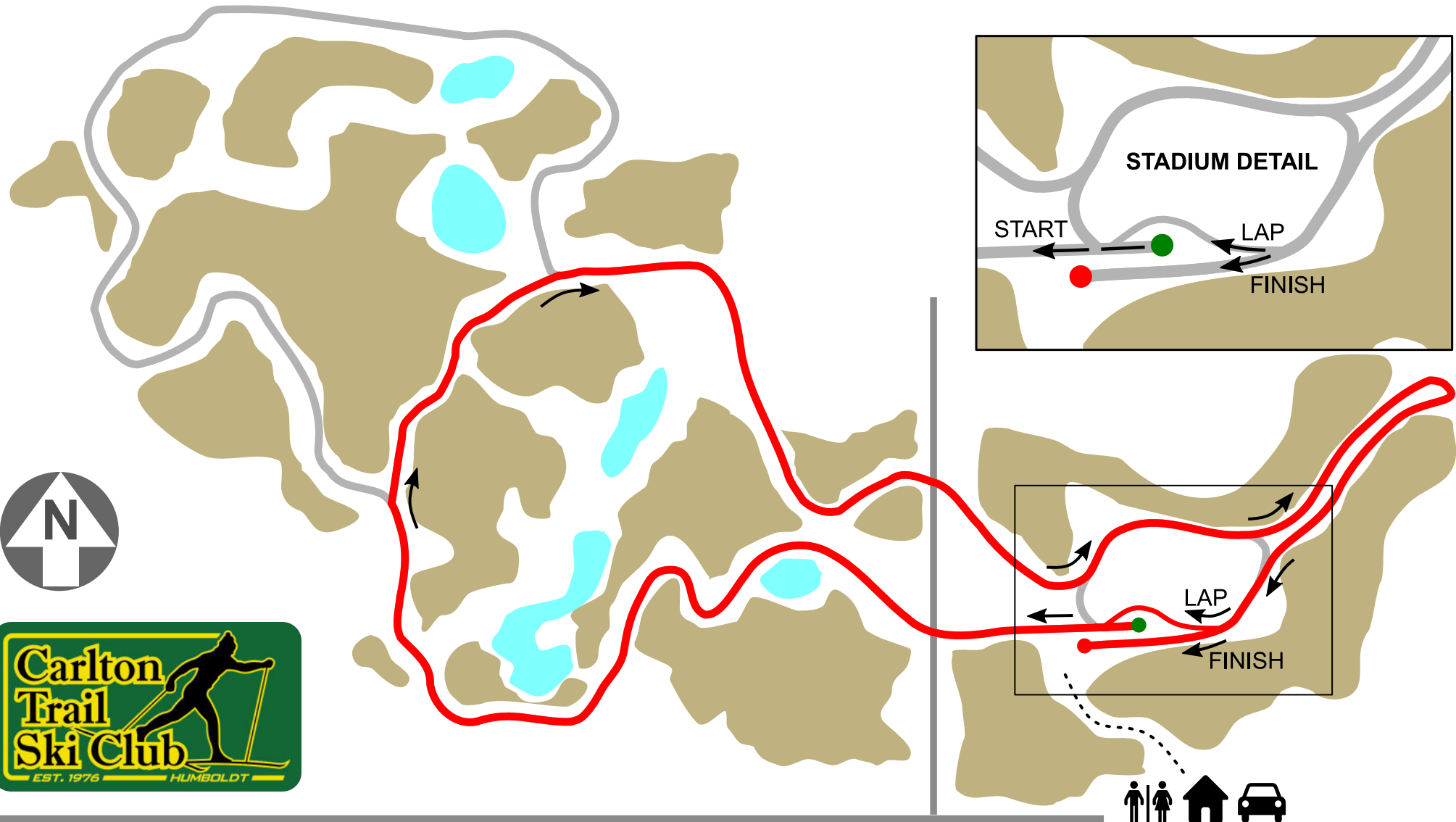


# CLASSIC TECHNIQUE - INTERVAL START

Carlton Trail Ski Club

## 3.2 KM RED COURSE

U12 GIRLS / U12 BOYS / PARANORDIC DEV STAND - 3.2 KM (1 LAP)



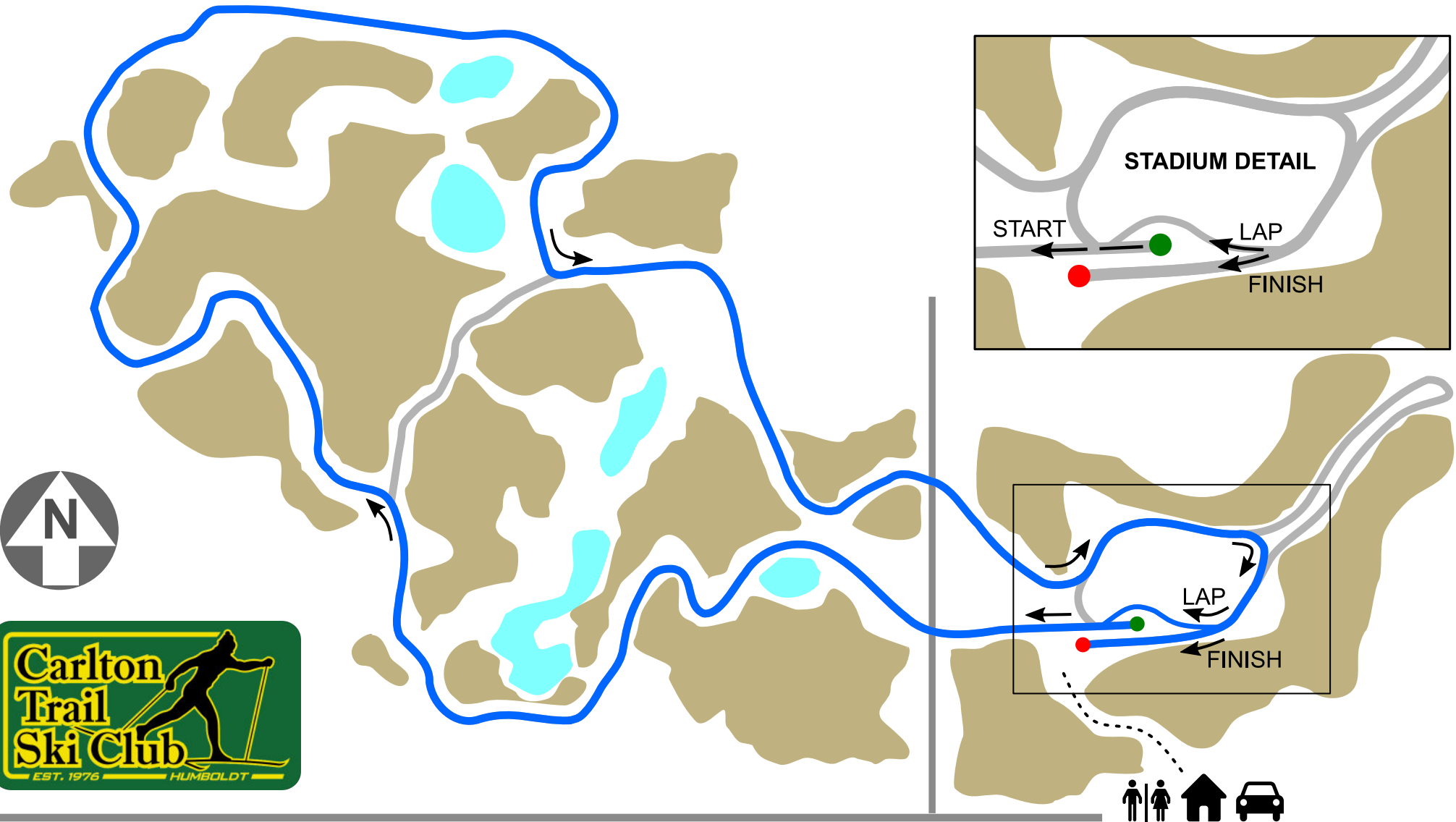
# CLASSIC TECHNIQUE - INTERVAL START

Carlton Trail Ski Club

## 4.0 KM BLUE COURSE

U16 GIRLS / SWG SENIOR - 8.0 KM (2 LAPS)

U18 BOYS / U20 / SENIOR / MASTERS MEN - 12.0 KM (3 LAPS)



Rev: 6JAN2023

# CLASSIC TECHNIQUE - INTERVAL START

Carlton Trail Ski Club

## 4.5 KM GREEN COURSE

U16 BOYS / U18 GIRLS - 9.0 KM (2 LAPS)

U20 / SENIOR / MASTERS WOMEN - 9.0 KM (2 LAPS)

