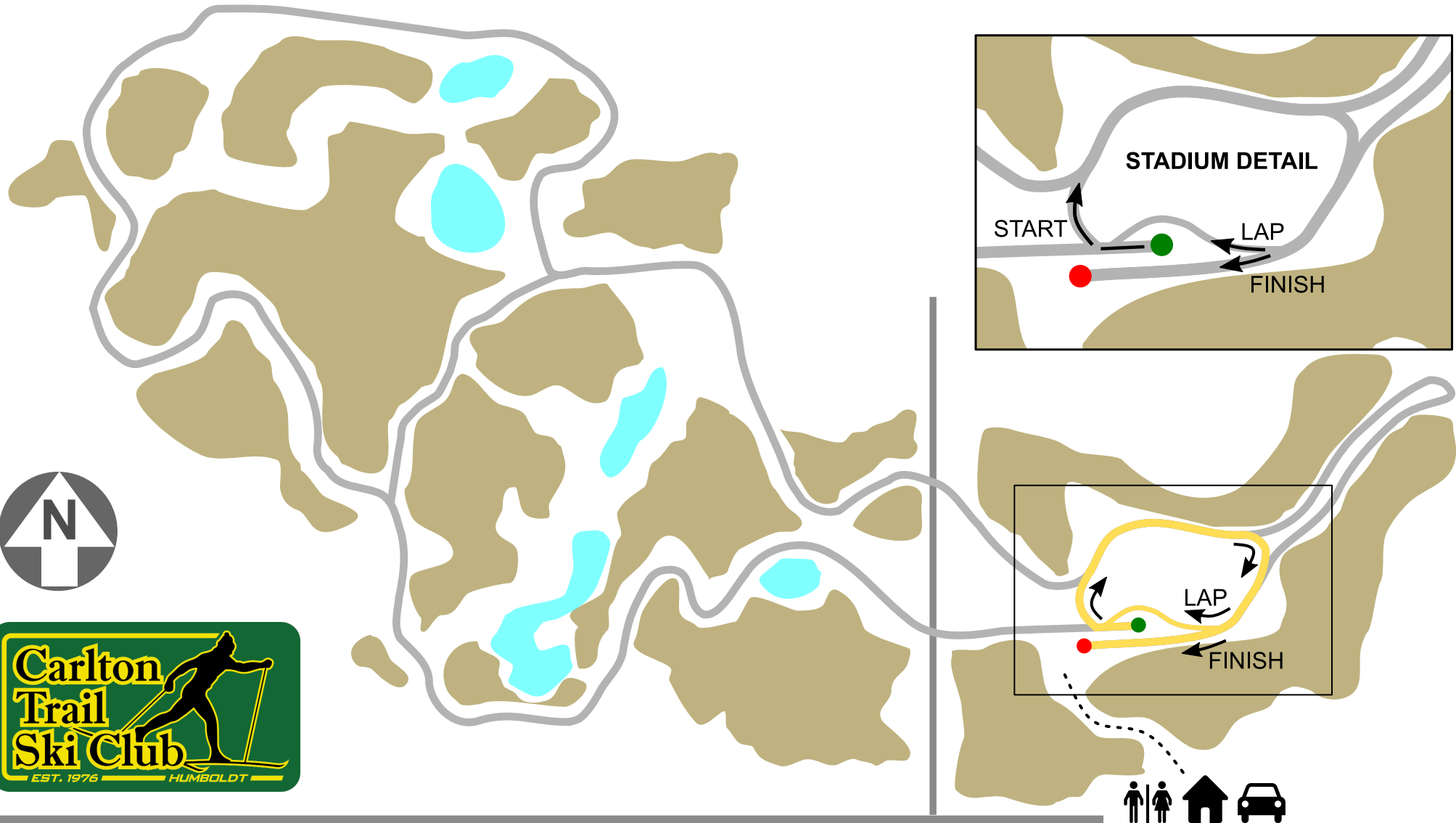


SASK CUP 5 CLASSIC TECHNIQUE - INTERVAL START

Carlton Trail Ski Club
January 16, 2022

500M YELLOW COURSE

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



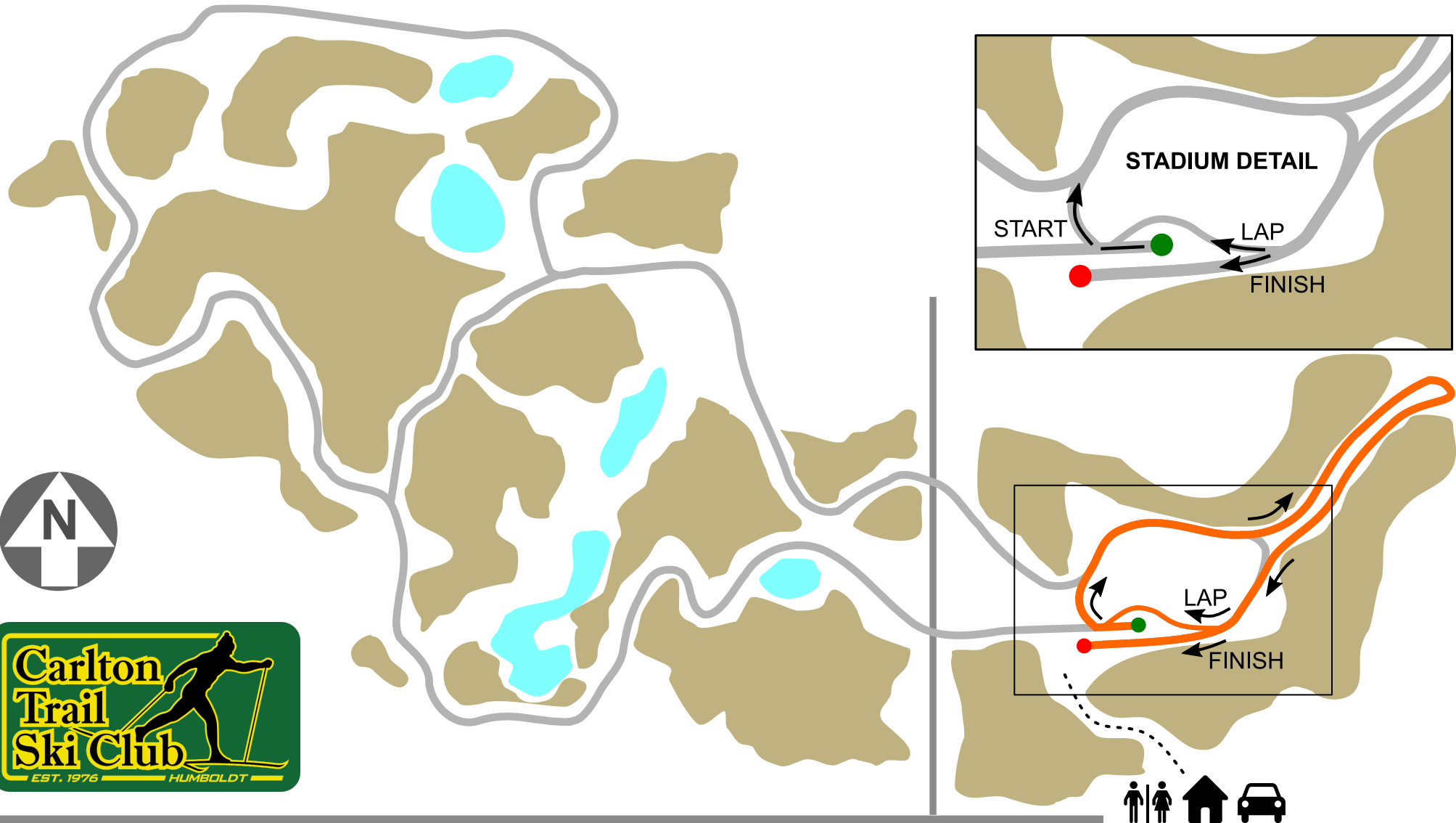
SASK CUP 5

CLASSIC TECHNIQUE - INTERVAL START

Carlton Trail Ski Club
January 16, 2022

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)



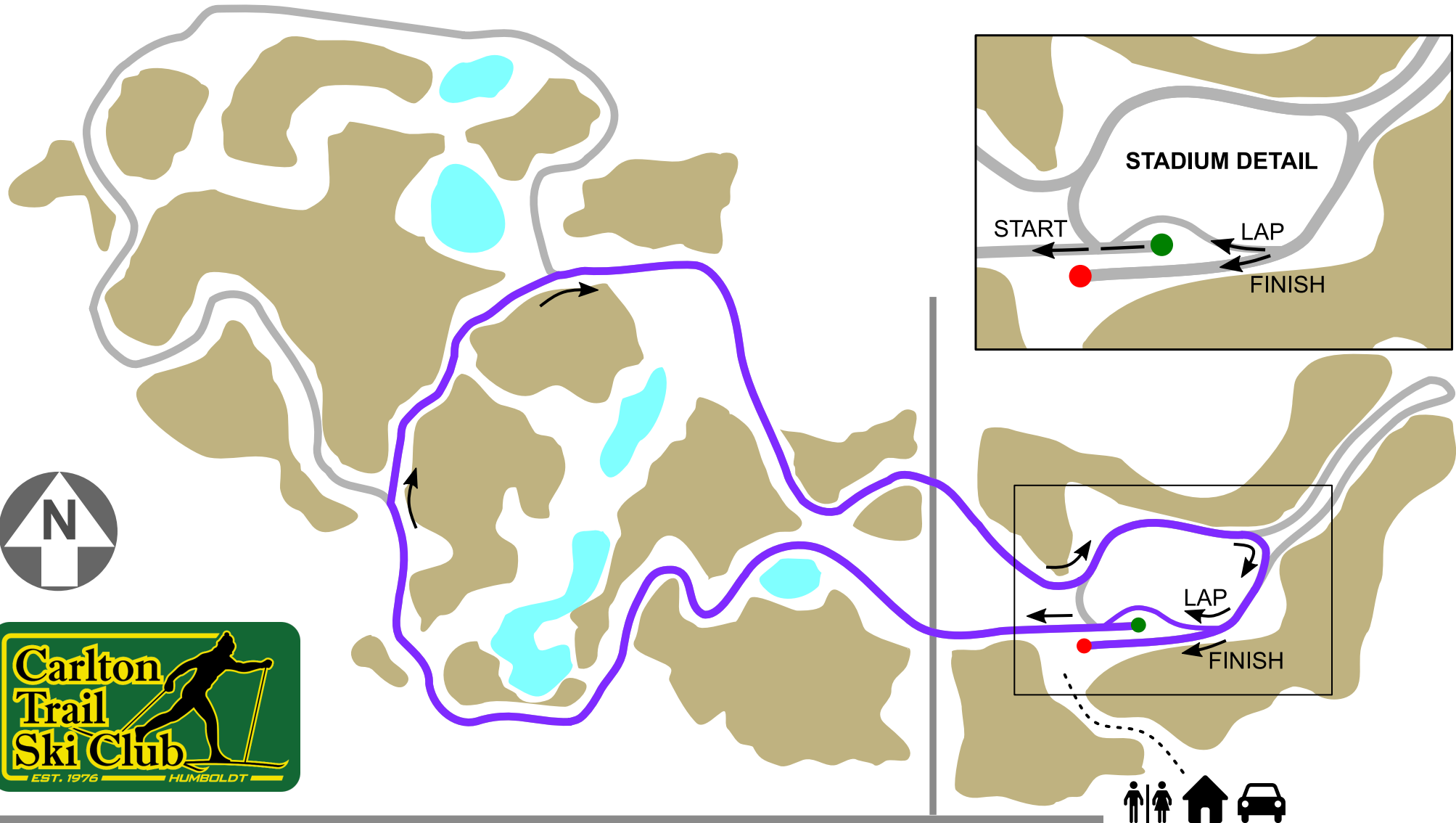
SASK CUP 5

CLASSIC TECHNIQUE - INTERVAL START

Carlton Trail Ski Club
January 16, 2022

2.7 KM PURPLE COURSE

U14 GIRLS / U14 BOYS - 5.4 KM (2 LAPS)
PARANORDIC OPEN STAND - 8.1 KM (3 LAPS)

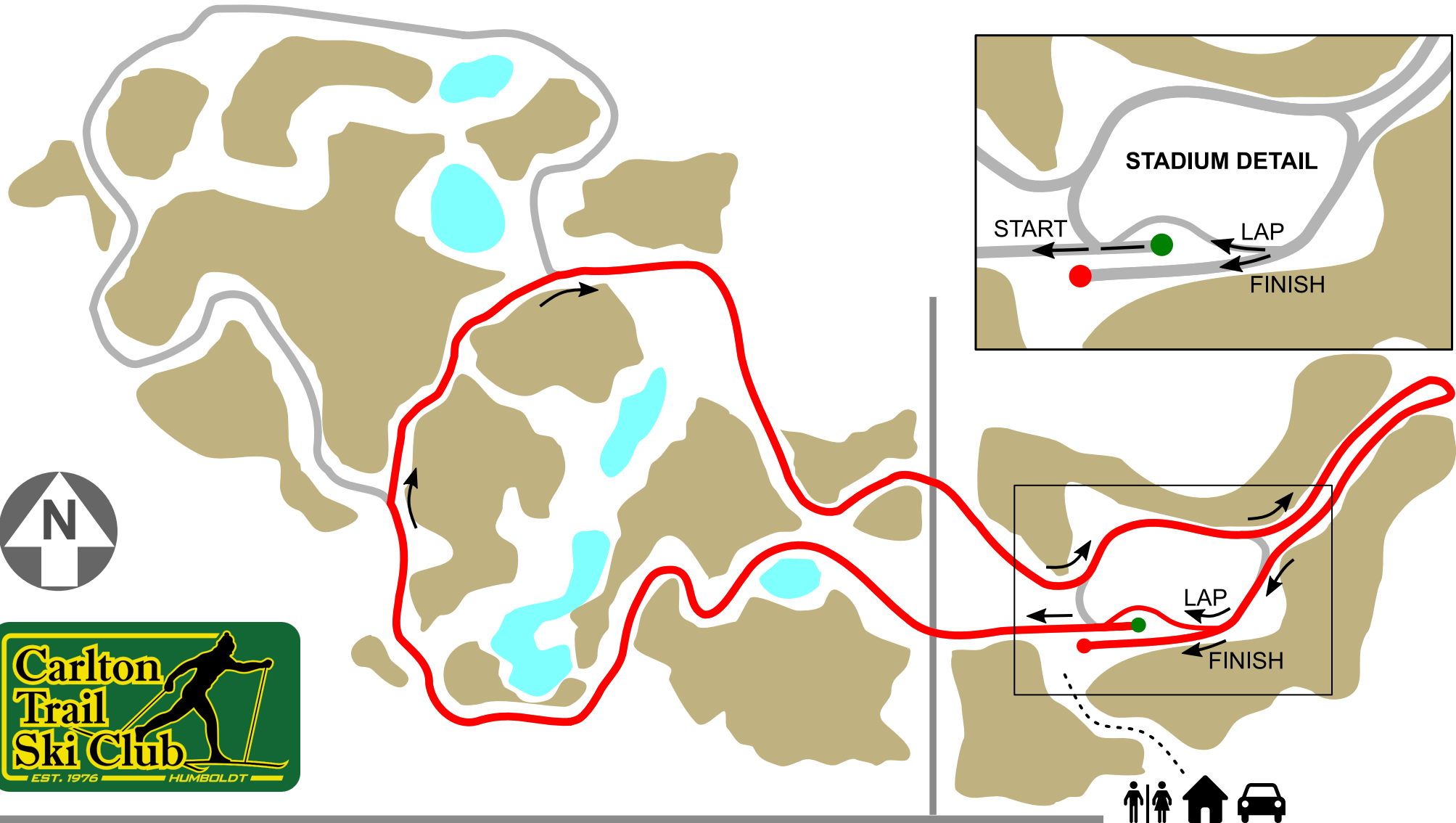


SASK CUP 5 CLASSIC TECHNIQUE - INTERVAL START

Carlton Trail Ski Club
January 16, 2022

3.2 KM RED COURSE

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



SASK CUP 5

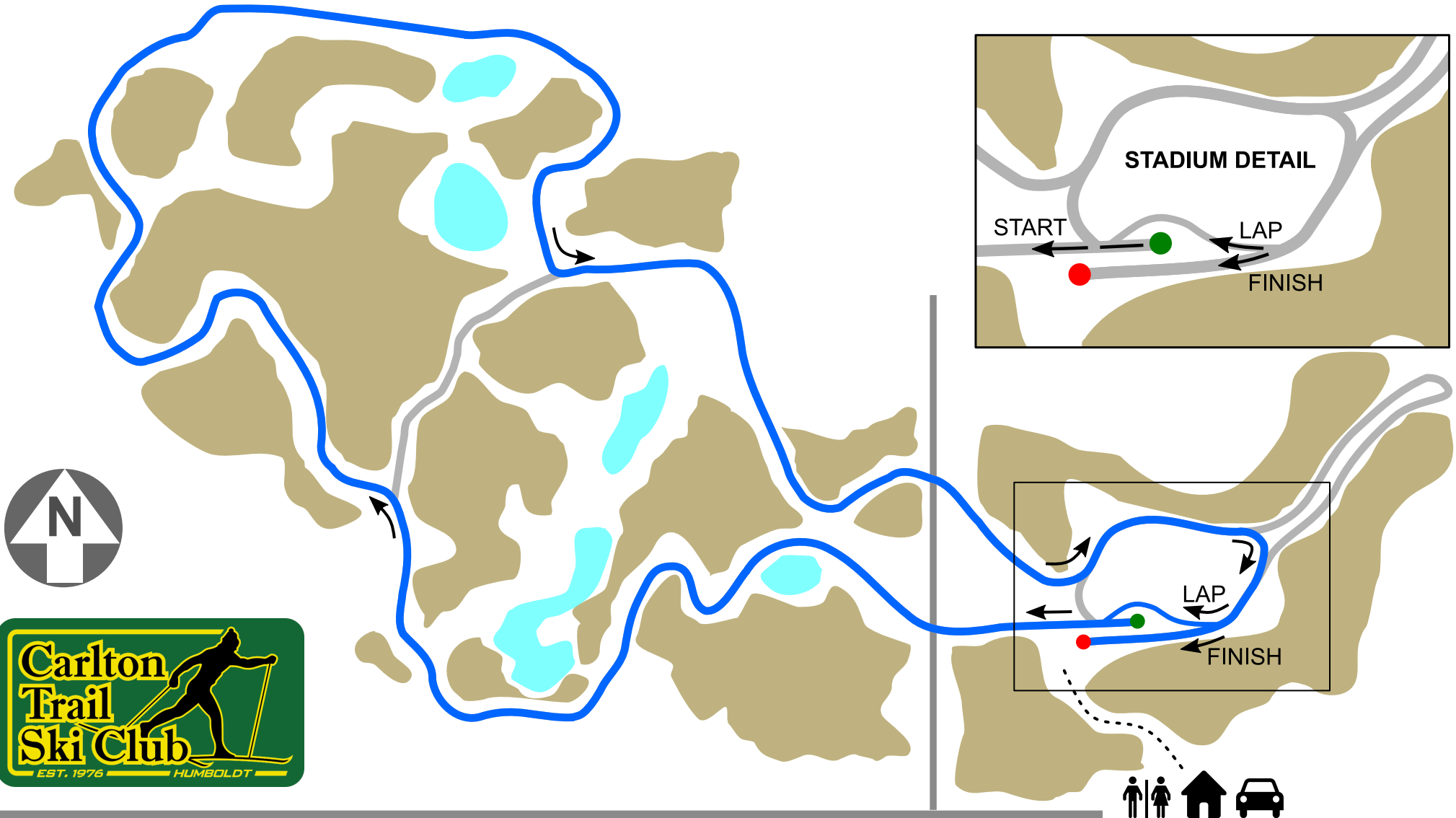
CLASSIC TECHNIQUE - INTERVAL START

Carlton Trail Ski Club
January 16, 2022

4.0 KM BLUE COURSE

U16 GIRLS - 8.0 KM (2 LAPS)

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



SASK CUP 5 CLASSIC TECHNIQUE - INTERVAL START

Carlton Trail Ski Club
January 16, 2022

4.5 KM GREEN COURSE

U16 BOYS / U18 GIRLS / U20 / SENIOR / MASTERS WOMEN - 9.0 KM (2 LAPS)

