

## FRIDAY

**JULY 18**

**10:00 AM**

- First racer upload

**10:00 AM — 3:00 PM**

- Regular park operations open for public use
- No course marshals

**3:00 PM — 4:00 PM**

- Course closed for UCI inspection

**3:30 PM — 4:30 PM**

- Lift access for course walks
- Waivers & lift ticket required

**DO NOT COURSE WALK**  
before 4:00 PM

**5:00 PM — 8:00 PM**

- Plate pickup and new registrations

**6:30 PM**

- Official Cycling Canada riders and team managers meeting

All Saturday & Sunday volunteers must report to the registration area by 8:30 AM in order to be on the hill and in position by 10:00 AM

LAST UPLOAD AT 4:30 PM

## SATURDAY

**JULY 19**

**9:30 AM**

- First racer upload

**9:00 AM — NOON**

- Plate pickup and new registrations
- Jr Ex & Elite can plate pickup only

**10:00 AM — 12:40 PM**

- Open practice (all categories)

**12:45 PM — 1:00 PM**

- Volunteer break

**12:45 PM — 1:00 PM**

- "A" practice upload

**1:05 PM — 2:00 PM**

- "A" practice

**2:00 PM — 3:40 PM**

- "B" practice

**3:50 PM — 5:00 PM**

- Seeding runs ("A" plates only)
- Course closed after last timed run

**7:30 PM**

- Racers meeting
- Seeding podium, swag toss, games and more!

LAST UPLOAD AT 4:30 PM

## SUNDAY

**JULY 20**

**9:30 AM**

- First racer upload

**8:00 AM — 9:00 AM**

- Race office open

**10:00 AM — 11:25 AM**

- "B" practice

**11:30 AM — 12:20 PM**

- "A" practice

**12:30 PM — 12:45 PM**

- Volunteer break
- Course clear

**1:00 PM**

- RACE!!!

**AWARDS AND PODIUMS**  
to follow shortly after final racer



LAST UPLOAD AT 4:30 PM

**SPECIALIZED**