

RACE FORMAT, CATEGORIES AND DISTANCES

Category	Year of Birth	Friday February 1 Classic	Saturday February 2 Classic	Sunday February 3 Free
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OPEN		Sprint Qualifier & Heats	Interval Start Medium Distance	Pursuit Start
Junior Women	1999, 2000	1.5K	10K	15K
Junior Men	1999, 2000	1.5K	10K	15K
Senior Women	1998 & earlier	1.5K	10K	15K
Senior Men	1998 & earlier	1.5K	10K	15K

PARA-NORDIC				hunter start
PN Standing Women	n/a	.9K	10K	10K
PN Standing Men	n/a	.9K	10K	10K
PN Sit Ski Women	n/a	.48K	3K	3K
PN Sit Ski Men	n/a	.48K	3K	3K

OTHER CATEGORIES		Prologue Interval Start	Interval Start Medium Distance	Pursuit Start Medium Distance
Mini-Midget Girls	2007, 2008	n/a	2.4K	3.6K
Mini-Midget Boys	2007, 2008	n/a	2.4K	3.6K

Midget Girls	2005, 2006	2.2-3K	3.5K	4K
Midget Boys	2005, 2006	2.2-3K	3.5K	4K
Juvenile Girls	2003, 2004	2.2-3K	5K	7.5K
Juvenile Boys	2003, 2004	2.2-3K	5K	7.5K
Junior Girls	2001, 2002	2.2-3K	5K	10K
Junior Boys	2001, 2002	2.2-3K	10K	10K

Masters Men	1988 & earlier	N/A	10K	15K
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Masters Women	1988 & earlier	N/A	10K	15K
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