

Day 1 Interval Free

Red

Jr. – 3km (1 lap)

Sr – 6km (2 lap)

Black

PN – 1.25Km



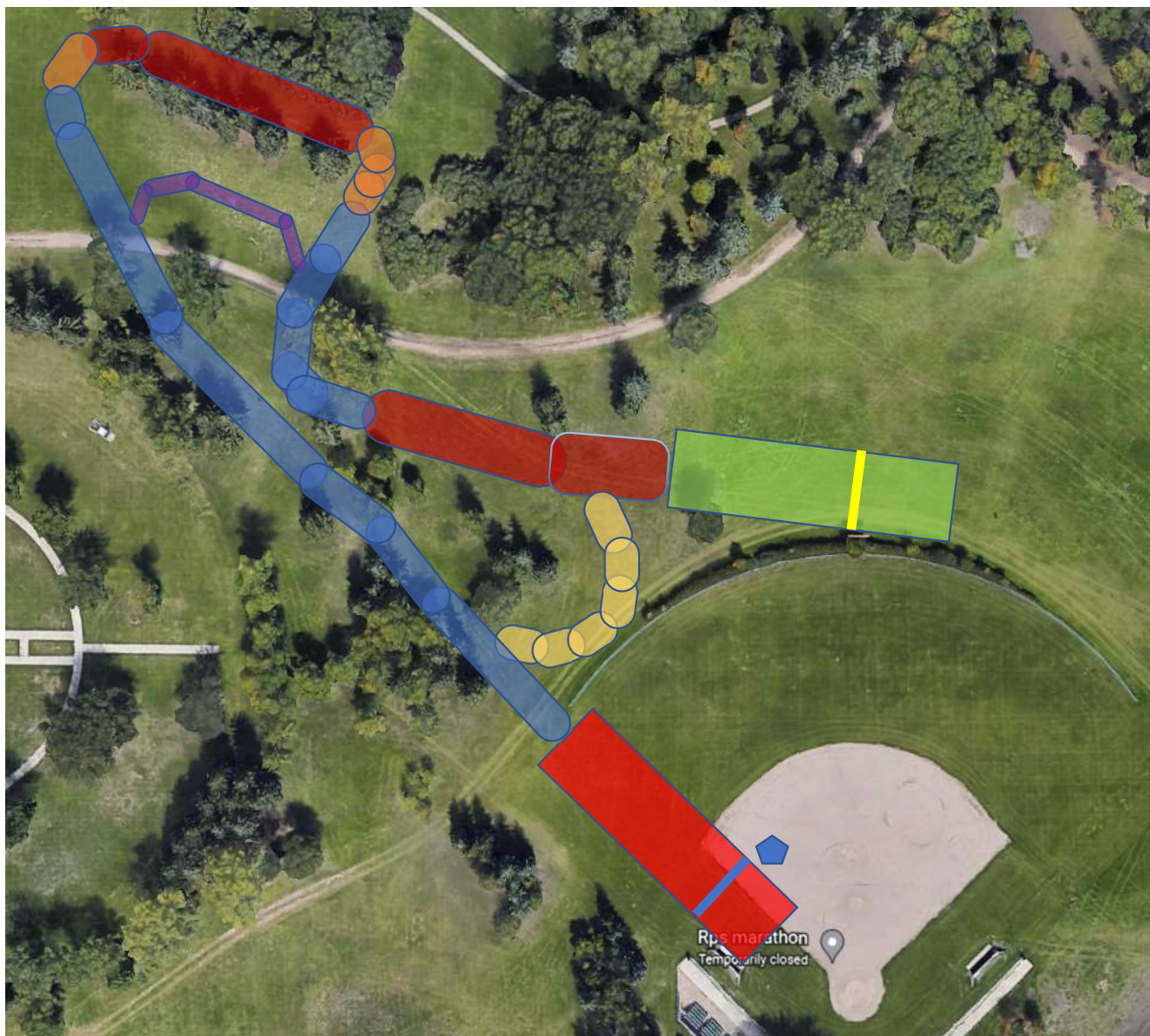
Wascana Centre

Saskatchewan Games
REGINA | WINTER 2023
presented by **TEINE**
ENERGY

Day 2 Sprint

Jr. = 1 lap 470m

Sr = 2 lap 900m



-  Start Grid
-  Transition 3 tracks
-  Course 2 tracks
-  Para 1 track
-  Lap lane 2 tracks
-  Scrubbed
-  Finish 3 tracks
-  Officials Tent



Day 3 Relay



- Start Grid/Relay zone
- Transition 3 tracks
- Course 2 tracks
- Para 1 track
- Lap lane 2 tracks
- Scrubbed
- Finish 3 tracks

