



2019-2020



The premier
cross country
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in the U.S.



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 **U.S. SKI AND SNOWBOARD TEAM** 

Period 1

Dec 6-8: Canmore, AB, CAN - **Men:** SPR FR (1.3km), 10km CL, 15 km FR;

Women: SPR FR (1.3km), 5km CL, 10km FR

Dec 14-15: Lake Creek, Sun Valley, ID - **Men:** SPR CL, 15km FR; **Women:** SPR CL, 10km FR

Period 2 - U.S. Nationals

Jan 1-7: MI Tech Trails, Houghton, MI - **Men:** SPR FR, 15 km FR, 30 km CL MST, SPR CL;

Women: SPR FR, 10 km FR, 20 km CL MST, SPR CL

Jan 24-26: Craftsbury, VT - **Men:** SPR CL, 10km FR, 15km CL MST;

Women: SPR CL, 5km FR, 10km CL MST

Period 3

Feb 16-17: Wirth, Minneapolis, MN - **Men:** SPR FR, 10km CL; **Women:** SPR FR, 10km CL

Feb 19: American Birkebeiner Start, Cable, WI - **Men:** SPR CL; **Women:** SPR CL

Feb 22: American Birkebeiner Start, Hayward, WI - **Men:** 50km FR MST; **Women:** 50km FR MST

Period 4 - Canadian Nationals/ SuperTour Finals

Mar 26 - Apr 2: Sovereign Lake - Vernon, BC, CAN -

Men: 10km FR, 15km CL, SPR CL, Team SPR FR, 50km FR MST;

Women: 5km FR, 10km CL, SPR CL, Team SPR FR, 30km FR MST

Follow the Team!

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