





F I/S N		MPIC PARK	Frees	tyle Aerial NorAm Feb. 13-16, 2023	SKI & SNOWBOARD
Manday Fa	h 42 20	100		TRAINING	as of 25/11/2022 -ch/kxr
Monday Fe	b. 13, 20		- ··	TRAINING	
Start 10:30		Finish 11:20	<u>Duration</u>	Croup 1 Chap	<u>Location</u> Aerial Hill
10:30 11:45	-	11:30	1:00 2:00	Group 1 Train (USA + AUS)	Aerial Hill
	-	13:45		Group 1 Train (USA + AUS)	
13:45	-	14:15	0:30	Group 2 Chop / Hill Prep	Aerial Hill
14:15		16:15	2:00	Group 2 Train (CAN)	Aerial Hill
Tuesday Fe	b. 14, 20			TRAINING	
Start		<u>Finish</u>	Duration	Event	Location
9:30	-	10:30	1:00	Group 2 Chop	Aerial Hill
10:45	-	12:45	2:00	Group 2 Train (CAN)	Aerial Hill
13:00	-	13:30	0:30	Group 1 Chop / Hill Prep	Aerial Hill
13:30	-	15:30	2:00	Group 1 Train (USA + AUS)	Aerial Hill
17:30		18:30	1:00	AERIAL DRAW	ONLINE
Wednesday	/ Feb. 15	5, 2023		COMPETITION #1	
<u>Start</u>		<u>Finish</u>	<u>Duration</u>	<u>Event</u>	Location
7:45	-	8:00	0:15	Hill Chop/Hill Prep	Aerial Hill
8:00	-	8:45	0:45	Coach Chop/Athlete Warmup	Aerial Hill
8:45	-	9:00	0:15	Ladies' Speed Checks	Aerial Hill
9:00	-	9:55	0:55	Ladies' Aerials Training - Max 4 jumps in run order	Aerial Hill
9:55	-	10:10	0:15	Course Prep	Aerial Hill
10:10	-	10:35	0:25	Ladies' Aerial Qualifications (Q1)	Aerial Hill
10:35	-	11:00	0:25	Ladies' Aerial Qualifications (Q2)	Aerial Hill
11:00	-	11:10	0:10	Course Prep	Aerial Hill
11:10	-	11:25	0:15	Ladies' Aerial Finals (F1)(6)	Aerial Hill
11:25	-	11:35	0:10	Course Prep	Aerial Hill
11:35	-	11:50	0:15	Men's Aerial Speed Checks	Aerial Hill
11:50	-	12:50	1:00	Men's Aerial Training - Max 4 jumps in run order	Aerial Hill
12:50	-	13:05	0:15	Course Prep	Aerial Hill
13:05	-	13:35	0:30	Men's Aerial Qualifications (Q1)	Aerial Hill
13:35	-	14:05	0:30	Men's Aerial Qualifications (Q2)	Aerial Hill
14:05	-	14:15	0:10	Course Prep	Aerial Hill
14:15	-	14:35	0:20	Men's Aerial Final (F1)(6)	Aerial Hill
15:00	-	15:15	0:15	Awards	Plaza
17:30		18:30	1:00	Aerial Draw	ONLINE
Thursday Feb. 16, 2023				COMPETITION #2	
Start	00. 10, 2	Finish	Duration	Event	Location
7:45	-	8:00	0:15	Hill Chop/Hill Prep	Aerial Hill
8:00	-	8:45	0:45	Coach Chop/Athlete Warmup	Aerial Hill
8:45	-	9:00	0:15	Ladies' Speed Checks	Aerial Hill
9:00	-	9:45	0:45	Ladies' Aerials Training - Max 4 jumps in run order	Aerial Hill
9:45	-	10:00	0:15	Course Prep	Aerial Hill
10:00	-	10:20	0:20	Ladies' Aerial Qualifications (Q1)	Aerial Hill
10:20	-	10:40	0:20	Ladies' Aerial Qualifications (Q1)	Aerial Hill
			0:10	·	Aerial Hill
10:40		10:50		Course Prep	
10:50	-	11:05	0:15	Ladies' Aerial Finals (F1)(6)	Aerial Hill
11:05	-	11:15	0:10	Course Prep	Aerial Hill
11:15	-	11:30	0:15	Men's Aerial Speed Checks	Aerial Hill
11:30	-	12:30	1:00	Men's Aerial Training - Max 4 jumps in run order	Aerial Hill
12:30	-	12:45	0:15	Course Prep	Aerial Hill
12:45	-	13:15	0:30	Men's Aerial Qualifications (Q1)	Aerial Hill
13:15	-	13:45	0:30	Men's Aerial Qualifications (Q2)	Aerial Hill
13:45	-	13:55	0:10	Course Prep	Aerial Hill
13:55	-	14:15	0:20	Men's Aerial Final (F1)(6)	Aerial Hill
14:15	-	14:30	0:15	Awards	Aerial Hill