

Freestyle Aerial NorAm Le Relais Mars 02-04, 2023

Thursday Mar. 2, 2023

Start	Finish	Duration	Event	Location
15:00	- 15:45	0:45	Group 2 Chop / Hill Prep	Aerial Hill
15:45	- 16:00	0:15	Speed Check	Aerial Hill
16:00	- 18:00	2:00	Group 2 Train (USA + AUS + JAP)	Aerial Hill
18:00	- 18:15	0:15	Group 1 Chop	Aerial Hill
18:15	- 18:30	0:15	Speed Check	Aerial Hill
18:30	- 20:30	2:00	Group 1 Train (Can + Qc)	Aerial Hill

Friday Mar. 3, 2023

Start	Finish	Duration	Event	Location
10:00	- 10:30	0:30	Aerial Draw/ Team leaders	TCM - via Zoom
14:00	- 14:30	0:30	Coach Chop/Athlete Warmup	Aerial Hill
14:30	- 14:45	0:15	Men's Aerial Speed Checks	Aerial Hill
14:45	- 15:45	1:00	Men's Aerial Training - Max 4 jumps in run order	Aerial Hill
15:45	- 16:00	0:15	Course Prep	Aerial Hill
16:00	- 16:30	0:30	Men's Aerial Qualifications (Q1)	Aerial Hill
16:30	- 17:00	0:30	Men's Aerial Qualifications (Q2)	Aerial Hill
17:00	- 17:10	0:10	Course Prep	Aerial Hill
17:10	- 17:25	0:15	Men's Aerial Final (F1)(6)	Aerial Hill
17:25	- 17:40	0:15	Course Prep	Aerial Hill
17:40	- 17:55	0:15	Ladies' Speed Checks	Aerial Hill
17:55	- 18:40	0:45	Ladies' Aerials Training - Max 4 jumps in run order	Aerial Hill
18:40	- 18:50	0:10	Course Prep	Aerial Hill
18:50	- 19:10	0:20	Ladies' Aerial Qualifications (Q1)	Aerial Hill
19:10	- 19:30	0:20	Ladies' Aerial Qualifications (Q2)	Aerial Hill
19:30	- 19:40	0:10	Course Prep	Aerial Hill
19:40	- 19:55	0:15	Ladies' Aerial Finals (F1)(6)	Aerial Hill
20:15	- 20:30	0:15	Awards	Aerial Hill

Saturday Mar. 4, 2023

Start	Finish	Duration	Event	Location
10:00	- 10:30	0:30	Aerial Draw/ Team leaders	TCM - via Zoom
14:00	- 14:30	0:30	Coach Chop/Athlete Warmup	Aerial Hill
14:30	- 14:45	0:15	Ladies' Speed Checks	Aerial Hill
14:45	- 15:30	0:45	Ladies' Aerials Training - Max 4 jumps in run order	Aerial Hill
15:30	- 15:40	0:10	Course Prep	Aerial Hill
15:40	- 16:00	0:20	Ladies' Aerial Qualifications (Q1)	Aerial Hill
16:00	- 16:20	0:20	Ladies' Aerial Qualifications (Q2)	Aerial Hill
16:20	- 16:30	0:10	Course Prep	Aerial Hill
16:30	- 16:45	0:15	Ladies' Aerial Finals (F1)(6)	Aerial Hill
16:45	- 17:00	0:15	Course Prep	Aerial Hill
17:00	- 17:15	0:15	Men's Aerial Speed Checks	Aerial Hill
17:15	- 18:15	1:00	Men's Aerial Training - Max 4 jumps in run order	Aerial Hill
18:15	- 18:30	0:15	Course Prep	Aerial Hill
18:30	- 19:00	0:30	Men's Aerial Qualifications (Q1)	Aerial Hill
19:00	- 19:30	0:30	Men's Aerial Qualifications (Q2)	Aerial Hill
19:30	- 19:40	0:10	Course Prep	Aerial Hill
19:40	- 19:55	0:15	Men's Aerial Final (F1)(6)	Aerial Hill
20:15	- 20:30	0:15	Awards	Aerial Hill
20:15	- 20:30	0:15	Awards	Aerial Hill