

Team Nunavik Quebec Regional Trials in Kuujuaq

November 22 to November 24, 2013

DISCIPLINE	DATE	TIME	PLACE
Opening Ceremonies	November 22	8:00 p.m.	Katittavik Theater
Arctic Sports and Dene	November 23	9:00 a.m.- 9:30 p.m. warm up 9:30 a.m. Kneel jump (all categories) 10:30 a.m. Alaskan High Kick (all categories) 10:30 a.m. DENE GAMES – log push (outside) 11:30 a.m. Head Pull (open male) 1:00 p.m. – 1:30 p.m. warm up 1:30 p.m. Arm pull (Jr. female, open female and Jr. male) 1:30 p.m. DENE GAMES – Finger pull (all categories) 2:00 p.m. One Foot High Kick (all categories) 7:00 p.m. warm up 7:30 p.m. Triple Jump (all categories) 7:30 p.m. DENE GAMES – Stick pull (all categories) 8:30 p.m. One Hand Reach (open male) 9:30 p.m. Airplane (open male)	Katittavik Theater and Forum
Badminton	November 23	9:00 a.m. - 9:30 a.m. warm up 9:30 a.m. - 12:00 a.m. singles 1:00 p.m. - 1:30 p.m. warm up 1:30 p.m. - 5:30 p.m. singles 7:00 p.m. - 11:00 p.m. doubles	Jaanimarik School
Cross Country Skiing	November 23	9:00 a.m. - 9:30 a.m. registration/stretch 9:30 a.m. - 10:00 a.m. warm up 10:30 a.m. Interval start Freestyle 5km race 1:00 p.m. – 1:30 p.m. warm up 1:30 p.m. Sprint Event Classic 750m juniors and juveniles, 600m midgets 3:30 p.m. 3 x 3km Relay Event Freestyle Mass Start	To be determined
Snowshoeing	November 23	9:00 a.m. - 9:30 a.m. registration/stretch 9:30 a.m. - 10:00 a.m. warm up 10:30 a.m. 2.5 juveniles, 5 km juniors 1:00 p.m. - 1:30 p.m. warm up 1:30 p.m. 100m, 400m, 800m (all categories) 3:30 p.m. 4 x 400m mixed relays	To be determined
Table Tennis	November 23	9:00 a.m. - 9:30 a.m. warm up 9:30 a.m. - 12:00 a.m. singles	Pitakallak School

		1:00 p.m. - 1:30 p.m. warm up 1:30 p.m. - 5:30 p.m. singles 7:00 p.m. - 11:00 p.m. doubles	
Arctic Sports and Dene	November 24	1:00 p.m. – 1:30 p.m. warm up 1:30 p.m. DENE GAMES – Snowsnake (outside) 1:30 p.m. Two Foot High Kick (all categories) 3:30 p.m. DENE GAMES – Hand games (all categories) 3:30 p.m. Sledge jump (all categories) 4:30 p.m. Knuckle Hop (open male)	Katittavik Theater and Forum
Badminton	November 24	1:00 p.m. - 1:30 p.m. warm up	Jaanimarik School
Cross Country Skiing	November 24	1:00 p.m. – 1:30 p.m. warm up 1:30 p.m. – 5:30 p.m. Classic Mass Start: juveniles 7.5km, juniors 10km, midgets 3.75km.	To be determined
Table Tennis	November 24	1:30 p.m. - 5:30 p.m. mixed doubles	Pitakallak School
Snowshoeing	November 24	1:00 p.m. - 1:30 p.m. warm up 1:30 p.m. – 5:30 p.m. juveniles 5km long distance race, junior girls 7.5km long distance race, junior boys 10km long distance race	To be determined
Closing ceremonies	November 24	8: 00 p.m.	Katittavik Theater