

Program for: AUDI FIS SKI CROSS WORLD CUP 2019 / Idre Fjäll (SWE)

	Program 15-Jan-2019	Duration	Start time	Finish time							La	ast	chan	ges:	2018	-10	-10 /	04	DO CE
	Official Team arrival																		
	Race office open - Accreditation	07:45	12:00	19:45	Room	Nip	sale	n	!								-		
		00:15				•				П				T		Т	T	Т	
	First Team Centains Meeting		20.00	20:30	Room	NI:-) Doolo												
	First Team Captains Meeting	00:30	20:00			_													
-	Medical Meeting	00:15	20:30	20:45	Room	Nip	osale	n		1 1					1		1		
	Program 16-Jan-2019	Duration	Start time	Finish time															
	First run on lift for athletes		08:00		Time o	of	circ.		10'										
	Jury Meeting at Start	00:15	07:30	07:45															
	Jury Coach Inspection & Setting	01:00	07:45	08:45															
	Break	00:15	08:45	09:00												T			
	Inspection Competitor Testers	00:45	09:00	09:45												t		+	
	Break	00:45	09:45	10:00														+	
																-			
	Competitor Testing	01:00	10:00	11:00															
	Competitor-Jury De-Breifing	00:15	11:00	11:15	Finish	A	rea		,						1				,
	Course preparation	00:45	11:15	12:00															
	Inspection	00:45	12:00	12:45	Admis	ssi	on u	ntil	12:30)									
	Course preparation & Forerunner	00:15	12:45	13:00															
	Training	01:30	13:00	14:30	RUNs	/ (Com	etit	tor:	2	2+		Star	t trai	ning	allo	wed	d:	no
$\vdash \vdash$	Jury Meeting in Finish Area	00:15	14:30	14:45				1	Ī	П				T		T	T	T	
-	July mostaling in Fillion Alea	03:15	14.00	14.40				+	1	\vdash				1		+	-	+	
			40.00	40.00	<u> </u>														
	Team Captains Meeting / Info	00:20	18:00	18:20	Room	Nıţ	osale	n		1 1		1 1				1	1		
	- 17 1 2010	1																	
L L	Program 17-Jan-2019	Duration	Start time	Finish time		_				1 1						1	1		
	First run on lift for athletes		08:00		Time	ot	circ.	_	10'					1				_	1
	Jury Inspection, Course Setting	02:00	08:00	10:00	H!				40.05									-	
-	Inspection Group 1	00:30	10:00	10:30	Admis	SSI	on u	ntii	10:25)						+			
	Break / Course Prep.	00:30	10:30	11:00						Ц,	_		•	<u> </u>	١				
-	Training Group 1	01:00	11:00	12:00	RUNs	/ (omp	etii	or:		2+		Star	trai	ning	allo	wec	1:	no
	Break / Course Prep.	00:30	12:00	12:30	4 -11-			4 ? 1	40.55							-			
	Inspection Group 2	00:30	12:30	13:00	Admis	SSI	on u	ntii	12:55	,									
	Break / Course Prep.	00:30	13:00																
	· · · · · · · · · · · · · · · · · · ·				DUNG			414		Η,	٠.		01			- 11 -			
	Training Group 2	01:00	13:30	14:30	RUNs	/ (Comp	etit	or:	2	2+		Star	t trai	ning	allo	wed	i:	no
	Training Group 2	01:00 03:30	13:30	14:30					tor:	2	2+		Star	t trai	ning	allo	wed	d:	no
	· · · · · · · · · · · · · · · · · · ·	01:00			RUNS				tor:		2+		Star	t trai	ning	allo	owed	d:	no
	Training Group 2 Team Captains Meeting / Draw	01:00 03:30 00:30	13:30	18:30					tor:		2+		Star	t trai	ning	allo	owed	d:	no
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019	01:00 03:30	13:30 18:00 Start time	14:30	Room	Nip	osale				2+		Star	t trai	ning	allo	owed	d:	no
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes	01:00 03:30 00:30 Duration	18:00 Start time 08:00	14:30 18:30 Finish time		Nip	osale		10'		2+		Star	t trai	ning	allo	owed	1:	no
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting	01:00 03:30 00:30 Duration	13:30 18:00 Start time 08:00 07:15	14:30 18:30 Finish time	Room	Nip of	osale	n	10'		2+		Star	t trai	ning :	allo	owed	1:	no
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L	01:00 03:30 00:30 Duration 01:15 00:45	13:30 18:00 Start time 08:00 07:15 08:30	14:30 18:30 Finish time 08:30 09:15	Room	Nip of	osale	n			2+		Start	t trai	ning :	allo	owed	1:	no
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner	01:00 03:30 00:30 Duration 01:15 00:45	13:30 18:00 Start time 08:00 07:15 08:30 09:15	14:30 18:30 Finish time 08:30 09:15 09:30	Time of Admis	Nip of ssi	circ.	n	10'				Start						
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men	01:00 03:30 00:30 Duration 01:15 00:45 00:15	13:30 18:00 Start time 08:00 07:15 08:30 09:15 09:30	14:30 18:30 Finish time 08:30 09:15 09:30 10:00	Time of Admis	Nip of ssi	circ.	ntil	10' 09:00 tor:		1+		Start	St	tart w	ith	gate) 	yes
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies	01:00 03:30 00:30 Duration 01:15 00:45 00:15 00:30	13:30 18:00 Start time 08:00 07:15 08:30 09:15 09:30 10:00	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15	Time of Admis	Nip of ssi	circ.	ntil	10' 09:00 tor:				Start	St		ith	gate) 	
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men	01:00 03:30 00:30 Duration 01:15 00:45 00:15	13:30 18:00 Start time 08:00 07:15 08:30 09:15 09:30	14:30 18:30 Finish time 08:30 09:15 09:30 10:00	Time of Admis	Nip of ssi	circ.	ntil	10' 09:00 tor:		1+		Start	St	tart w	ith	gate) 	yes
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies	01:00 03:30 00:30 Duration 01:15 00:45 00:15 00:30	13:30 18:00 Start time 08:00 07:15 08:30 09:15 09:30 10:00	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15	Time of Admis RUNS RUNS	of ssi	circ.	ntil	10' 09:00		1+	@	Start	Si	tart w	ith	gate):):	yes
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner	01:00 03:30 00:30 Duration 01:15 00:45 00:15 00:30	13:30 18:00 Start time 08:00 07:15 08:30 09:15 09:30 10:00 10:15	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15 10:45	Time of Admis	of ssi	circ.	ntil	10' 09:00		1+	@		Si	tart w	ith	gate):):	yes
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men	01:00 03:30 00:30 Duration 01:15 00:45 00:15 00:30 01:00	13:30 18:00 Start time 08:00 07:15 08:30 09:15 09:30 10:00 10:15 10:45	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15 10:45 11:45	Room Time of Admis RUNs RUNs Int	of / ()	circ.	ntil petit	10' 09:00 etor:		1+			Si	tart w	ith	gate gate);; ;; ;;	yes
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner	01:00 03:30 00:30 Duration 01:15 00:45 00:15 00:30 01:00 00:15	13:30 18:00 Start time 08:00 07:15 08:30 09:15 09:30 10:00 10:15 10:45 11:45	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15 10:45 11:45 12:00	Room Time of Admis RUNs RUNs Int	of / ()	circ.	ntil petit	10' 09:00 etor:		1+		60 se	Si	tart w	ith	gate gate);; ;; ;;	yes yes
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies	01:00 03:30 00:30 Duration 01:15 00:45 00:15 00:30 01:00 00:15 00:45	13:30 18:00 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:45 11:45 12:00	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15 10:45 11:45 12:00 12:45	Room Time of Admis RUNs RUNs Int	of / ()	circ.	ntil petit	10' 09:00 etor:		1+		60 se	Si	tart w	ith	gate gate);; ;; ;;	yes yes
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBS	01:00 03:30 00:30 Duration 01:15 00:45 00:15 00:30 01:00 00:15 00:45	13:30 18:00 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:45 11:45 12:00	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15 10:45 11:45 12:00 12:45	Room Time of Admis RUNs RUNs Int	of / ()	circ.	ntil petit	10' 09:00 etor:		1+		60 se	Si	tart w	ith	gate gate);; ;; ;;	yes yes
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBS Second Race qualification	01:00 03:30 00:30 Duration 01:15 00:45 00:15 00:30 01:00 00:15 00:45 00:45 00:45	13:30 18:00 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45	14:30 18:30 8:30 09:15 09:30 10:00 10:15 11:45 11:45 12:00 12:45 13:25	Room Time of Admis RUNs RUNs Int	of / ()	circ.	ntil petit	10' 09:00 etor:		1+		60 se	Si	tart w	ith	gate gate);; ;; ;;	yes yes
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBS Second Race qualification Forerunner	01:00 03:30 00:30 Duration 01:15 00:45 00:15 00:30 01:00 00:15 00:45 00:45 00:45 00:45	13:30 18:00 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45	14:30 18:30 08:30 09:15 09:30 10:00 10:15 11:45 12:45 13:25	Time d Admis RUNs RUNs Int er val	Of SSI / () / () 1	circ. con u Comp	n ntil petit	10' 09:00 dtor:		1+ 1+ 17	@	60 se	Si	tart w	ith	gate gate ast-	66 @	yes yes 2 arrivo
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBs Second Race qualification Forerunner Qualification Men	01:00 03:30 00:30 Duration 01:15 00:45 00:15 00:30 01:00 00:15 00:45 00:45 00:45 00:45 00:45 00:40	13:30 18:00 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45 13:25 13:30	14:30 18:30 8:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45 13:25 13:30 14:30	Room Time of Admis RUNs RUNs Int er val	Of SSI / () / () 1	circ.	n ntil petit	10' 09:00 dtor:		1+ 1+ 17	@	60 se	Si	tart w	ith	gate gate ast-	66 @	yes yes
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBS Second Race qualification Forerunner Qualification Men Break / Course Prep. / Forerunner	01:00 03:30 00:30 Duration 01:15 00:45 00:15 00:30 01:00 00:15 00:45 00:45 00:45 00:45 00:45	13:30 18:00 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45 13:25 13:30 14:30	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15 10:45 11:45 12:00 12:45 13:25 13:30 14:30 14:45	Room Time of Admis RUNs RUNs Int er val	Nip of ssi / (/ 1	circ. con u Comp Comp 16 @	ntil petit	10' 09:00' dor:		11+ 17	@	60 se	Si S	tart w	ith	gate ast-	6 @	yes yes yes arrive
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBs Second Race qualification Forerunner Qualification Men	01:00 03:30 00:30 Duration 01:15 00:45 00:15 00:30 01:00 00:15 00:45 00:45 00:45 00:45 00:45 00:40	13:30 18:00 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45 13:25 13:30	14:30 18:30 8:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45 13:25 13:30 14:30	Room Time of Admis RUNs RUNs Int er val	Nip of ssi / (/ 1	circ. con u Comp	ntil petit	10' 09:00' dor:		11+ 17	@	60 se	Si S	tart w	ith	gate ast-	6 @	yes yes 2 arrivo
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBS Second Race qualification Forerunner Qualification Men Break / Course Prep. / Forerunner	01:00 03:30 00:30 Duration 01:15 00:45 00:15 00:30 01:00 00:15 00:45 00:45 00:45 00:45 00:45	13:30 18:00 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45 13:25 13:30 14:30	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15 10:45 11:45 12:00 12:45 13:25 13:30 14:30 14:45	Room Time of Admis RUNs RUNs Int er val	Nip of ssi / (/ 1	circ. con u Comp Comp 16 @	ntil petit	10' 09:00' dor:		11+ 17	@	60 se	Si S	tart w	ith	gate ast-	6 @	yes yes yes arrive
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBS Second Race qualification Forerunner Qualification Men Break / Course Prep. / Forerunner	01:00 03:30 00:30 00:30 Duration 01:15 00:45 00:15 00:30 01:00 00:15 00:45 00:45 00:45 00:45 00:45	13:30 18:00 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45 13:25 13:30 14:30	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15 10:45 11:45 12:00 12:45 13:25 13:30 14:30 14:45	Room Time of Admis RUNs RUNs Int er val	Nip of / C / C 1	circ. con u comp 16 @	ntil petit	10' 09:00' dor:		11+ 17	@	60 se	Si S	tart w	ith	gate ast-	6 @	yes yes yes arrive
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBs Second Race qualification Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Men	01:00 03:30 00:30 00:30 Duration 01:15 00:45 00:05 00:45 00:40 00:05 01:00 00:15 00:45 00:45 00:45 00:45	13:30 18:00 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:45 13:25 13:30 14:30 14:45	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15 10:45 11:45 12:00 12:45 13:25 13:30 14:30 14:45 15:30	Room Time of Admis RUNS RUNS Int er val Int er val	Nip of	circ. con u comp 16 @	ntil petit	10' 09:00' dor:		11+ 17	@	60 se	Si S	tart w	ith	gate ast-	6 @	yes yes yes arrive
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BiBs Second Race qualification Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Second Race qualification Forerunner Qualification Ladies Team Captains Meeting / Info	01:00 03:30 00:30 00:30 Duration 01:15 00:45 00:05 00:45 00:40 00:05 01:00 00:15 00:45 00:45 00:20	13:30 18:00 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45 13:25 13:30 14:30 14:45	14:30 18:30	Room Time of Admis RUNS RUNS Int er val Int er val	Nip of	circ. circ. con u comp 16 @	ntil petit	10' 09:00' dor:		11+ 17	@	60 se	Si S	tart w	ith	gate ast-	6 @	yes yes yes arrive
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBs Second Race qualification Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Team Captains Meeting / Info Public Heat Presentation	01:00 03:30 00:30 00:30 Duration 01:15 00:45 00:15 00:30 00:15 00:45 00:40 00:05 01:00 00:15 00:45 00:30 00:15 00:30	13:30 18:00 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45 13:25 13:30 14:30 14:45 18:00 00:00	14:30 18:30	Room Time of Admis RUNS RUNS Int er val Int er val	Nip of	circ. circ. con u comp 16 @	ntil petit	10' 09:00' dor:		11+ 17	@	60 se	Si S	tart w	ith	gate ast-	6 @	yes yes yes arrive
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBs Second Race qualification Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Team Captains Meeting / Info Public Heat Presentation Program 19-Jan-2019	01:00 03:30 00:30 00:30 Duration 01:15 00:45 00:05 00:45 00:40 00:05 01:00 00:15 00:45 00:45 00:20	13:30 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45 13:25 13:30 14:30 14:45 18:00 00:00 Start time	14:30 18:30	Room Admis RUNS RUNS Int er val Int er val Room no PHF	Nip	circ. on u Comp Comp 16 @	ntil petit	10' 09:00 cor: ctor: ve		11+ 17	@	60 se	Si S	tart w	ith	gate ast-	6 @	yes yes yes arrive
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBs Second Race qualification Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Team Captains Meeting / Info Public Heat Presentation Program 19-Jan-2019 First run on lift for athletes	01:00 03:30 00:30 00:30 Duration 01:15 00:45 00:15 00:30 01:00 00:15 00:45 00:45 00:45 00:40 00:05 01:00 00:15 00:45 00:30 00:30 Duration	13:30 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45 13:25 13:30 14:30 14:45 18:00 00:00 Start time 08:00	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15 10:45 11:45 12:00 12:45 13:25 13:30 14:30 14:45 15:30 18:20 00:30 Finish time	Room Time of Admis RUNS RUNS Int er val Int er val	Nip	circ. on u Comp Comp 16 @	ntil petit	10' 09:00' dor:		11+ 17	@	60 se	Si S	tart w	ith	gate ast-	6 @	yes yes yes arrive
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBs Second Race qualification Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Team Captains Meeting / Info Public Heat Presentation Program 19-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting	01:00 03:30 00:30 00:30 Duration 01:15 00:45 00:30 00:15 00:30 00:15 00:45 00:45 00:45 00:45 00:40 Duration 01:45	13:30 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45 13:25 13:30 14:45 18:00 00:00 Start time 08:00 07:45	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15 10:45 11:45 12:00 12:45 13:25 13:30 14:30 14:45 15:30 Finish time 09:30	Room Admis RUNS RUNS Int er val Int er val Time of	Nip	circ. con u comp comp 16 @ 16 @ circ.	n n n n n n n n n n n n n n n n n n n	10' 09:00 loor: loor: live live live live live live live live		11+ 17	@	60 se	Si S	tart w	ith	gate ast-	6 @	yes yes yes arrive
	Training Group 2 Team Captains Meeting / Draw Program 18-Jan-2019 First run on lift for athletes Jury Inspection, Course Setting Inspection M+L Break / Course Prep. / Forerunner Training Men Training Ladies Break / Course Prep. / Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Break / BIBs Second Race qualification Forerunner Qualification Men Break / Course Prep. / Forerunner Qualification Ladies Team Captains Meeting / Info Public Heat Presentation Program 19-Jan-2019 First run on lift for athletes	01:00 03:30 00:30 00:30 Duration 01:15 00:45 00:15 00:30 01:00 00:15 00:45 00:45 00:45 00:40 00:05 01:00 00:15 00:45 00:30 00:30 Duration	13:30 18:00 08:00 07:15 08:30 09:15 09:30 10:00 10:15 11:45 12:00 12:45 13:25 13:30 14:30 14:45 18:00 00:00 Start time 08:00	14:30 18:30 Finish time 08:30 09:15 09:30 10:00 10:15 10:45 11:45 12:00 12:45 13:25 13:30 14:30 14:45 15:30 18:20 00:30 Finish time	Room Admis RUNS RUNS Int er val Int er val Room no PHF	Nip	circ. con u comp comp 16 @ 16 @ circ.	n n n n n n n n n n n n n n n n n n n	10' 09:00 loor: loor: live live live live live live live live		11+ 17	@	60 se	Si S	tart w	ith	gate ast-	6 @	yes yes yes arrive

Training Finalist	ts	00:30	10:30	11:00	RUNs	/ C	Competit	or:	1			S	tart w	ith ç	gate:	У	/es		
Break / Course Prep.		00:20	11:00	11:20															
Forerunner-Heat Final Round		00:10	11:20		Ladie	es:			16		Mer	า:				32			
		01:22	11:30	12:52	begin with:			Quarter Final			begin with:				Eights Fina				
E	EF - Men	0:23:50	11:30:00	11:53:50															
	QF - Ladies	0:12:30	11:53:50	12:06:20															
	QF - Men	0:12:30	12:06:20	12:18:50															
	Break	0:02:30	12:18:50	12:21:20															
	SF - Ladies	0:06:20	12:21:20	12:27:40															
	SF - Men	0:06:20	12:27:40	12:34:00															
	Break	0:02:30	12:34:00	12:36:30															
F	F - Ladies	0:08:00	12:36:30	12:44:30												ì			
F	F - Men	0:08:00	12:44:30	12:52:30															
Break		0:03:30																	
Prizegiving and v			12:56																
		05:04																	
Team Captains Mee	eting / BIBs	00:30	18:00	18:30	Room	Nip	salen												
Public Heat Present	tation				no PH	Р											-		
		•	1																
9	20-Jan-2019	Duration	Start time	Finish time									1						
First run on lift for a			08:00		Time	of (circ.	10'											
Jury Inspection, Cou	rse Settina	01:45	07:00	08:45															
							an until												
Inspection Final	lists	00:30	08:45	09:15	Admi	ssi	on until	09:10								_			
Break / Course Prep.	lists	00:30	09:15	09:45															
Break / Course Prep. Training Finalist	lists ts	00:30 00:30	09:15 09:45	09:45 10:15			Competit		1			S	tart w	ith g	gate:	y	/es		
Break / Course Prep. Training Finalist Break / Course Prep.	lists ts	00:30	09:15	09:45	RUNs	/ C	Competit		1				tart w	ith g					
Break / Course Prep. Training Finalist Break / Course Prep. Forerunner-H	lists . ts . leat	00:30 00:30 00:20 00:10	09:15 09:45 10:15 10:35	09:45 10:15 10:35	RUNs	:/C	Competit	or:	1 16		Mer	1:		ith ç		32			
Break / Course Prep. Training Finalist Break / Course Prep. Forerunner-H Final Roun	lists . ts . leat	00:30 00:30 00:20 00:10 01:22	09:15 09:45 10:15 10:35 10:45	09:45 10:15 10:35	RUNs	:/C	Competit	or:	1	nal				ith g		32			
Break / Course Prep. Training Finalist Break / Course Prep. Forerunner-H Final Roun	lists . ts . leat nd EF - Men	00:30 00:30 00:20 00:10 01:22 0:23:50	09:15 09:45 10:15 10:35 10:45 10:45:00	09:45 10:15 10:35 12:07 11:08:50	RUNs	:/C	Competit	or:	1 16	nal		1:		ith g		32			
Break / Course Prep. Training Finalist Break / Course Prep. Forerunner-H Final Roun	lists ts ts leat nd EF - Men QF - Ladies	00:30 00:30 00:20 00:10 01:22 0:23:50 0:12:30	09:15 09:45 10:15 10:35 10:45 10:45:00 11:08:50	09:45 10:15 10:35 12:07 11:08:50 11:21:20	RUNs	:/C	Competit	or:	1 16	nal		1:		ith g		32			
Break / Course Prep. Training Finalist Break / Course Prep. Forerunner-H Final Roun	lists ts ts leat nd EF - Men QF - Ladies QF - Men	00:30 00:30 00:20 00:10 01:22 0:23:50 0:12:30	09:45 09:45 10:15 10:35 10:45 10:45:00 11:08:50 11:21:20	09:45 10:15 10:35 12:07 11:08:50 11:21:20 11:33:50	RUNs	:/C	Competit	or:	1 16	nal		1:		ith g		32			
Break / Course Prep. Training Finalist Break / Course Prep. Forerunner-H Final Roun	lists . tts . leat nd EF - Men QF - Ladies QF - Men Break	00:30 00:30 00:20 00:10 01:22 0:23:50 0:12:30 0:02:30	09:15 09:45 10:15 10:35 10:45 10:45:00 11:08:50 11:21:20 11:33:50	09:45 10:15 10:35 12:07 11:08:50 11:21:20 11:33:50 11:36:20	RUNs	:/C	Competit	or:	1 16	nal		1:		ith g		32			
Break / Course Prep. Training Finalist Break / Course Prep. Forerunner-H. Final Roun	lists	00:30 00:30 00:20 00:10 01:22 0:23:50 0:12:30 0:02:30 0:06:20	09:15 09:45 10:15 10:35 10:45 10:45:00 11:08:50 11:21:20 11:33:50 11:36:20	09:45 10:15 10:35 12:07 11:08:50 11:21:20 11:33:50 11:36:20 11:42:40	RUNs	:/C	Competit	or:	1 16	nal		1:		iith g		32			
Break / Course Prep. Training Finalist Break / Course Prep. Forerunner-H Final Roun	lists . tts . leat nd EF - Men QF - Ladies QF - Men Break	00:30 00:30 00:20 00:10 01:22 0:23:50 0:12:30 0:02:30	09:15 09:45 10:15 10:35 10:45 10:45:00 11:08:50 11:21:20 11:33:50	09:45 10:15 10:35 12:07 11:08:50 11:21:20 11:33:50 11:36:20	RUNs	:/C	Competit	or:	1 16	nal		1:		iith ç		32			
Break / Course Prep. Training Finalist Break / Course Prep. Forerunner-H Final Roun	lists	00:30 00:30 00:20 00:10 01:22 0:23:50 0:12:30 0:02:30 0:06:20	09:15 09:45 10:15 10:35 10:45 10:45:00 11:08:50 11:21:20 11:33:50 11:36:20	09:45 10:15 10:35 12:07 11:08:50 11:21:20 11:33:50 11:36:20 11:42:40	RUNs	:/C	Competit	or:	1 16	nal		1:		iith ç		32			
Break / Course Prep. Training Finalist Break / Course Prep. Forerunner-H. Final Roun	lists ts leat nd EF - Men QF - Ladies QF - Men Break BF - Ladies BF - Ladies F - Ladies F - Ladies	00:30 00:30 00:20 00:10 01:22 0:23:50 0:12:30 0:02:30 0:06:20	09:15 09:45 10:15 10:35 10:45 10:45:00 11:08:50 11:21:20 11:33:50 11:36:20 11:42:40	09:45 10:15 10:35 12:07 11:08:50 11:21:20 11:33:50 11:36:20 11:42:40 11:49:00	RUNs	:/C	Competit	or:	1 16	nal		1:		iith ç		32			
Break / Course Prep. Training Finalist Break / Course Prep. Forerunner-H. Final Roun	lists	00:30 00:30 00:20 00:10 01:22 0:23:50 0:12:30 0:02:30 0:06:20 0:06:20 0:02:30	09:15 09:45 10:15 10:35 10:45 10:45:00 11:08:50 11:21:20 11:33:50 11:42:40 11:49:00	09:45 10:15 10:35 12:07 11:08:50 11:21:20 11:33:50 11:36:20 11:42:40 11:49:00 11:51:30	RUNs	:/C	Competit	or:	1 16	nal		1:		iith ç		32			
Break / Course Prep. Training Finalist Break / Course Prep. Forerunner-H Final Roun	lists	00:30 00:30 00:20 00:10 01:22 0:23:50 0:12:30 0:02:30 0:06:20 0:06:20 0:02:30 0:08:00	09:15 09:45 10:15 10:35 10:45:00 11:08:50 11:21:20 11:33:50 11:42:40 11:49:00 11:51:30	09:45 10:15 10:35 12:07 11:08:50 11:21:20 11:33:50 11:36:20 11:42:40 11:49:00 11:51:30 11:59:30	RUNs	:/C	Competit	or:	1 16	nal		1:		iith ç		32			