

FIS Freestyle Skiing Aerials Europacup RUKA FIN

FS

Wedn	esday, N	November	27, 2019	Arrival	
	Start	Finish	Duration	Event	Location
AE	0:00	- 0:00	0:00	Aerial Team Captains Meeting	Race Office

Thur	ursday, November 28, 2019			Training	
	Start	Finish	Duration	Event	Location
		-	0:00		
		-	0:00		
	0:00	- 0:00	0:00	Aerial Training Session # 1 + 2	
ΑE		-	0:00		
	0:00	- 0:00	0:00	Aerial Training Session # 3 + 4	
		-	0:00		
	20:00	- 20:30	0:30	Aerial Team Captains Meeting Draw	Race Office

Friday, November 29, 2019			2019	Aerial Competition 1	
	Start	Finish	Duration	Event	Location
	9:45 -	10:30	0:45	Landing Preparation (all coaches)	
	10:30 -	10:45	0:15	Women's Inspection and Speed Checks	
	10:45 -	12:15	1:30	Women's Aerial Training (4 jumps only)	
AE	12:15 -	12:30	0:15	Landing Preparation	
Women	12:30 -	13:45	1:15	Women's Competition (2 jumps) - 28 competitors	
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	13:45 -	14:00	0:15	Break	
	14:00 -	14:15	0:15	Landing Preparation (all coaches)	
	14:15 -	14:30	0:15	Men's Inspection and Speed Checks	
	14:30 -	16:15	1:45	Men's Aerial Training (4 jumps only)	
ΑE	16:15 -	16:30	0:15	Landing Preparation	
Men	16:30 -	18:15	1:45	Men's Competition (2 jumps) - 34 competitors	
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	18:15 -	18:20	0:05	Coaches Meeting	knoll
	18:20 -	18:30	0:10	Awards	table
	-			Landing Preparation (all coaches)	
	-			Draw	judges stand
	-			Landing Preparation (all coaches)	
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Saturday, November 30, 2019			mber 30	<u>, 2019</u>	Aerial Competition 2	
	Start		Finish	Duration	Event	Location
	9:15	-	10:00	0:45	Landing Preparation (all coaches)	
	10:00	-	10:10	0:10	Women's Inspection and Speed Checks	
	10:10	-	11:10	1:00	Women's Aerial Training (3 jumps)	
AE	11:10	-	11:20	0:10	Landing Preparation	
1st	11:20	-	12:05	0:45	Women's Competition (1 jumps) - 28 competitors	
	12:05	-	12:15	0:10	Landing Preparation	
	12:15	-	12:25	0:10	Men's Inspection and Speed Checks	
	12:25	-	13:35	1:10	Men's Aerial Training (3 jumps)	
	13:35	-	14:20	0:45	Men's Competition (1 jump) - 34 competitors	
	14:20	-	14:40	0:20	Break	
	14:40	-	14:50	0:10	Landing Preparation (all coaches)	
	14:50	-	15:00	0:10	Synchro Inspection and Speed Checks	
	15:00	-	16:00	1:00	Synchro Aerial Training	
AE	16:00	-	16:10	0:10	Landing Preparation	
Synchro	16:10	-	16:55	0:45	Synchro Competition (1st jump) - x pairs	
	16:55	-	17:05	0:10	break	
	17:05	-	17:25	0:20	Synchro Competition Final - 4 pairs	
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		-			Awards COMP 1 & COMP 2	table
		-			15 min after official results	
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