

<b>AE</b>		<b>2023 FIS FREESTYLE SKI WORLD CUP RUKA (FIN)</b>				<b>FS</b>		
						as of 30/11/22 - ARI		
		<b>Thursday, December 01, 2022</b>				<b>Arrival</b>		
	<b>Start</b>		<b>Finish</b>	<b>Duration</b>	<b>Event</b>	<b>Location</b>		
<b>AE</b>	12:00	-	20:00	8:00	Arrival + Aerial Team Jump Shaping			
	18:00	-	18:30	0:30	Team Captains Meeting / Medical Briefing	Online		
		<b>Friday, December 02, 2022</b>				<b>TRAINING</b>		
	<b>Start</b>		<b>Finish</b>	<b>Duration</b>	<b>Event</b>	<b>Location</b>		
<b>AE</b>	13:00	-	13:15	0:15	Aerial Inspection and Speed Checks			
	13:15	-	13:20	0:05	Course Preparation			
	13:20	-	16:00	2:40	Aerial Training Session Group 1	CAN/KAZ/GER/SUI		
	16:00	-	16:15	0:15	Aerial Inspection and Speed Checks			
	16:15	-	16:20	0:05	Course Preparation			
	16:20	-	19:00	2:40	Aerial Training Session Group 2	AUS/UKR/USA		
		<b>Saturday, December 03, 2022</b>				<b>TRAINING</b>		
	<b>Start</b>		<b>Finish</b>	<b>Duration</b>	<b>Event</b>	<b>Location</b>		
<b>AE</b>	8:00	-	8:15	0:15	Aerial Inspection and Speed Checks			
	8:15	-	8:20	0:05	Course Preparation			
	8:20	-	11:00	2:40	Aerial Training Session Group 2	AUS/UKR/USA		
	11:00	-	11:15	0:15	Aerial Inspection and Speed Checks			
	11:15	-	11:20	0:05	Course Preparation			
	11:20	-	14:00	2:40	Aerial Training Session Group 1	CAN/KAZ/GER/SUI		
<b>TMC</b>	18:00	-	18:30	0:30	Aerial Draw	Online		
		<b>Sunday, December 04, 2022</b>				<b>AERIAL COMPETITION</b>		
	<b>Start</b>		<b>Finish</b>	<b>Duration</b>	<b>Event</b>	<b>Location</b>		
<b>AE</b>	9:00	-	9:10	0:10	Women's Inspection and Speed Checks			
	9:10	-	10:30	1:20	Women's Aerial Training			
	10:30	-	10:40	0:10	Course Preparation and Forerunners			
	10:40	-	11:30	0:50	<b>Women's Qualifications (Q1)(40)</b>			
	<b>Qual.</b>	11:30	-	11:35	0:05	Course Preparation		
		11:35	-	11:45	0:10	Men's Inspection and Speed Checks		
		11:45	-	13:15	1:30	Men's Aerial Training		
		13:15	-	13:25	0:10	Course Preparation and Forerunners		
	13:25	-	14:15	0:50	<b>Men's Qualifications (Q1)(40)</b>			
<b>BRK</b>	14:15	-	14:30	0:15	Break			
<b>AE</b>	14:30	-	14:40	0:10	Ladies and Men's Aerial Finalist Speed Checks			
	14:40	-	15:40	1:00	Women's and Men's Aerial Finalist Training			
	15:40	-	16:00	0:20	Course Preparation			
	16:00	-	16:18	0:18	<b>Women's Aerial Finals (F1) (12)</b>			
	<b>Final</b>	16:18	-	16:36	0:18	<b>Men's Aerial Finals (F1) (12)</b>		
		16:36	-	16:39	0:03	Break		
		16:39	-	16:49	0:10	<b>Women's Aerial Finals (F2) (6)</b>		
		16:49	-	17:00	0:11	<b>Men's Aerial Finals (F2) (6)</b>		
		17:00	-	17:05	0:05	International Flash Interview (winners) English		
		17:05	-	17:10	0:05	Women's Aerial Awards		
		17:10	-	17:15	0:05	Men's Aerial Awards		
	17:15	-	17:25	0:10	Media Interviews			