

Competition	FIS SKI CROSS WORLD CUP 2023	Place	Arosa (SUI)	Date	10.Dec 2022 - 13.Dec 2022
Team Captains' Meeting of	12-Dez.-2022	Participants	84	Women	26
				Men	58

Staff				Course		
FIS Technical Delegate	Philip GILANFARR	USA	Jury #4025	FIS Homolg. No.		by Jury
FIS Race Director	Klaus WALDNER	FIS	Jury #3113	Name of course	Innerarosa	
Referee	Christian CRETIER	FIS	Jury #4115	Elevation	Start	1900 m
Chief of Competition	Goran MANOJLOVIC	SUI	Jury		Finish	1840 m
Start Referee	Mirjam JAEGER	SUI			Vertical Drop	60 m
Technical Advisor	Dieter WALDSPURGER	SUI	#4079	Course	Length	470 m
Course Advisor	Bernhard GRAF	AUT			Width	20-40 m
Chief of Course	Urs ELMER	SUI	#4087		Angle	9.7 °
Course Builder	Martin RAAFLAUB	SUI			Number of Elements	21 x
Course Designer	Martin RAAFLAUB	SUI		Start Area	Length	16 m
Connection Coach	Peter STEMMER	GER			Width	8 m
Connection Athletes	Sandra NÄSLUND (SWE) / Simone DEROMEDIS (ITA)			Finish Area	Length	50 m
Course Testers	Noah LUBASCH, Baptiste RABOUD, Isabelle ZIPPERT, Gabriel STYNER, Sandro LOHNER, Nils RÖLLI (SUI)				Width	24 m

Course description

Out of the startgate - Bowl - Bowl - Step down - Step down - Bowl - Step down - Left negative turn with 3 rollers - Roller - Jump (Intermediate 1 in take off) - Right negative turn with one roller - Roller - Jump - Jump - Left turn - Jump - Double roller (ICR5611.2 line in first roller) - Finish line - Exit gate is on the right end of the finish corral

Weather Forecast

Tomorrow	clear	cloudy	foggy	rainy	snowy	windy
	stable conditions		variable conditions			
Air Temperature		AM -20 °C	PM -9 °C			
Next days	See seperate sheet					

Program	12-Dez.-2022	Duration	Start time	Finish time	
First run on lift for athletes			9:00		Time of circ. 10'
Jury Inspection, Course Setting		1:00	15:20	16:20	
Inspection Group 1		0:20	16:20	16:40	Admission until 16:35
Inspection Group 2		0:20	16:40	17:00	Admission until 16:55
Break / Course Prep.		0:10	17:00	17:10	
Training Group 1		0:20	17:10	17:30	RUNS: W 1 M 1 Start with door: yes
Training Group 2		0:20	17:30	17:50	RUNS: W 1 M 1 Start with door: yes
Break / Course Prep.		0:30	17:50	18:20	
Forerunner-Heat		0:10	18:20		Women: 26 Men: 58
Final Round (Best 58)		0:45	18:30	19:15	begin with: Eights Final begin with: Round of 64
64 - Men		0:30:00	18:30:00	19:00:00	Final Round of 64 (16 Heats) for Men
EF - Women		0:15:00	19:00:00	19:15:00	Eight Final Round (8 Heats) for Women
Break / Course Prep.		0:50:00	19:15	20:05	
Forerunner-Heat		0:10	20:05		Women: 16 Men: 32
Final Round (Best 32)		1:03	20:15	21:18	begin with: Quarter Final begin with: Eights Final
EF - Men		0:16:50	20:15:00	20:31:50	Eight Final Round (8 Heats) for Men
QF - Women		0:08:30	20:31:50	20:40:20	Quarter Final Round (4 Heats) for Women
QF - Men		0:08:30	20:40:20	20:48:50	Quarter Final Round (4 Heats) for Men
SF - Women		0:05:20	20:48:50	20:54:10	Semi Final Round (2 Heats) for Women
SF - Men		0:05:20	20:54:10	20:59:30	Semi Final Round (2 Heats) for Men
Break		0:02:30	20:59:30	21:02:00	
F - Women		0:08:40	21:02:00	21:10:40	Small Final and Big Final for Women + Winners celebration + Flash interview
F - Men		0:07:30	21:10:40	21:18:10	Small Final and Big Final for Men + Winners celebration
Break		0:04:00			Flash interview Men
Prizegiving and WC leader bib in finish area			21:22		

Comments

No Start Order in training runs / Training in heats allowed
 Trainings Group 1: AUS, AUT, BEL, CZE, GEO, GER, SUI, USA
 Trainings Group 2: CAN, CHI, FRA, GBR, ITA, JPN, NOR, POL, SWE
 Equipment transport to the start from 10:00 - 12:00