

AE

2023 FIS Freestyle Ski Europa Cup RUKA, FIN

FS

as of 5/12/22 - ARi

Thursday, December 08, 2022**Arrival**

	Start	Finish	Duration	Event	Location
AE	19:30	- 20:15	0:45	Aerial Team Captains Meeting	online
RO	17:00	- 19:00	2:00	Registration Race Office	

Friday, December 09, 2022

	Start	Finish	Duration	Event	Location
AE	9:30	- 10:30	1:00	Preparation Landing Hill (all coaches)	
	10:30	- 10:40	0:10	Women's and Men's Inspection and Speed Checks	
	10:40	- 10:50	0:10	Course Preparation	
	10:50	- 13:20	2:30	Women's and Men's Aerials Training (3 jumps each athlete)	
	13:20	- 13:30	0:10	Course Preparation	
	13:30	- 14:00	0:30	Women's Jump 1 (20)	
	14:00	- 14:45	0:45	Men's Jump 1 (30)	
	14:45	- 15:00	0:15	Course Preparation	
	15:00	- 15:30	0:30	Women's Jump 2 (20)	
	15:30	- 16:15	0:45	Men's Jump 2 (30)	
	16:15	- 16:30	0:15	Course Preparation	
	16:30	- 16:45	0:15	Final Women's 1 Jump (top 6)	
	16:45	- 17:00	0:15	Final Men's 1 Jump (top 6)	
	17:00	- 17:10	0:10	Women's Aerials Awards	
17:10	- 17:20	0:10	Men's Aerials Awards		
RO	9:00	- 18:00	9:00	Registration Race Office	
MTG	19:30	- 20:00	0:30	Aerial Team Captains Meeting Draw	

Saturday, December 10, 2022

	Start	Finish	Duration	Event	Location
AE	9:30	- 10:30	1:00	Preparation Landing Hill (all coaches)	
	10:30	- 10:40	0:10	Women's and Men's Inspection and Speed Checks	
	10:40	- 10:50	0:10	Course Preparation	
	10:50	- 13:20	2:30	Women's and Men's Aerials Training (3 jumps each athlete)	
	13:20	- 13:30	0:10	Course Preparation	
	13:30	- 14:00	0:30	Women's Jump 1 (20)	
	14:00	- 14:45	0:45	Men's Jump 1 (30)	
	14:45	- 15:00	0:15	Course Preparation	
	15:00	- 15:30	0:30	Women's Jump 2 (20)	
	15:30	- 16:15	0:45	Men's Jump 2 (30)	
	16:15	- 16:30	0:15	Course Preparation	
	16:30	- 16:45	0:15	Final Women's 1 Jump (top 6)	
	16:45	- 17:00	0:15	Final Men's 1 Jump (top 6)	
	17:00	- 17:10	0:10	Women's Aerials Awards	
17:10	- 17:20	0:10	Men's Aerials Awards		
RO	9:00	- 18:00	9:00	Registration Race Office	

Departure

Sunday, December 11, 2022