

AE		2025 FIS Freestyle Ski Europa Cup						FS
		RUKA (FIN)						
FIS 8557/8558/8559/8560							11/12/2024 KAR	
Tuesday, 10 December 2024								
						Arrival	Location	
	Start		Duration			Event		
RO	17:00	-	18:00	01:00		Registration Race Office, Ruka Village base floor	Ruka Village base	
MTG	18:00	-	19:00	01:00		Team Captains Meeting / Medical Briefing	Online	
Wednesday, 11 December 2024								
						PRACTICE	Location	
	Start		Finish	Duration		Event		
AE	10:00	-	10:30	00:30		Preparation Landing Hill (all coaches)		
	10:30	-	10:45	00:15		Women's and Men's Inspection and Speed Checks Group 1		
	10:45	-	11:00	00:15		Course Preparation		
	11:00	-	13:00	02:00		Women's and Men's Aerials Practice Group 1 (CAN/FIN)		
	13:00	-	13:15	00:15		Women's and Men's Inspection and Speed Checks Group 2		
	13:15	-	13:30	00:15		Course Preparation		
	13:30	-	15:30	02:00		Women's and Men's Aerials Practice Group 2 (SUI/AUS/CZE)		
RO	09:00	-	10:30	01:30		Registration Race Office	Ruka Village base	
Thursday, 12 December 2024								
						PRACTICE	Location	
	Start		Finish	Duration		Event		
AE	10:00	-	10:30	00:30		Preparation Landing Hill (all coaches)		
	10:30	-	10:45	00:15		Women's and Men's Inspection and Speed Checks Group 1		
	10:45	-	11:00	00:15		Course Preparation		
	11:00	-	13:00	02:00		Women's and Men's Aerials Practice Group 1 (UKR/USA/GER/JPN/CZE/FIN)		
	13:00	-	13:15	00:15		Women's and Men's Inspection and Speed Checks Group 2		
	13:15	-	13:30	00:15		Course Preparation		
	13:30	-	15:30	02:00		Women's and Men's Aerials Practice Group 2 (SUI/CAN) (22)		
MTG	19:30	-	20:00	00:30		Team Captains Meeting Aerials Draw	Online	
Friday, 13 December 2024								
						AERIAL COMPETITION	Location	
	Start		Finish	Duration		Event		
AE	09:00	-	09:45	00:45		Preparation Landing Hill (all coaches)		
	09:45	-	09:55	00:10		Women's Inspection and Speed Checks		
	09:55	-	10:05	00:10		Course Preparation		
	10:05	-	11:25	01:20		Women's Aerials Warmup (4 jumps each athlete)		
	11:25	-	11:30	00:05		Course Preparation		
	11:30	-	11:55	00:25		Women's Qualification (Q1) (21)		
	11:55	-	12:20	00:25		Women's Qualification (Q2) (21)		
	12:20	-	12:25	00:05		Course Preparation		
	12:25	-	12:40	00:15		Final Women's Final (F) (top 6)		
	12:40	-	12:50	00:10		Men's Inspection and Speed Checks		
	12:50	-	13:00	00:10		Course Preparation		
	13:00	-	15:00	02:00		Men's Aerials Warmup (4 jumps each athlete)		
	15:00	-	15:05	00:05		Course Preparation		
	15:05	-	15:45	00:40		Men's Qualification (Q1) (30)		
	15:45	-	16:25	00:40		Men's Qualification (Q2) (30)		
	16:25	-	16:30	00:05		Course Preparation		
16:30	-	16:45	00:15		Final Men's Final (F) (top 6)			
16:55	-	17:05	00:10		Women's Aerials Awards			
17:05	-	17:15	00:10		Men's Aerials Awards			
MTG	19:30	-	20:00	00:30		Team Captains Meeting Aerials Draw /AES	Online	
Saturday, 14 December 2024								
						AERIAL COMPETITION	Location	
	Start		Finish	Duration		Event		
AE/AES	09:00	-	09:45	00:45		Preparation Landing Hill (all coaches)		
	09:45	-	09:55	00:10		Women's Inspection and Speed Checks		
	09:55	-	10:05	00:10		Course Preparation		
	10:05	-	11:05	01:00		Women's Aerials Warmup (3 jumps each athlete)		
	11:05	-	11:10	00:05		Course Preparation		
	11:10	-	11:40	00:30		Women's Final (F)(21)		
	11:40	-	11:50	00:10		Men's Inspection and Speed Checks		
	11:50	-	12:00	00:10		Course Preparation		
	12:00	-	13:30	01:30		Men's Aerials Warmup (3 jumps each athlete)		
	13:30	-	13:35	00:05		Course Preparation		
	13:35	-	14:20	00:45		Men's Final (F) (30)		
	14:20	-	14:30	00:10		Speed Checks Synchro		
	14:30	-	14:40	00:10		Course Preparation		
	14:40	-	15:15	00:35		Synchro Warmup Women's/Men's (2 Jumps each pair)		
	15:15	-	15:20	00:05		Course Preparation		
	15:20	-	15:35	00:15		Synchro Women's 1 Jump (5)		
	15:35	-	16:00	00:25		Synchro Men's 1 Jump (10)		
16:20	-	16:50	00:30		Awards all competitors			
Departure	Sunday, 15 December 2024							