

AE		2026 FIS FREESTYLE SKI NORAM CUP LAKE PLACID/ORDA - USA				FS	
							as of 2/01/2026 - KXR
Thursday, February 05, 2026				PRACTICE 1			
	Start	Finish	Duration	Event		Teams	
AE	9:15	- 10:00	0:45	Group 1 Chop and Hill Prep			
	10:00	- 10:15	0:15	Speed Check			
	10:15	- 12:15	2:00	Aerial Practice Session Group 1		USA	
	12:15	- 12:30	0:15	Group 2 Chop and Hill Prep			
	12:30	- 12:45	0:15	Speed Check			
	12:45	- 14:45	2:00	Aerial Practice Session Group 2		CAN	
Friday, February 06, 2026				PRACTICE 2			
	Start	Finish	Duration	Event		Teams	
AE	9:15	- 10:00	0:45	Group 1 Chop and Hill Prep			
	10:00	- 10:15	0:15	Speed Check			
	10:15	- 12:15	2:00	Aerial Practice Session Group 2		CAN	
	12:15	- 12:30	0:15	Group 2 Chop and Hill Prep			
	12:30	- 12:45	0:15	Speed Check			
	12:45	- 14:45	2:00	Aerial Practice Session Group 1		USA	
MTG	17:00	- 17:30	0:30	Aerial Draw		Online	
Saturday, February 7, 2026				COMPETITION 1			
	Start	Finish	Duration	Event		Location	
AE Quali	9:00	- 9:30	0:30	Men's Chop and Course Prep			
	9:30	- 9:45	0:15	Men's Speed Checks			
	9:45	- 10:45	1:00	Men's Qualification Warm Up - Max 4 Jumps			
	10:45	- 11:00	0:15	Course Prep			
	11:00	- 11:30	0:30	Men's Aerial Qualifications (Q1) (23)			
	11:30	- 12:00	0:30	Men's Aerial Qualifications (Q2) (23)			
	12:00	- 12:10	0:10	Course Prep			
	12:10	- 12:20	0:10	Men's Aerial Finals (F1) (6)			
BRK	12:20	- 12:25	0:05	Break			
AE Final	12:25	- 12:55	0:30	Women's Chop and Course Prep			
	12:55	- 13:10	0:15	Women's Speed Checks			
	13:10	- 14:10	1:00	Women's Qualification Warm Up - Max 4 Jumps			
	14:10	- 14:25	0:15	Course Prep			
	14:25	- 14:50	0:25	Women's Aerial Qualifications (Q1) (16)			
	14:50	- 15:15	0:25	Women's Aerial Qualifications (Q2) (16)			
	15:15	- 15:25	0:10	Course Prep			
	15:25	- 15:35	0:10	Women's Aerial Finals (F1) (6)			
AWDS	15:40	- 15:55	0:15	AWARDS			
MTG	16:30	- 17:00	0:30	Aerial Draw		Online	
Sunday, February 8, 2026				COMPETITION 2			
	Start	Finish	Duration	Event		Location	
AE Quali	9:00	- 9:30	0:30	Women's Chop and Course Prep			
	9:30	- 9:45	0:15	Women's Speed Checks			
	9:45	- 10:45	1:00	Women's Qualification Warm Up - Max 4 Jumps			
	10:45	- 11:00	0:15	Course Prep			
	11:00	- 11:25	0:25	Women's Aerial Qualifications (Q1) (16)			
	11:25	- 11:50	0:25	Women's Aerial Qualifications (Q2) (16)			
	11:50	- 12:00	0:10	Course Prep			
	12:00	- 12:10	0:10	Women's Aerial Finals (F1) (6)			
BRK	12:10	- 12:15	0:05	Break			
AE Final	12:15	- 12:45	0:30	Men's Chop and Course Prep			
	12:45	- 13:00	0:15	Men's Speed Checks			
	13:00	- 14:00	1:00	Men's Qualification Warm Up - Max 4 Jumps			
	14:00	- 14:15	0:15	Course Prep			
	14:15	- 14:45	0:30	Men's Aerial Qualifications (Q1) (23)			
	14:45	- 15:15	0:30	Men's Aerial Qualifications (Q2) (23)			
	15:15	- 15:25	0:10	Course Prep			
	15:25	- 15:35	0:10	Men's Aerial Finals (F1) (6)			
AWDS	15:40	- 15:55	0:15	AWARDS			
Departure		Monday, February 09, 2026					