



# TIME TABLE – FIS CROSS-COUNTRY SPRINT C

Monday 16<sup>th</sup> December 2024

**This is preliminary schedule and will be confirmed in each TCM**

10:00 – 13:00      Official Training C on the sprint course

18:00                TCM Sprint C



# TIME TABLE – FIS CROSS-COUNTRY SPRINT F (PRELIMINARY)

Tuesday 17<sup>th</sup> December 2024

08:30 - 15:00	Race office open - Bib distribution
08:00 – 09:25	Test course open for ski technicians
09:00 – 09:55	Race course open for warming up
<b>10:00 –</b>	<b>Qualification Sit Ski w/m – Standing w/m – VI w/m (20 seconds Start interval) – 1 lap</b>
11:20 – 11:50	Race course open only for qualified athletes, and service staff.
11:30	Bib handout – Race office
<b>12:00 –</b>	<b>Finals Sit Ski w/m – Standing w/m – VI w/m – 1 Lap</b>
<b>19:00</b>	<b>Award ceremony at the hotel</b>



# TIME TABLE – FIS CROSS-COUNTRY SPRINT F

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**Wednesday 18<sup>th</sup> December 2024**

**09:30 – 14:00**            Official Training F on the 2,5 km courses Sitting and standing/VI

**18:00**                      TCM Individual F



# TIME TABLE – FIS CROSS-COUNTRY 10 KM F - INDIVIDUAL

Thursday , 19<sup>th</sup> of January

08:00 - 15:00	Bib distribution – Race office open
08:30 – 09:55	Test course open for ski testing and training
09:00 – 09:55	Race course open for training and warming up
<b>10:00</b>	<b>CC Men’s Sitting 10 Km (4 x 2,5 km sit ski course)</b> <b>CC Women’s Sitting 10 Km (4 x 2,5 km sit ski course)</b>
10:35	Course open for warming up
<b>11:30</b>	<b>CC Men’s Standing 10 Km F (4 x 2,5 km standing course)</b> <b>CC Women’s Standing 10 Km F (4 x 2,5 km standing course)</b>
12:30	Course open for warming up
<b>13:00</b>	<b>CC Men’s VI 10 Km F (4 x 2,5 km standing course)</b> <b>CC Women’s VI 10 Km F (4 x 2,5 km standing course)</b>
<b>18:00</b>	<b>TCM Para Mass start</b>
<b>19:00</b>	<b>Award ceremony at the hotel</b>



# TIME TABLE – FIS CC 10 KM F – PARA MASS START

Friday, 20<sup>th</sup> of January

08:00 - 14:30	Bib distribution – Race office open
08:30 - 09:50	Test course open official ski testing and training
08:30 - 09:50	Race course open for training and warming up
<b>10:00</b>	<b>CC – Men’s sitting 10 Km (4 x 2,5 km)</b> <b>CC – Women’s sitting 10 km (4 x 2,5 km)</b>
10:40 – 12:05	Course open for training
<b>11:15</b>	<b>CC – Men’s standing 10 km F (4 x 2,5 km)</b> <b>CC – Women’s standing 10 km F (4 x 2,5 km)</b>
11:45 – 12:25	Course open for training
<b>12:30</b>	<b>CC – Men’s VI 10 km F (4 x 2,5 km)</b> <b>CC – Women’s VI 10 km F (4 x 2,5 km)</b>
<b>19:00</b>	<b>Award ceremony at the hotel</b>