



TIME TABLE – FIS CROSS-COUNTRY SPRINT F

Monday 16th 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 17th 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
10:00 –	Qualification Sit Ski w/m – Standing w/m – VI w/m (20 seconds Start interval) – 1 lap
11:20 – 11:50	Race course open only for qualified athletes, and service staff.
11:30	Bib handout – Race office
12:00 –	Finals Sit Ski w/m – Standing w/m – VI w/m – 1 Lap
19:00	Award ceremony at the hotel



TIME TABLE – FIS CROSS-COUNTRY SPRINT F

Wednesday 18th 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 , 19th 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
10:00	CC Men's Sitting 10 Km (4 x 2,5 km sit ski course) CC Women's Sitting 10 Km (4 x 2,5 km sit ski course)
10:35	Course open for warming up
11:30	CC Men's Standing 10 Km F (4 x 2,5 km standing course) CC Women's Standing 10 Km F (4 x 2,5 km standing course)
12:30	Course open for warming up
13:00	CC Men's VI 10 Km F (4 x 2,5 km standing course) CC Women's VI 10 Km F (4 x 2,5 km standing course)
18:00	TCM Para Mass start
19:00	Award ceremony at the hotel



TIME TABLE – FIS CC 10 KM C/F – PARA MASS START

Friday, 20th 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
10:00	CC – Men’s sitting 10 Km (4 x 2,5 km) CC – Women’s sitting 10 km (4 x 2,5 km)
10:40 – 12:05	Course open for training
11:15	CC – Men’s standing 10 km F (4 x 2,5 km) CC – Women’s standing 10 km F (4 x 2,5 km)
11:45 – 12:25	Course open for training
12:30	CC – Men’s VI 10 km F (4 x 2,5 km) CC – Women’s VI 10 km F (4 x 2,5 km)
19:00	Award ceremony at the hotel