

FIS NORDIC WORLD SKI CHAMPIONSHIPS OSLO 2011



PROPOSED TRAINING & COMPETITION PROGRAMME v3

TIMES IN CET

	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00									
Sat 19 Feb	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45									
CC tr	CC & NC - general Cross-Country training																			
Sun 20 Feb																				
CC tr	CC & NC - general Cross-Country training																			
Mon 21 Feb																				
CC tr	CC & NC - general Cross-Country training																			
Tue 22 Feb																				
CC tr	CC - general Cross-Country training				Off. training Qual 5/10 km		CC - general Cross-Country training			TCM Qual										
NC tr	CC - training																			
SJ tr	SJL training																			
Wed 23 Feb																				
CC tr	CC - general training				CC Qual 5/10k L&M (CL)		Off. training sprint L/M			TCM Sprint										
NC tr	NC - training HS 106																			
SJ tr	SJL training																			
Thu 24 Feb																				
CC tr	CC - general training (outside sprint course)				CC Sprint L&M Qual (FR)		CC Sprint L&M Final (FR)			VC 1										
NC tr	NC - training HS 106																			
SJ tr	SJL training																			
Fri 25 Feb																				
CC tr	Off. training Pursuit W				SJ HS 106 Trial Men		SJ HS 106 Trial Ladies		SJ HS 106 Individual Ladies			VC 2								
NC tr	NC - training HS 106																			
SJ tr	SJL training																			
Sat 26 Feb																				
CC tr	NC HS 106 Individual Trial		NC HS 106 Individual		CC 15 km Pursuit Women		NC 10k Indivd		SJ HS 106 Trial Men		SJ HS 106 Individual Men		* VC 3							
NC tr	Off. training Pursuit M																			
SJ tr	TCM 30km M																			
Sun 27 Feb																				
CC tr	Course open				CC 30 km Pursuit Men		SJ HS 106 Trial Men		SJ HS 106 Team Men			* VC 4								
NC tr	Off. training 10km L																			
SJ tr	TCM 10km L																			
Mon 28 Feb																				
CC tr	Off. training 15km M				NC Team HS 106 Trial		NC Team HS 106		CC 10 km Indivd Ladies (CL)		NC Team 4x5 km			VC 5						
NC tr	Off. training 10km L																			
SJ tr	TCM 15km M																			
Tue 1 Mar																				
CC tr	Course open				CC 15 km Indivd Men (CL)		SJ training HS 134			VC 6										
NC tr	NC - training HS 134																			
SJ tr	SJL training																			
Wed 2 Mar																				
CC tr	CC - general training (outside sprint course)				NC HS 134 Individual Trial		NC HS 134 Individual		CC Team sprint Qual L&M (CL)		CC Team sprint L&M Finals (CL)		NC 10k Indivd		SJ HS 134 Men Trial		SJ HS 134 Men Qualification		VC 7	
NC tr	Off. training Relay M																			
SJ tr	TCM Relay L																			
Thu 3 Mar																				
CC tr	CC - general training (outside relay course)				CC Relay 4x5 km Ladies		SJ HS 134 Men Trial			SJ HS 134 Men Individual			* VC 8							
NC tr	Off. training Relay M																			
SJ tr	TCM Relay M																			
Fri 4 Mar																				
CC tr	CC - general training (outside relay course)				NC Team HS 134 Trial		NC Team HS 134		CC Relay 4x10 km Men		NC Team 4 x 5 km			VC 9						
NC tr	Off. training Relay M																			
SJ tr	TCM 30km L																			
Sat 5 Mar																				
CC tr	Course open				CC 30 km Mst Ladies (FR)		SJ HS 134 Men Team Trial		SJ HS 134 M Team Youth CC Relay			* VC 10								
NC tr	CC - general training (outside youth cours																			
SJ tr	TCM 50km M																			
Sun 6 Mar																				
CC tr	Course open				CC 50 km Mst Men (FR)		VC 11 & Closing													

All times include flower ceremony

* Separate ticket will be sold to SJ competition

- Ceremonies
- Cross Country
- Ski Jumping
- Nordic Combined