

COMPETITION PROGRAM

(ALL TIMES LOCAL)

WORLD CUP, week 1: 25.-29.11.2020

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| WED 25.11. | 13:00-16:00 | ARRIVAL Ski Training |
| THU 26.11. | 09:30 | Team Captains' meeting, Hotel Kimmel Joensuu |
| | 11:00-17:15 | Course open |
| | 12:00-14:00 | Training, Men |
| | 15:00-17:00 | Training, Women |
| FRI 27.11. | 11:00-17:15 | Course open |
| | 12:00-14:00 | Official Training, Men |
| | 15:00-17:00 | Official Training, Women |
| | 17:15 | Entries DEADLINE |
| SAT 28.11. | 09:00-18:30 | Course open |
| | 11:00-11:50 | Zeroing Men |
| | 12:00- | Individual, Men 20 km |
| | 14:20-15:10 | Zeroing Women |
| | 15:20- | Individual, Women 15 km |
| | 17:15-18:30 | Add. Training: Mixed Training for non-competing athletes |
| | 17:45 | Entries DEADLINE |
| SUN 29.11. | 08:30-17:30 | Course open |
| | 10:30-11:20 | Zeroing Men |
| | 11:30- | Sprint, Men 10 km |
| | 13:40-14:30 | Zeroing Women |
| | 14:40- | Sprint, Women 7,5 km |
| | 16:15-17:30 | Add. Training: Mixed Training for non-competing athletes |

NOTE! Please inform Competition Office how many athletes will be training in additional trainings.

WORLD CUP, week 2: 30.11.-6.12.2020

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| MON 30.11. | Stadium CLOSED | |
| TUE 1.12. | 13:00-19:15 | Course open |
| | 14:00-16:00 | Training, Men |
| | 17:00-19:00 | Training, Women |
| WED 2.12. | 13:00-19:15 | Course open |
| | 14:00-16:00 | Official Training, Men |
| | 17:00-19:00 | Official Training, Women |
| | 19:15 | Entries DEADLINE |
| THU 3.12. | 10:30-19:15 | Course open |
| | 10:30-11:45 | Add. Training: Mixed Training for non-competing athletes |
| | 13:30-14:20 | Zeroing Men |
| | 14:30- | Sprint, Men 10 km |
| | 16:30-17:20 | Zeroing Women |
| | 17:30- | Sprint, Women 7,5 km |
| FRI 4.12. | 12:30-18:30 | Course open |
| | 13:30-15:30 | Training, Men |
| | 16:00-18:00 | Training, Women |
| | 18:30 | Entries DEADLINE |
| SAT 5.12. | 10:30-18:00 | Course open |
| | 10:30-11:45 | Add. Training: Mixed Training for non-competing athletes |
| | 13:35-14:05 | Zeroing Men |
| | 14:20- | Pursuit, Men 12,5 km |
| | 15:30-16:00 | Zeroing Women |
| | 16:15- | Relay, Women 4 x 6 km |
| | 18:00 | Entries DEADLINE |
| SUN 6.12. | 10:45-17:30 | Course open |
| | 13:00-13:30 | Zeroing Men |
| | 13:45- | Relay, Men 4 x 7,5 km |
| | 15:30-16:00 | Zeroing Women |
| | 16:15- | Pursuit, Women 10 km |

NOTE! Please inform Competition Office how many athletes will be training in additional trainings.