

Event Program

Detailed competition schedule

Time	Discipline	Race format	Arena
Tue.25			
12:30 - 14:30	CC	Official training Qualification race	CC-arena
17:30 - 19:00	CC	TCM Qualification race/Info meeting CC	Scandic Lerkendal
19:00 - 20:00	NC	Info meeting women NH	Scandic Lerkendal
20:00 - 21:00	SJ	Info meeting women NH	Scandic Lerkendal
Wed.26			
10:00 - 12:00	CC	Official training Sprint	CC-arena
10:00 - 12:00	NC	Official training_1 women NH (x3)	SJ-arena - NH
13:30 - 14:20	CC	Qualification race 7,5 km classic - women	CC-arena
14:00 - 15:50	SJ	Official training_1 women NH (x3)	SJ-arena - NH
15:30 - 16:40	CC	Qualification race 7,5 km classic - men	CC-arena
16:00 - 16:15	SJ	TCM - Women	Granåsen
17:30 - 18:30	NC	Official training 5 km mass start	CC-arena
18:00 - 19:00	CC	TCM Sprint	Granåsen
19:00 - 19:30	NC	Info meeting men NH	Scandic
19:30 - 19:45	NC	TCM - Mass start 5 km	Scandic Lerkendal
Thu. 27			
10:00 - 11:15	CC	Sprint qualification free - women/men	CC-arena
10:00 - 12:00	NC	Official training (x3)	SJ-arena NH
12:30 - 14:15	CC	Sprint finals free - women/men	CC-arena
15:00 - 15:20	NC	Mass start 5 km - women	CC-arena
16:00 - 17:00	NC	Official training Mixed team	CC-arena
16:15	NC	Trial round individual NH women	SJ-arena NH
17:00 - 18:05	NC	Competition individual NH women	SJ-arena NH
20:00 - 20:30	NC	TCM - Mixed team	Scandic Lerkendal
19:30 - 20:10	SJ	Trial round individual NH women	SJ-arena NH
20:30 - 21:30	SJ	Qualification individual NH women	SJ-arena NH
Fri. 28			
11:00 - 11:30	SJ	Info meeting men NH	Scandic Lerkendal
11:00 - 11:40	NC	Trial round mixed team NH	SJ-arena NH
11:30 - 13:30	CC	Training Skiathlon	CC-arena
12:00 - 12:50	NC	Competition mixed team NH (w m m w)	SJ-arena NH
13:00 - 13:40	SJ	Trial round individual NH women	SJ-arena NH
14:00 - 15:45	SJ	Competition individual NH women	SJ-arena NH
14:30 - 15:30	NC	Official training Compact men	CC-arena
16:15 - 16:30	SJ	TCM Team Women NH	Granåsen
16:05 - 16:50	NC	Mixed team Cross-Country - 5, 2.5, 2.5, 5 km	CC-arena
17:00 - 20:00	SJ	Official training men_1 (x3)	SJ-arena NH
17:30 - 17:45	NC	TCM - Compact men	Granåsen
18:00 - 19:00	CC	TCM Skiathlon men	Granåsen
20:30 - 20:45	SJ	TCM Individual men NH	Granåsen

Sat. 1			
11:00	NC	Trial round NC individual NH men	SJ-arena NH
12:00 - 12:50	NC	Competition individual NH men	SJ-arena NH
14:00 - 15:00	CC	Skiathlon 20 km (10 + 10) C/F - men	CC-arena
16:00 - 16:30	NC	Compact 7,5 km men	CC-arena
16:00 – 16:40	SJ	Trial team NH women	SJ-arena NH
16:45 – 17:00	NC	TCM - Gundersen women	Granåsen
17:00 - 18:45	SJ	Competition team NH women	SJ-arena NH
17:00 – 19:00	NC	Official training Gundersen women	CC-arena
18:00 - 19:00	CC	TCM Skiathlon women	Granåsen
19:15	SJ	Trial round individual NH men	SJ-arena NH
20:30 - 21:30	SJ	Qualification individual NH men	SJ-arena NH
Sun. 2			
11:00	NC	Trial round NC individual NH women	SJ-arena NH
12:00 - 12:30	NC	Competition individual NH women	SJ-arena NH
14:00 – 15:00	CC	Skiathlon 20 km (10 + 10) C/F - women	CC-arena
16:00 - 16:30	NC	Gundersen 5 km women	CC-arena
16:00	SJ	Trial round individual NH men	SJ-arena NH
17:00 - 18:45	SJ	Competition individual NH men	SJ-arena NH
Mon. 3			
10:00 - 12:00	CC	Training 10 km/Team sprint	CC-arena
14:00 - 15:30	PCC	Official training Sprint	CC-arena
18:00 - 19:00	CC/PCC	TCM Para Sprint/TCM 10 km	Granåsen
19:00 - 19:30	NC	Info meeting men	Scandic Lerkendal
Tue. 4			
08:30 - 08:50	SJ	Info meeting women LH	Scandic Lerkendal
09:00 - 09:20	SJ	Info meeting men LH	Scandic Lerkendal
10:00 - 11:00	PCC	Qualification Para Sprint classic - women/men	CC-arena
10:00 - 11:15	NC	Official Training_1 (2x)	SJ-arena LH
13:00 - 14:30	CC	Individual 10 km classic – men	CC-arena
13:30 - 16:00	SJ	Official Training_1 (3x) women	SJ-arena LH
15:30 - 17:00	CC	Individual 10 km classic – women	CC-arena
17:00 - 19:30	SJ	Official Training_1 (3x) men	SJ-arena LH
18:00 - 19:00	CC	TCM - Team Sprint/Para Finals	Granåsen
20:00 - 20:30	SJ	TCM Mixed team	Granåsen
Wed. 5			
08:45 - 09:45	PCC	Semifinals Para Sprint Classic - women/men	CC-arena
11:00 - 12:00	CC	Qualification team sprint classic - women/men	CC-arena
11:00 - 12:30	NC	Official Training_1 (2x) men	SJ-arena LH
12:20 - 13:00	PCC	Finals Para Sprint Classic - women/men	CC-arena
13:00 – 13:15	NC	TCM - Team men	Granåsen
14:30 - 15:30	CC	Finals Team Sprint classic - women/men	CC-arena
15:00 – 15:50	SJ	Trial Mixed team LH	SJ-arena LH
16:00 - 17:45	SJ	Competition Mixed team LH	SJ-arena LH
17:00 - 19:00	CC	Training Relay	CC-arena
17:00 - 19:00	NC	Official Training Team men	CC-arena
18:30 - 18:50	SJ	TCM - Ind. Women	Granåsen

19:00 - 19:30	SJ	TCM - Team men and Individual men	Granåsen
19:30 - 20:00	CC	TCM Relay men	Granåsen
Thu. 6			
10:00	NC	Trial round NC Team LH - men	SJ-arena
11:00 - 11:50	NC	Competition Team LH - men	SJ-arena LH
12:30 - 14:00	CC	Relay 4x7,5 km C/F - men	CC-arena
15:00 - 15:50	NC	Team men - 4 x 5 km	CC-arena
15:20	SJ	Trial round Team LH men	SJ-arena LH
16:20 - 18:10	SJ	Competition Team LH men	SJ-arena LH
18:00 - 19:00	CC	TCM Relay women	Granåsen
19:30 - 20:00	SJ	Official training_2 (x1) / Trial round ind. LH women	SJ-arena LH
20:30 - 21:30	SJ	Qualification individual LH women	SJ-arena LH
Fri. 7			
09:30 - 10:30	NC	Official training_1 (x2) men	SJ-arena LH
11:00 - 12:00	SJ	Official training_2 (x1) / Trial Individual LH - men	SJ-arena LH
12:15 - 13:15	SJ	Qualification Individual LH - men	SJ-arena LH
14:00 - 15:30	CC	Relay 4x7,5 km C/F - women	CC-arena
15:15	SJ	Trial Individual LH - women	SJ-arena LH
16:15 - 18:10	SJ	Competition Individual LH - women	SJ-arena LH
17:30 - 19:30	CC	Training 50 km	CC-arena
17:30 - 19:00	NC	Official training Gundersen men	CC-arena
19:00 - 19:30	NC	TCM Individual Gundersen LH men	Granåsen
20:00 - 21:00	CC	TCM 50 km men	Granåsen
Sat. 8			
08:30	NC	Trial round NC Individual LH - men	SJ-arena LH
09:30 - 10:30	NC	Competition Individual LH - men	SJ-arena LH
11:30 - 14:00	CC	Mass start 50 km free - men	CC-arena
14:30 - 15:00	NC	Gundersen men - 10 km	CC-arena
14:45	SJ	Trial round Individual LH men	SJ-arena LH
15:45 - 17:45	SJ	Competition Individual LH men	SJ-arena LH
18:00 - 19:00	CC	TCM 50 km women	Granåsen
Sun. 9			
11:30 - 14:10	CC	Mass start 50 km free - women	CC-arena