

KNYKEN SKISENTER, NORWAY 27.02 – 06.03.2016 SKI JUMPING AND NORDIC COMBINED

Day	Time	Programme
Saturday 27.2	All day	Arrival at Knyken Skisenter
	12:30 - 13:30	Lunch at Knyken Skisenter
	14 - 18	Free training (HS -23, HS – 33, HS – 55, HS – 75)
	All day	Cross-country tracks open
	17:30 - 18:30	Dinner at Knyken Skisenter
Sunday 28.2	All day	Arrival at Knyken Skisenter
	12:30 - 13:30	Lunch at Knyken Skisenter
	14 - 18	Free training (HS -23, HS – 33, HS – 55, HS – 75)
	All day	Cross-country tracks open
	17:30 - 18:30	Dinner at Knyken Skisenter
Monday 29.2	All day	Arrival at Knyken Skisenter
	Free training:	
	09:30 - 11:00	Group A
	11:00 - 12:30	Group B
	12:30 - 13:30	Lunch at Knyken Skisenter
	14:00 - 15:30	Group A
	15:30 - 17:00	Group B
	17:30 - 18:30	Dinner at Knyken Skisenter
	All day	Cross-country tracks open
Tuesday 1.3	Free training:	
	09:30 - 11:00	Group A
	11:00 - 12:30	Group B
	12:30 - 13:30	Lunch at Knyken Skisenter
	14:00 - 15:30	Group A
	15:30 - 17:00	Group B
	10:00 - 16:00	Cross-country tracks open
	16:30	Team leaders meeting, Knyken Skisenter
	17:30 - 18:15	Dinner at Knyken Skisenter
	19:00	Official opening ceremony, 1000 års stedet at Fannrem
21:00	Welcome party, Knyken Skisenter (free entry)	
Wednesday 2.3	10:00	Competition HS – 55 (55-59, 50-54, 45-49, 40-44, 35-39, 30-34) NC + SJ
	12:30 - 13:30	Lunch at Knyken Skisenter
	14:00	Competition HS – 55 (75-, 70-74, 65-69, 60-64) SJ
	16:00	NC cross-country (30.....59)
	17:30	Team leaders meeting, Knyken Skisenter
	18:00	Price giving ceremony at Knyken skisenter
	18:30 - 19:30	Dinner at Knyken Skisenter
Afterwards	After ski at Knyken Skisenter	

Day	Time	Programme
Thursday 3.3	10:00	Competition HS – 33 (75-, 70-74, 65-69, 60-64) NC + SJ
	11:30 - 12:30	Lunch at Knyken Skisenter
	13:00	Competition HS – 33 (55-59, 50-54, 45-49, 40-44, 35-39, 30-34) SJ
	16:00	NC cross-country (60.....75-)
	17:30	Team leaders meeting, Knyken Skisenter
	18:00	Price giving ceremony at Knyken skisenter
	18:30 - 19:30	Dinner at Knyken Skisenter
	Afterwards	After ski at Knyken Skisenter
Friday 4.3	10:00	Competition HS – 23 (50-, 30-49) SJ
	12:30 - 13:30	Lunch at Knyken Skisenter
	14:00	Competition HS – 75 (70-75, 65-69, 60-64, 55-59, 50-54, 45-49, 40-44, 30-34) SJ
	17:30	Team leaders meeting, Knyken Skisenter
	18:00	Price giving ceremony at Knyken skisenter
	18:45	Official IMC meeting, Knyken skisenter
	19:45 - 20:45	Dinner at Knyken Skisenter
	Afterwards	After ski at Knyken Skisenter
Saturday 5.3	11:00	Competition HS – 75, team event, SJ
	12:30 - 13:30	Lunch at Knyken Skisenter
	14:00	NC cross-country team competition
	15:00	Price giving ceremony at Knyken skisenter
	20:00 - ????	Celebratory banquet: Dinner, music etc – at Knyken skisenter
Sunday 6.3	All day	DEPARTURE

Breakfast every day at Knyken Skisenter: 08:00 - 09:00 (8 euro)

Lunch: (10 euro)

Dinner: (15 euro)

Celebratory banquet: (35 euro)