



Schedule of events 15.-19.2.2023

week	daytime	venue	sport	event
Wednesday	09:00-17:00	Laajavuori race tracks	XC, NC	All the courses open
Thursday	09:00-12:00	Laajavuori race tracks	XC, NC	All the courses open for Classic and Free technique
Thursday	12:00-14:00	Laajavuori race tracks	XC	Official training 1.3 km Sprint course
Thursday	12:00-17:00	Laajavuori race tracks	XC	3 km/5 km courses open without stadium and sprint course for Classic and Free
Thursday	16:00-18:00	Laajavuori jumping hills	SJ, NC	Free training HS68 and HS108
Thursday	18:00-18:30	Scandic Laajavuori/meeting room	SJ, NC	Team Captains' Meeting
Thursday	18:45-19:30	Laajavuori jumping hills	SJ, NC	NC PCR HS68 and HS108
Thursday	19:00-20:00	Scandic Laajavuori	XC	Team Captains' Meeting
Friday	08:00-14:20	Laajavuori race tracks	XC	3 km/5 km courses open without stadium and sprint course for Classic and Free
Friday	08:00-09:50	Laajavuori race tracks	XC	Official training 1.3 km Sprint course
Friday	10:00-11:00	Laajavuori race tracks	XC	Sprint qualification (classic)
Friday	10:00-10:30	Laajavuori jumping hills	NC	Individual Ski Jumping HS68 (W)
Friday	10:30-11:00	Laajavuori jumping hills	NC	Individual Ski Jumping HS108 (M)
Friday	11:10-11:50	Laajavuori race tracks	XC	Official training 1.3 km Sprint course for qualified athletes
Friday	11:00-12:00	Laajavuori jumping hills	SJ	Individual Ski Jumping HS68 (W)
Friday	11:00-15:00	Ski Stadium / Matti Nykänen SJ Cafe		Lunch served
Friday	12:00-13:00	Laajavuori jumping hills	SJ	Individual Ski Jumping HS108 (M)
Friday		Ski Jumping Cafe	SJ	The Victory Ceremony after the races
Friday	12:00-14:00	Laajavuori race tracks	XC	Sprint finals (classic)
Friday	14:30-15:00	Laajavuori Ski Stadium	XC	Victory ceremony (sprint)
Friday	14:30-15:30	Laajavuori race tracks	NC	NC Gundersen 5 km (W) and 7,5 km (M)
Friday		Laajavuori Ski Stadium	NC	The Victory Ceremony after the races
Friday	16:00-16:30	Scandic Laajavuori/meeting room	XC	Team Captains' Meeting
Friday	17:00-18:30	Scandic Laajavuori/restaurant		Dinner served

Saturday 08:00-09:50	Laajavuori race tracks	XC	Official training 5 km/10 km (free) 5 km course
Saturday 10:00-10:30	Laajavuori jumping hills	NC	NC Team HS68 (W)
Saturday 10:30-11:00	Laajavuori jumping hills	NC	NC Team HS108 (M)
Saturday 10:00-12:00	Laajavuori race tracks	XC	Free 5 km (W) and 10 km (M)
Saturday 11:00-11:45	Laajavuori jumping hills	SJ	SJ Team HS68 (W)
Saturday 11:45-12:30	Laajavuori jumping hills	SJ	SJ Team HS 108 (M)
Saturday 11:00-15:00	Ski Stadium / Matti Nykänen SJ Cafe		Lunch served
Saturday 12:00-12:30	Laajavuori Ski Stadium	XC	Victory ceremony (free 5 km and 10 km)
Saturday 12:30-14:00	Laajavuori race tracks	XC	FIS-race
Saturday 13:00-14:00	Laajavuori jumping hills	SJ	SJ Mixed team HS68
Saturday	Ski Jumping Cafe	SJ	The Victory Ceremony after the races
Saturday 14:15-15:00	Laajavuori race tracks	NC	NC Gundersen 2 x 1 km x 3 (W) and 2 x 1 km x 5 (M)
Saturday	Laajavuori Ski Stadium	NC	The Victory Ceremony after the races
Saturday 15:15-17:15	Laajavuori race tracks	XC	FIS-race continues
Saturday 16:00-16:30	Scandic Laajavuori/meeting room	XC	Team Captains' Meeting
Saturday 17:00-18:30	Scandic Laajavuori/restaurant		Dinner served
Sunday 08:00-09:55	Laajavuori race tracks	XC	Official training relay 3 km/5 km course
Sunday 10:00-12:00	Laajavuori race tracks	XC	Relays (C/F) 3 x 3 km (W) and 3 x 5 km (M)
Sunday 11:00-15:00	Ski Stadium		Lunc served
Sunday 12:00-12:30	Laajavuori Ski Stadium	XC	Victory ceremony (relays)
Sunday 12:30-15:30	Laajavuori race tracks	XC	FIS-race