

**BRITISH NATIONAL, INTER SERVICE and ARMY  
NORDIC SKI CHAMPIONSHIPS  
Ex Rucksack - RUIHPOLDING 2010 - Race Programme @ 17 Jul 09**

Annex "A" to  
XXX  
dated  
17 Jul 09

<b>CAPITALS = BRITISH NATIONAL RACE</b>	<b>Bold Border = Marina Race</b>	<b>(IS) = Inter Service Race</b>	<b>(IC) = Inter Corps Race</b>
(All Marina Races plus 4 x 10 km XC are also SAS & Kentish Cup Races)			
Youth Men race with Junior Men, unless shown. Senior, Junior & Youth females race together			
<b>No training on course or range unless shown!</b>		CT = Classic Technique, FT = Free Technique	

Date	Time	Event	Race	Venue	Remarks
Mon 18 Jan	12:00	Race Office Opens		Alte Schulhaus	Tel: +44 7834 499830 until 12:00 Mon 19 Jan thereafter +49 8663 419800
Wed 20 Jan	from 10:00 tbn	<b>Teams Arrive</b> Key Officials' Meeting		Alte Schulhaus RLC Bar	
Thu 21 Jan	09:15 10:00 12:00 - 16:00 18:30	Officials' Meeting <b>Team Captains' Meeting</b> XC Training / Course Inspection <b>Opening Ceremony</b>		RLC Bar RLC Bar Chiemgau Arena Champions' Park	(CT) <b>or on Fri 22 Jan</b>
Fri 22 Jan	10:00 - 16:00 17:15	XC Training / Course Inspection Team Captains' Meeting		Chiemgau Arena RLC Bar	(CT)
Sat 23 Jan	11:00 12:30 13:00 17:15		<b>MEN 15 KM XC (IS, IC)</b> LADIES 10 KM XC BOYS & GIRLS 5 KM XC	Chiemgau Arena Chiemgau Arena Chiemgau Arena RLC Bar	(CT) (CT) (CT)
Sun 24 Jan	11:00 11:30 12:15 13:00 13:45 18:15		BOYS & GIRLS 4 KM XC PURSUIT LADIES 6 KM XC PURSUIT JUNIOR & YOUTH MEN 7.5 KM XC PURSUIT SENIOR NOVICE MEN 7.5 KM XC PURSUIT MEN 10 KM XC PURSUIT	Chiemgau Arena Chiemgau Arena Chiemgau Arena Chiemgau Arena Chiemgau Arena Champions' Park	(CT/FT) (CT/FT) (CT/FT) (CT/FT) (CT/FT)
Mon 25 Jan	10:00 - 13:00 13:00 - 17:00 17:15	XC Course Inspection Biathlon Training Team Captains' Meeting		Chiemgau Arena Chiemgau Arena RLC Bar	(CT/FT)
Tue 26 Jan	tbn tbn 14:00 - 17:00 18:00 (preceded by TC Mtg) - or Tue 02 Feb	Biathlon Training	Men 4 x 10 km XC Ladies 4 x 5 km XC  MEGGITT SUPER 16	Chiemgau Arena Chiemgau Arena Chiemgau Arena Chiemgau Arena	(CT/FT) (CT/FT)  1 Km Knock Out XC (FT) Senior, Junior Men, Ladies
Wed 27 Jan	13:00 - 17:00 17:15	Biathlon Training Team Captains' Meeting		Chiemgau Arena RLC Bar	
Thu 28 Jan	tbn tbn tbn tbn		20 KM INDIV BIATHLON 15 KM INDIV BIATHLON 12.5 KM INDIV BIATHLON 12.5 KM INDIV BIATHLON	Chiemgau Arena Chiemgau Arena Chiemgau Arena Chiemgau Arena	Senior Men Junior Men Senior Novice & Youth Men Women
Fri 29 Jan	tbn - 16:00 tbn 17:15 19:30 -	Biathlon Training BBU Board Meeting Team Captains' Meeting AWSA Dinner		Chiemgau Arena Hotel Ruhpolding Hof RLC Bar Hotel Ruhpolding Hof Serre Chevalier FRA	Visitor Weekend Army Alpine Disperse
Sat 30 Jan	tbn tbn tbn 17:15 18:15 19:15	Biathlon Training Team Captains' Meeting <b>Prize Giving</b> Team Captain's Reception	<b>10 KM BIATHLON SPRINT (IS, IC)</b> 7.5 KM BIATHLON SPRINT	Chiemgau Arena Chiemgau Arena Chiemgau Arena RLC Bar Champions' Park tbn	Men Women
Sun 31 Jan	10:30 10:35 10:35 13:30 13:35 18:00		10 KM BIATHLON MASS START 10 KM BIATHLON MASS START 10 KM BIATHLON MASS START 12.5 KM BIATHLON MASS START 12.5 KM BIATHLON MASS START	Chiemgau Arena Chiemgau Arena Chiemgau Arena Chiemgau Arena Chiemgau Arena tbn	Women Youth Men Senior Novice Men Senior Men Junior Men
Mon 01 Feb	10:00 - 16:00 17:15 18:15	Biathlon Training Team Captains' Meeting <b>Prize Giving &amp; Patrol Race Draw</b>		Chiemgau Arena RLC Bar Champions' Park	
Tue 02 Feb	11:00 11:05 14:00 - 16:00 18:00 (preceded by TC Mtg) - or Tue 26 Jan		Men 4 x 7.5 km Biathlon (IC) Women 3 x 6 km Biathlon  MEGGITT SUPER 16	Chiemgau Arena Chiemgau Arena Chiemgau Arena Chiemgau Arena	1 Km Knock Out XC (FT) Senior, Junior Men, Ladies
Wed 03 Feb	10:00 - 14:00 17:15	Patrol Race Training Team Captains' Meeting		Chiemgau Arena RLC Bar	
Thu 04 Feb	09:00 19:00 for 20:15	<b>Final Prize Giving &amp; Closing Ceremony</b>	<b>Military Patrol Race</b>	Chiemgau Arena Kurhaus	
Fri 05 Feb	from 08:00	Teams Disperse		Alte Schulhaus	