

**ARMY, INTER SERVICE and BRITISH NATIONAL  
NORDIC SKI CHAMPIONSHIPS  
Ex Rucksack - RHPOLDING 2011**

**DRAFT PROGRAMME @ 15 JUN 10**

<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
(provisional unless bold)					
Mon 17 Jan	16:00	Race Office Opens. Key Officials Arrive		Alte Schulhaus (Race Office)	<b>Until 16:00 Mon 17 Jan Tel: +44 7834 499830</b>
Tue 18 Jan		Officials' Arrive. Divs (Ex SPARTAN HIKE & PIPEDOWN) disperse. Teams to find & pay for own o/n accn en route. Teams can not arrive in Ruhpolding until Wed 19 Jan.			
	pm	Key Officials' Meeting		RLC Bar	<b>From 16:00 Mon 17 Jan Tel +49 8663 419801 or 419800</b>
Wed 19 Jan	from 10:00	Teams Arrive. <b>Late arrivals (after 19:00) to telephone ETA</b>		Alte Schulhaus (Race Office)	
Thu 20 Jan	09:15	Officials' Meeting		RLC Bar	
	10:00	Team Captains' Meeting		RLC Bar	
	12:00 - 16:00	XC Training / Course Inspection		Chiemgau Arena	(CT)
Fri 21 Jan	10:00 - 16:00	XC Training / Course Inspection		Chiemgau Arena	(CT)
	17:15	Team Captains' Meeting		RLC Bar	
	18:30	Opening Ceremony		Champions' Park	
Sat 22 Jan	11:00		<b>MEN 15 KM XC (IS, IC)</b>	Chiemgau Arena	(CT)
	12:30		<b>LADIES 10 KM XC</b>	Chiemgau Arena	(CT)
	13:00		<b>BOYS &amp; GIRLS 5 KM XC</b>	Chiemgau Arena	(CT)
	17:15	Team Captains' Meeting		RLC Bar	
	18:15	Prize Giving		Champions' Park	
Sun 23 Jan	11:00		<b>BOYS &amp; GIRLS 5 KM XC</b>	Chiemgau Arena	
	11:30		<b>LADIES 7.5 KM XC</b>	Chiemgau Arena	
	12:20	Prize Giving after each race	<b>JUNIOR MEN &amp; SENIOR NOVICE MEN 7.5 KM XC</b>	Chiemgau Arena	Mass Start (FT)
	13:10		<b>MEN 10 KM XC</b>	Chiemgau Arena	
Mon 24 Jan	10:00 - 17:00	XC Course Inspection		Chiemgau Arena	(CT/FT)
	10:00 - 17:00	Biathlon Training		Chiemgau Arena	
	17:15	Team Captains' Meeting		RLC Bar	
Tue 25 Jan	10:30		<b>Men 4 x 10 km XC</b>	Chiemgau Arena	Each athlete 5 km CT - "pit stop" - 5 km FT as per "Pursuit without a break" (2.5 km CT / 2.5 km FT)
	10:35		<b>Ladies 4 x 5 km XC</b>	Chiemgau Arena	
	14:00 - 17:00	Biathlon Training		Chiemgau Arena	
	18:00 (preceded by TC Mtg @ 17:00)		<b>MEGGITT SUPER 16</b>	Chiemgau Arena	1 Km Knock Out XC (FT) Senior, Junior Men, Ladies
Wed 26 Jan	13:00 - 17:00	Biathlon Training		Chiemgau Arena	
	17:15	Team Captains' Meeting		RLC Bar	
Thu 27 Jan	10:30		<b>20 KM INDIV BIATHLON</b>	Chiemgau Arena	Senior Men
	13:15		<b>12.5 KM INDIV BIATHLON</b>	Chiemgau Arena	Junior, Youth & Senior Novice Men
	14:00		<b>12.5 KM INDIV BIATHLON</b>	Chiemgau Arena	Women
Fri 28 Jan	10:00 - 16:00	Biathlon Training		Chiemgau Arena	<b>Visitor Weekend</b>
	10:30	BBU Board Meeting		Hotel Ruhpolding Hof	
	17:15	Team Captains' Meeting		RLC Bar	
Sat 29 Jan				<i>Serre Chevalier FRA</i>	<i>Army Alpine Disperse</i>
	10:30		<b>10 KM BIATHLON SPRINT (IS, IC)</b>	Chiemgau Arena	Men
	14:15		<b>7.5 KM BIATHLON SPRINT</b>	Chiemgau Arena	Women
	17:15	Team Captains' Meeting		RLC Bar	
	18:15	Prize Giving		Champions' Park	
	19:30	AWSA Dinner		Hotel Ruhpolding Hof	
Sun 30 Jan	10:30		<b>10 KM BIATHLON MASS START</b>	Chiemgau Arena	Women
	10:35		<b>10 KM BIATHLON MASS START</b>	Chiemgau Arena	Junior, Youth & Senior Novice Men
	13:30		<b>12.5 KM BIATHLON MASS START</b>	Chiemgau Arena	Senior Men
	18:00	BBU AGM		Hotel Post	
	19:15	Team Captain's Reception		Hotel Post	<b>Visitor Weekend</b>
Mon 31 Jan	10:00 - 16:00	Biathlon Training		Chiemgau Arena	
	17:15	Team Captains' Meeting		RLC Bar	
	18:15	Prize Giving & Patrol Race Draw		Champions' Park	
Tue 01 Feb	10:30		<b>Men 4 x 7.5 km Biathlon</b>	Chiemgau Arena	
	10:35		<b>Women 3 x 6 km Biathlon</b>	Chiemgau Arena	
	14:00 - 16:00	Patrol Race Training		Chiemgau Arena	
Wed 02 Feb	10:00 - 14:00	Patrol Race Training		Chiemgau Arena	
	17:15	Team Captains' Meeting		RLC Bar	
Thu 03 Feb	09:00		<b>Military Patrol Race</b>	Chiemgau Arena	
	19:00 for 20:15	Final Prize Giving & Closing Ceremony		Kurhaus	
Fri 04 Feb	from 08:00	Teams Disperse		Alte Schulhaus	