

**ARMY, INTER SERVICE and BRITISH NATIONAL
NORDIC SKI CHAMPIONSHIPS
Ex Rucksack - RUIHPOLDING 2012**

PROGRAMME @ 21 May 11

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

Date	Time	Event	Race	Venue	Remarks
Sun 15 / Mon 16		Key Officials Arrive		Alte Schulhaus (Race Office)	Until 09:00 Sun 15 Jan: Tel: +44 7834 499830
Tue 17 Jan		Officials Arrive. Divs (Ex SPARTAN HIKE & PIPEDOWN) disperse. Dependant on final dispersal time from Divs, Teams arrive in Ruhpolding on either Tue 17 or Wed 18 Jan			From 09:00 Sun 15 Jan: Tel: +49 8663 419 7879 or 417 6019
Wed 18 Jan	pm	Key Officials' Meeting		RLC Bar	
Wed 18 Jan		Teams Arrive (or on Tue 17). Late arrivals (after 19:00) to telephone ETA		Alte Schulhaus (Race Office)	
Thu 19 Jan	09:15	Officials' Meeting		RLC Bar	
	10:00	Team Captains' Meeting		RLC Bar	
	12:00	HO / TO Wax Cabins		Chiemgau Arena	13:00 - 16:00 Bundeswehr IDSM Relay
	pm	XC Training		Tourist Loipes	
Fri 20 Jan	12:00 - 15:00	XC Training / Course Inspection		Chiemgau Arena	(CT)
	17:15	Team Captains' Meeting		RLC Bar	
	18:30	Opening Ceremony (TBC)		Champions' Park	
Sat 21 Jan	11:00		MEN 15 KM XC (IS, IC)	Chiemgau Arena	(CT)
	12:30		LADIES 10 KM XC (IS)	Chiemgau Arena	(CT)
	13:00		BOYS & GIRLS 5 KM XC	Chiemgau Arena	(CT)
	17:15	Team Captains' Meeting		RLC Bar	
	18:15	Prize Giving		Champions' Park	
Sun 22 Jan	11:00		BOYS & GIRLS 5 KM XC	Chiemgau Arena	
	11:30	Prize Giving after each race	LADIES 7.5 KM XC	Chiemgau Arena	All races Mass Start (FT)
	12:20		JUN MEN & SENIOR NOV MEN 7.5 KM XC	Chiemgau Arena	
	13:10		MEN 10 KM XC	Chiemgau Arena	
Mon 23 Jan	13:00 - 17:00	XC Course Inspection		Chiemgau Arena	(CT/FT)
	13:00	Range Open for Zero		Chiemgau Arena	
	13:00 - 17:00	Biathlon Training		Chiemgau Arena	
	18:00	Team Captains' Meeting		RLC Bar	
Tue 24 Jan	12:00		Men 4 x 10 km XC	Chiemgau Arena	(2 x CT, 2 x FT)
	12:05		Ladies 4 x 5 km XC	Chiemgau Arena	(2 x CT, 2 x FT)
	14:00	Range Open for Zero		Chiemgau Arena	
	14:00 - 17:00	Biathlon Training		Chiemgau Arena	
	17:00	Team Captains' Meeting		Chiemgau Arena	
	18:00		SUPER 16	Chiemgau Arena	1 Km Knock Out XC (FT)
Wed 25 Jan	12:00	Range Open for Zero		Chiemgau Arena	
	12:00 - 1700	Biathlon Training		Chiemgau Arena	
	18:00	Team Captains' Meeting		RLC Bar	
Thu 26 Jan	09:00	Range Open for Zero		Chiemgau Arena	
	10:00		20 KM INDIV BIATHLON	Chiemgau Arena	Senior Men
	13:00		15 KM INDIV BIATHLON	Chiemgau Arena	Jun Men & Sen Novice Men
	13:45		12.5 KM INDIV BIATHLON	Chiemgau Arena	Women
Fri 27 Jan	10:00	BBU Board Meeting		Alpen Hotel Wittelsbach	Visitor Weekend
	13:00	Range Open for Zero		Chiemgau Arena	
	13:00 - 17:00	Biathlon Training		Chiemgau Arena	
	18:00	Team Captains' Meeting		RLC Bar	
	19:00	Team Captains' Reception		TBC	<i>Army Alpine Disperse</i>
Sat 28 Jan	12:00	Range Open for Zero		Chiemgau Arena	
	13:00		10 KM BIATHLON SPRINT (IS, IC)	Chiemgau Arena	Men
	16:00		7.5 KM BIATHLON SPRINT (IS)	Chiemgau Arena	Women
	19:30	AWSA Dinner		TBC	
Sun 29 Jan	10:30	BBU AGM		Chiemgau Arena	
	12:00	Range Open for Zero		Chiemgau Arena	
	13:00		10 KM BIATHLON MASS START	Chiemgau Arena	Women
	13:05		10 KM BIATHLON MASS START	Chiemgau Arena	Senior Novice Men
	16:00		12.5 KM BIATHLON MASS START	Chiemgau Arena	Senior Men
	16:05		10 KM BIATHLON MASS START	Chiemgau Arena	Junior Men
	18:30	Prize Giving		TBC	Visitor Weekend
Mon 30 Jan	13:00	Range Open for Zero		Chiemgau Arena	
	13:00 - 17:00	Biathlon Training		Chiemgau Arena	
	17:30	Team Captains' Meeting		RLC Bar	
	18:00	Prize Giving & Patrol Draw		Champions' Park	
Tue 31 Jan	12:00	Range Open for Zero		Chiemgau Arena	
	13:00		Men 4 x 7.5 km Biathlon	Chiemgau Arena	
	13:05		Women 3 x 6 km Biathlon	Chiemgau Arena	
Wed 01 Feb	13:00	Range Open for Zero		Chiemgau Arena	
	13:00 - 17:00	Patrol Race Training		Chiemgau Arena	
	18:00	Team Captains' Meeting		RLC Bar	
Thu 02 Feb	09:00		Military Patrol Race	Chiemgau Arena	Wax Cabins HO / TO by 17:00
	19:00 for 20:15	Final Prize Giving		Kurhaus	
Fri 03 Feb	from 08:00	Teams Disperse		Alte Schulhaus	