



# Seefeld 2019 - Competition Programme - final version

26.10.2018



Discipline		Stadium	Day -1 TUE 19.02.2019	Day 1 WED 20.02.2019	Day 2 THU 21.02.2019	Day 3 FRI 22.02.2019	Day 4 SAT 23.02.2019	Day 5 SUN 24.02.2019	Day 6 MON 25.02.2019	Day 7 TUE 26.02.2019	Day 8 WED 27.02.2019	Day 9 THU 28.02.2019	Day 10 FRI 01.03.2019	Day 11 SAT 02.03.2019	Day 12 SUN 03.03.2019
Cross Country	Seefeld Cross Country			12:30 Quali Ladies C 5 km	12:00 Quali Sprint Ladies/Men F	10:00 - 11:30 Training	11:00 Skiathlon Ladies 15km	09:15 Quali Team Sprint Ladies/Men C		13:30 Ladies C 10km	14:00 Men C 15km	13:00 Relay Ladies 4*5km	13:15 Relay Men 4*10km	12:15 Mass Start Ladies 30km F	13:00 Mass Start Men 50km F
				14:00 Quali Men C 10 km	14:30 Sprint Final Ladies/Men F	11:30 - 13:00 Training + Service NK	12:30 Skiathlon Men 30km	11:30 Team Sprint Final Ladies/Men C							
Ski Jumping	Bergisel Innsbruck	HS130		14:00 Training Men HS130	14:00 Training Men HS130	13:30 Trial Men HS130	13:30 Trial Men HS130	13:45 Trial Team HS130							
						14:30 Quali Men HS130	14:30 Men HS130	14:45 Team HS130							
	Seefeld Seelos-Schanze	HS109									12:30 Training Men HS109			12:00 Training Mixed Team HS109 (Ladies) 13:00 Training Mixed Team HS109 (Men)	
										13:00 Training Ladies HS109	15:00 Trial Ladies HS109	15:00 Trial Ladies HS109	15:30 Trial Men HS109	15:00 Trial Men HS109	15:00 Trial Mixed Team HS109
Nordic Combined	Bergisel Innsbruck	HS130	09:30 Training HS130	09:30 Training HS130	09:30 Training HS130	09:30 Trial HS130	09:30 Training HS130	09:30 Trial Team Sprint HS130							
						10:30 HS130		10:30 Team Sprint HS130							
	Seefeld	HS109								10:00 Training HS109	10:00 Training HS109	10:00 Training HS109	10:00 Trial HS109	10:00 Training HS109	10:00 Trial Team HS109
												11:00 HS109		11:00 Team HS109	
	Cross Country				16:15 Individual Gundersen 10km		13:30 Team Sprint 2*7,5km	15:30 - 17:30 Training	15:30 - 17:30 Training	16:00 - 17:30 Training	15:15 Individual Gundersen 10km	16:00 - 17:30 Training	14:45 Team 4*5km		
Ceremonies			18:00 Opening Ceremony		18:30 Medal Ceremony	18:30 Medal Ceremony	18:30 Medal Ceremony			18:30 Medal Ceremony	18:30 Medal Ceremony	18:30 Medal Ceremony	18:30 Medal Ceremony	18:30 Medal Ceremony	15:30 Medal Ceremony Closing Ceremony