

# SEEFELD 2019 - COMPETITION PROGRAMME

## DAY 1 TUE 19.02.2019

10:00 am Training HS130 Nordic Combined Bergisel Innsbruck

## DAY 2 WED 20.02.2019

10:00 am Training HS130 Nordic Combined Bergisel Innsbruck  
00:30 pm Quali Ladies 5km Seefeld Cross-Country  
02:00 pm Quali Men 10km Seefeld Cross-Country  
02:00 pm Training Men HS130 Ski Jumping Bergisel Innsbruck  
06:00 pm Opening Ceremony

## DAY 3 THU 21.02.2019

10:00 am Training HS130 Nordic Combined Bergisel Innsbruck  
noon Quali Sprint Ladies/Men Seefeld Cross-Country  
02:00 pm Training Men HS130 Ski Jumping Bergisel Innsbruck  
02:30 pm Sprint Final Ladies/Men Seefeld Cross-Country  
06:15 pm Medal Ceremony

## DAY 4 FRI 22.02.2019

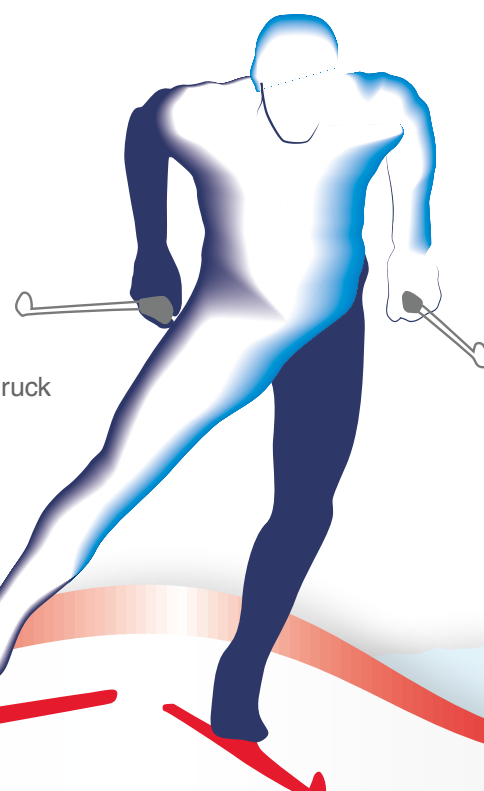
09:30 am Trial HS130 Nordic Combined Bergisel Innsbruck  
10:00 - 11:30 am Training Cross-Country Seefeld  
10:30 am HS130 Nordic Combined Bergisel Innsbruck  
01:30 pm Trial Men HS130 Ski Jumping Bergisel Innsbruck  
02:30 pm Quali Men HS130 Ski Jumping Bergisel Innsbruck  
04:15 pm Individual Gundersen 10km Nordic Combined Seefeld  
06:15 pm Medal Ceremony

## DAY 5 SAT 23.02.2019

09:00 am Training HS130 Nordic Combined Bergisel Innsbruck  
11:00 am Skiathlon Ladies 15km Cross-Country Seefeld  
00:15 pm Skiathlon Men 30km Cross-Country Seefeld  
01:30 pm Trial Men HS130 Ski Jumping Bergisel Innsbruck  
02:30 pm Men HS130 Ski Jumping Bergisel Innsbruck  
06:15 pm Medal Ceremony

## DAY 6 SUN 24.02.2019

09:30 am Quali Team Sprint Ladies/Men Seefeld Cross-Country  
09:30 am Trial Team Sprint HS130 Nordic Combined Bergisel Innsbruck  
10:30 am Team Sprint Nordic Combined Bergisel Innsbruck  
11:30 am Team Sprint Final Ladies/Men Seefeld Cross-Country  
01:30 pm Team Sprint 2\*7,5km Nordic Combined Seefeld  
01:45 pm Trial Team HS130 Ski Jumping Bergisel Innsbruck  
02:45 pm Team HS130 Ski Jumping Bergisel Innsbruck  
06:15 pm Medal Ceremony



**DAY 7 MON 25.02.2019**

10:00 am Training Ladies HS109 Ski Jumping Seefeld Seelos Schanze  
 01:00 pm Training HS109 Nordic Combined Seefeld  
 04:00 pm Training Ladies HS109 Ski Jumping Seefeld Seelos Schanze  
 03:30 - 05:30 pm Training Nordic Combined Seefeld

**DAY 8 TUE 26.02.2019**

10:00 am Training HS109 Nordic Combined Seefeld  
 01:30 pm Ladies 10km Cross-Country Seefeld  
 03:00 pm Trial Ladies HS109 Ski Jumping Seefeld Seelos Schanze  
 04:00 pm Quali Ladies HS109 Ski Jumping Seefeld Seelos Schanze  
 03:30 - 05:30 pm Training Nordic Combined Seefeld  
 06:15 pm Medal Ceremony

**DAY 9 WED 27.02.2019**

10:00 am Training HS109 Nordic Combined Seefeld  
 00:30 pm Training Men HS109 Ski Jumping Seefeld Seelos Schanze  
 02:00 pm Men 15km Cross-Country Seefeld  
 03:00 pm Trial Ladies HS109 Ski Jumping Seefeld Seelos Schanze  
 04:00 - 05:30 pm Training Nordic Combined Seefeld  
 04:15 pm Ladies HS109 Ski Jumping Seefeld Seelos Schanze  
 06:15 pm Medal Ceremony  
 07:30 pm Training Men HS109 Ski Jumping Seefeld Seelos Schanze

**DAY 10 THU 28.02.2019**

10:00 am Trial HS109 Nordic Combined Seefeld  
 11:00 am HS109 Nordic Combined Seefeld  
 01:00 pm Relay Ladies 4\*5km Cross-Country  
 03:15 pm Individual Grundersen Nordic Combined Seefeld  
 03:30 pm Trial Men HS109 Ski Jumping Seefeld Seelos Schanze  
 04:30 pm Quali Men HS109 Ski Jumping Seefeld Seelos Schanze  
 06:15 pm Medal Ceremony

**DAY 11 FRI 01.03.2019**

10:00 am Training HS109 Nordic Combined Seefeld  
 01:15 pm Relay Men 4\*10km Cross-Country Seefeld  
 noon Training Mixed Team HS109 (Ladies) Ski Jumping Seefeld Seelos Schanze  
 03:00 pm Trial Men HS109 Ski Jumping Seefeld Seelos Schanze  
 04:00 pm Men HS109 Ski Jumping Seefeld Seelos Schanze  
 04:00 - 05:30 pm Training Nordic Combined Seefeld  
 06:15 pm Medal Ceremony

**DAY 12 SAT 02.03.2019**

10:00 am Trial Team Nordic Combined Seefeld  
 11:00 am Team HS109 Nordic Combined Seefeld  
 00:15 pm Mass Start Ladies 30km Cross-Country Seefeld  
 02:45 pm Team 4\*5km Nordic Combined Seefeld  
 03:00 pm Trial Mixed Team HS109 Ski Jumping Seefeld Seelos Schanze  
 04:00 pm Mixed Team Ski Jumping Seefeld Seelos Schanze  
 06:15 pm Medal Ceremony

**DAY 13 SUN 03.03.2019**

01:00 pm Mass Start Men 50km Cross-Country Seefeld  
 03:30 pm Closing Ceremony

Current as of January 18 (changes and modifications reserved)

