



# FIS NORDIC WORLD SKI CHAMPIONSHIPS

19.02. – 03.03.2019

SEEFELD2019.COM



## COMPETITION PROGRAMME



TIME	DISCIPLINE	EVENT	VENUE
<b>Day 1: Wednesday, 20.02.2019</b>			
09:30 am	Nordic Combined	Training HS130	Bergisel Schanze Innsbruck
12:30 pm	Cross-Country	Quali Ladies 5km (classic)	Cross-Country Arena Seefeld
02:00 pm	Cross-Country	Quali Men 10km (classic)	Cross-Country Arena Seefeld
02:00 pm	Ski Jumping	Training Men HS130	Bergisel Schanze Innsbruck
06:00 pm	Opening Ceremony		Medal Plaza Seefeld
<b>Day 2: Thursday, 21.02.2019</b>			
09:30 am	Nordic Combined	Training HS130	Bergisel Schanze Innsbruck
12:00 am	Cross-Country	Quali Sprint Ladies and Men (Skating)	Cross-Country Arena Seefeld
02:00 pm	Ski Jumping	Training HS130	Bergisel Schanze Innsbruck
02:30 pm	Cross-Country	Final Sprint Ladies and Men (Skating)	Cross-Country Arena Seefeld
<b>Day 3: Friday, 22.02.2019</b>			
09:30 am	Nordic Combined	Trial HS130	Bergisel Schanze Innsbruck
10:00-11:30 am	Cross-Country	Training	Cross-Country Arena Seefeld
10:30 am	Nordic Combined	Ski Jumping HS130	Bergisel Schanze Innsbruck
11:30-01:00 pm	Cross-Country	Training	Cross-Country Arena Seefeld
01:30 pm	Ski Jumping	Trial HS130	Bergisel Schanze Innsbruck
02:30 pm	Ski Jumping	Quali HS130	Bergisel Schanze Innsbruck
04:15 pm	Nordic Combined	Individual Gundersen 10km	Cross-Country Arena Seefeld
06:30 pm	Medal Ceremony	CC Sprint F Ladies	Medal Plaza Seefeld
06:45 pm	Medal Ceremony	CC Sprint F Men	Medal Plaza Seefeld
07:00 pm	Medal Ceremony	NC Individual Gundersen 10km (HS 130)	Medal Plaza Seefeld
<b>Day 4: Saturday, 23.02.2019</b>			
09:30 am	Nordic Combined	Training HS130	Bergisel Schanze Innsbruck
11:00 am	Cross-Country	Skiathlon Ladies 15km	Cross-Country Arena Seefeld
12:30 pm	Cross-Country	Skiathlon Men 30km	Cross-Country Arena Seefeld
01:30 pm	Ski Jumping	Trial Ski Jumping HS130	Bergisel Schanze Innsbruck
02:30 pm	Ski Jumping	Ski Jumping HS130	Bergisel Schanze Innsbruck
06:30 pm	Medal Ceremony	CC Skiathlon Ladies 15km	Medal Plaza Seefeld
06:45 pm	Medal Ceremony	CC Skiathlon Men 30km	Medal Plaza Seefeld
07:00 pm	Medal Ceremony	SJ Men HS 130	Medal Plaza Seefeld

TIME	DISCIPLINE	EVENT	VENUE
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### Day 5: Sunday, 24.02.2019

09:15 am	Cross-Country	Quali Team Sprint Ladies and Men	Cross-Country Arena Seefeld
09:30 am	Nordic Combined	Trial Team Sprint HS130	Bergisel Schanze Innsbruck
10:30 am	Nordic Combined	Ski Jumping Team Sprint HS130	Bergisel Schanze Innsbruck
11:30 am	Cross-Country	Final Team Sprint Ladies and Men (classic)	Cross-Country Arena Seefeld
01:30 pm	Nordic Combined	Team Sprint 2x7,5km	Cross-Country Arena Seefeld
01:45 pm	Ski Jumping	Trial Team Ski Jumping HS130	Bergisel Schanze Innsbruck
02:45 pm	Ski Jumping	Ski Jumping Team HS130	Bergisel Schanze Innsbruck
06:30 pm	Medal Ceremony	CC Team Sprint C Ladies	Medal Plaza Seefeld
06:45 pm	Medal Ceremony	CC Team Sprint C Men	Medal Plaza Seefeld
07:00 pm	Medal Ceremony	NC Team Sprint 2 x 7,5km (HS 130)	Medal Plaza Seefeld
07:15 pm	Medal Ceremony	SJ Team Men HS 130	Medal Plaza Seefeld

### Day 6: Monday, 25.02.2019

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

### Day 7: Tuesday, 26.02.2019

10:00 am	Nordic Combined	Training HS109	Toni Seelos Schanze Seefeld
12:30 pm	Ski Jumping	Training Men HS109	Toni Seelos Schanze Seefeld
03:00 pm	Cross-Country	Ladies 10km (classic)	Cross-Country Arena Seefeld
03:15 pm	Ski Jumping	Trial Ladies HS109	Toni Seelos Schanze Seefeld
04:15 pm	Ski Jumping	Ladies Team HS109	Toni Seelos Schanze Seefeld
	Medal Ceremony	directly after the competition	Finish area Ski Jumping
03:30-05:30 pm	Nordic Combined	Training Cross-Country	Cross-Country Arena Seefeld

### Day 8: Wednesday, 27.02.2019

10:00 am	Nordic Combined	Training HS109	Toni Seelos Schanze Seefeld
02:00 pm	Cross-Country	Men 15km (classic)	Cross-Country Arena Seefeld
03:00 pm	Ski Jumping	Qualification Ladies HS109	Toni Seelos Schanze Seefeld
04:00-05:30 pm	Nordic Combined	Training Cross-Country	Cross-Country Arena Seefeld
04:15 pm	Ski Jumping	Ladies HS109	Toni Seelos Schanze Seefeld
06:30 pm	Medal Ceremony	CC 10 km C Ladies	Medal Plaza Seefeld
06:45 pm	Medal Ceremony	CC 15 km C Men	Medal Plaza Seefeld
07:30 pm	Ski Jumping	Training Men HS109	Toni Seelos Schanze Seefeld

### Day 9: Thursday, 28.02.2019

10:00 am	Nordic Combined	Trial Ski Jumping HS109	Toni Seelos Schanze Seefeld
11:00 am	Nordic Combined	Ski Jumping HS109	Toni Seelos Schanze Seefeld
01:00 pm	Cross-Country	Relay Ladies 4x5km	Cross-Country Arena Seefeld
03:15 pm	Nordic Combined	Individual Gundersen 10km	Cross-Country Arena Seefeld
03:30 pm	Ski Jumping	Trial Men HS109	Toni Seelos Schanze Seefeld
04:30 pm	Ski Jumping	Quali Men HS109	Toni Seelos Schanze Seefeld
06:30 pm	Medal Ceremony	SJ HS 109 Ladies	Medal Plaza Seefeld
06:45 pm	Medal Ceremony	CC Relay Ladies 4 x 5km	Medal Plaza Seefeld
07:00 pm	Medal Ceremony	NC Individual Gundersen 10km (HS 109)	Medal Plaza Seefeld

TIME	DISCIPLINE	EVENT	VENUE
<b>Day 10: Friday, 01.03.2019</b>			
10:00 am	Nordic Combined	Training Ski Jumping HS109	Toni Seelos Schanze Seefeld
12:00 am	Ski Jumping	Training Mixed Team Ladies HS109	Toni Seelos Schanze Seefeld
01:00 pm	Ski Jumping	Training Mixed Team Men HS109	Toni Seelos Schanze Seefeld
01:15 pm	Cross-Country	Relay Men 4x10km	Cross-Country Arena Seefeld
03:00 pm	Ski Jumping	Trial Men HS109m	Toni Seelos Schanze Seefeld
04:00 pm	Ski Jumping	Men HS109m	Toni Seelos Schanze Seefeld
04:00-05:30 pm	Nordic Combined	Training Cross-Country	Cross-Country Arena Seefeld
06:30 pm	Medal Ceremony	CC Relay Men 4 x 10km	Medal Plaza Seefeld
<b>Day 11: Saturday, 02.03.2019</b>			
10:00 am	Nordic Combined	Trial Team Ski Jumping HS109	Toni Seelos Schanze Seefeld
11:00 am	Nordic Combined	Team Ski Jumping HS109	Toni Seelos Schanze Seefeld
12:15 pm	Cross-Country	Mass Start Ladies 30km (Skating)	Cross-Country Arena Seefeld
02:45 pm	Nordic Combined	Team Cross-Country 4x5km	Cross-Country Arena Seefeld
03:00 pm	Ski Jumping	Trial Mixed Team HS109	Toni Seelos Schanze Seefeld
04:00 pm	Ski Jumping	Mixed Team HS109	Toni Seelos Schanze Seefeld
06:30 pm	Medal Ceremony	CC Mass Start Ladies F 30km	Medal Plaza Seefeld
06:45 pm	Medal Ceremony	NC Team 4 x 5km (HS 109)	Medal Plaza Seefeld
07:00 pm	Medal Ceremony	SJ Men HS 109	Medal Plaza Seefeld
07:15 pm	Medal Ceremony	SJ Mixed Team (HS 109)	Medal Plaza Seefeld
<b>Day 12: Sunday, 03.03.2019</b>			
01:00 pm	Cross-Country	Mass Start Men 50km (Skating)	Cross-Country Arena Seefeld
03:30 pm	Medal Ceremony	CC Mass Start Men F 50km	Cross-Country Arena Seefeld
03:30 pm	Closing Ceremony		Cross-Country Arena Seefeld

Current as of February 18 (changes and modifications reserved)



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