



Overall program Kick the Limits 2019

Fredag/Friday 22. mars

Egen trening/Training in teams or on their own

Kl 1200-1400: Lunsj/Lunch at Mattistua

Kl 1430: Information from our sponsor AssisterMeg

Kl 1500: Practical information about the event - Accreditation ++

Kl 1700: Prolog sprint - friteknikk/qualification sprint - free technique Cross-Country

Kl 1730: Besiktigelse/Inspection parallell slalom

Kl 1800: Parallell slalom

Kl 1900: Pizzabuffet at Mattistua

Lørdag/Saturday 23.mars

Kl 0730-0900: Frokost/Breakfast at Mattistua

Kl 0930: Finaler sprint - friteknikk/finals sprint - free technique, Cross-Country

Kl 1030: Besiktigelse/Inspection Slalom

Kl 1100: Slalom

Kl 1200-1400: Lunsj/Lunch at Mattistua

Kl 1400: Distanse renn - 1, 3 eller 5 km klassisk/1, 3 or 5 km distance race
classic technique Cross-Country

Kl 1800: Bankett med premieutdeling/Banquet with price-ceremony at Mattistua

Søndag/Sunday 24.mars

Kl 0730-0900: Frokost/Breakfast at Mattistua

Kl 0930: Stafett, 3 x 1 km/Relay, 3 x 1 km – free technique Cross-Country

Kl 1030: Besiktigelse/Inspection

Kl 1100: Stor/Giant Slalom

Kl 1200-1400: Lunsj/Lunch at Mattistua



FURUTANGEN

