

NORGE
Lillehammer Olympic
Legacy Sports Centre



Lillehammer Olympic Legacy Sports Centre
and Norwegian Ski Federation presents:



Schedule Lillehammer International Nordic Combined camp 2022

Wednesday 14.09

15:00 – 17:00: Check in and registration

17:00 – 18:00: Info-meeting about the camp (Meet at the reception at the Birkebeineren)

18:00 – 19:00: Dinner

19:30 – 20:30: Social activities for the athletes

19:30 – 20:30: Coaches meeting

Thursday 15.09

07:30 – 08:30 Breakfast

09:00 – 10:30: Roller ski session (Hunderfossen)

10:30 – 11:30: Social activity: Bob sled

12:30 – 13:30: Lunch

15:00 – 16:00: Physical session with Mikko Kokslie

17:00 – 18:00: Dinner

18:30 – 19:15: Inspirational lecture with Mikko Kokslie

19:15 – 20:30: Social activities

Friday 16.09

07:30 – 08:30: Breakfast

10:00 – 16:00: Competition at Lysgårdsbakken and Birkebeineren ski stadium

17:00 – 18:00: Dinner

19:00 – 20:00: Olympic Values Program

20:00 – 21:00: Social Activities

Saturday 17.09

07:30 – 08:30 Breakfast

09:00 – 10:00: Warm up

10:00 – 12:00: Prolog Supersprint in Lillehammer city center

12:00 – 13:00: Lunch

13:00 – 14:30: Finals Supersprint in Lillehammer city center

15:30 – 16.30: Visit the Norwegian Olympic Museum

17:00 – 19:00: Award ceremony, BBQ and social gathering

19:00 – 20:00: Social activity

Sunday 18.09

08:00 – 09:00 Breakfast

09:00 – 11:00: Check out and departure