

**Race programme / schedule**  
**14-17 December 2016 COC L & FC M**  
**TVEITANBAKKEN**

**Plan: 45 sek pr athlete**

**149 athletes takes 112,5 minutter dvs 1 t 52min each round without break**

**When we put in 20 min break between rounds, 2 rounds will take 3 t 45min + 20 min break = 4t 5 min**

## **Wednesday 14 December**

Team`s arrival

- 17:30 Team Captains' Meeting **FC LADIES/MEN at Tveitanbakken**
- 18:30 Technical meeting in Tveitanbakken  
**Dresskontroll 1830-1930**
- 19:15 *Start Test Jumpers first round*
- 19:35 *Start Test Jumpers second round (keep two on top)*
- 20:00 Official Training FC LADIES/MEN (2 rounds) 3 t og 45 min without break  
(Finished about 23:35 without breaks)
- *Start Test Jumpers third round*

20 min after the last jumper, Technical meeting/evaluating

## Thursday 15 December

- 14:30 Team Captains Meeting **COC Ladies at Notodden Hotel**
- 15:30 FIS meeting in Tveitanbakken  
**Dresscontrol 1530-1630 (For 149 athletes Ueli?)**
- 16:00 Technical meeting in Tveitanbakken
- 16:15 *Start Test Jumpers first round*
- 16:35 *Start Test Jumpers second round*
- 17.00 Trial Round FC L/M(**Technical break between L and M**)
- 19:05 *Start Test Jumpers*
- 19:15 1st Competition Round FC L/M(**Technical break between L and M**)
- **COC L that not jump FIS C L jumps 1 trial-jump after 1 round**
- *After 20 minutes Trial jumpers*
- **COC L that not jump FIS C L jumps second trial-jump before final round**
- *After 30 minutes Final Round (ca kl.21:30) 2x30 athletes*
- Prize giving ceremony FIS M on Friday at same time as Friday FIS ceremony. For FIS L the same time as COC ceremony
- 22:30 Distribution of start numbers COC L at Tuvensenteret

## Friday 16 December

- 10:00 Team Captains Meeting COC Ladies at Notodden Hotel update FIS
- 13:45 FIS Meeting Tveitanbakken
- 14:00 Technical meeting in Tveitanbakken
- 14:15 Start Test Jumpers first round
- 14:35 Start Test Jumpers second round
- 15.00 Trial Round FC Men
- 15:35 Start Test Jumpers
- 15.45 1st Competition Round FC Men
- After 20 minutes Trial jumpers
- After 30 minutes Final Round

Prize giving ceremony immediately after each competition

- 17:15 Start Test Jumpers first round
- 17:35 Start Test Jumpers second round
- 18.00 Trial Round COC Ladies
- 18:35 Start Test Jumpers
- 18.45 1st Competition Round COC Ladies
- *Dancing on the landingslope under the direction of ?*
- After 20 minutes Trial jumpers
- After 30 minutes Final Round
- Prize giving ceremony immediately after each competition
- Prize giving ceremony cheers battle **AFTER** the ordinary ceremony to the athletes
- Immediately after the ceremony: **Fireworks**

20 min after the last jumper, Technical meeting/evaluating

## Saturday 17 December

- 10:45 Technical meeting in Tveitanbakken
- 10:30 *FIS meeting*
- 11:15 *Start Test Jumpers first round*
- 11:35 *Start Test Jumpers second round*
- 12.00 **Trial Round COC Ladies**
- 12:35 *Start Test Jumpers*
- 12.45 **1st Competition Round COC Ladies**
- *After 20 minutes Trial jumpers*
- **After 30 minutes Final Round**
- Prize giving ceremony immediately after competition

**20 min after the last jumper, Technical meeting/evaluating**

Technical meetings for preparation and evaluation of the day.  
Present at the meeting is:

- Kim R Bjørndalen
- Thoralf Grave
- (sound) Werner Schröder
- Øyvind Vassbotten
- Haakon Hartvedt
- Egil Bergerud
- Ivar Kvernstuen
- Olav Forberg
- Torbjørn Småkasin
- Bjarne Bakken
- Sven Håkon Kulbeck/Geir Olaf Oterholt
- Werner Schröder