

**BRITISH NATIONAL, INTER SERVICE and ARMY  
NORDIC SKI CHAMPIONSHIPS  
Ex Rucksack - RUHPOLDING 2010 - Race Programme @ 20 Nov 09**

<b>CAPITALS = BRITISH NATIONAL RACE</b>	<b>Bold Border = Marina Race</b>	<b>(IS) = Inter Service Race</b>	<b>(IC) = Inter Corps Race</b>
(All Marina Races plus 4 x 10 km XC are also SAS & Kentish Cup Races)			
Youth Men race with Junior Men, unless shown. Senior, Junior & Youth females race together			
<b>No training on course or range unless shown!</b>		CT = Classic Technique, FT = Free Technique	

Date	Time	Event	Race	Venue	Remarks
Mon 18 Jan	12:00	Race Office Opens		Alte Schulhaus	Tel: +44 7834 499830 until <b>12:00 Mon 18 Jan</b> thereafter +49 8663 419800
Tue 19 Jan		Officials' Arrive. Divs (Ex SPARTAN HIKE & PIPEDOWN) disperse. Teams to find & pay for own o/n accn en route. Teams can not arrive in Ruhpolding until Wed 20 Jan.			
Wed 20 Jan	from 10:00 tbn	Teams Arrive. <b>Late arrivals (after 19:00) to telephone ETA)</b> Key Officials' Meeting		Alte Schulhaus RLC Bar	
Thu 21 Jan	09:15 10:00 12:00 - 16:00	Officials' Meeting <b>Team Captains' Meeting</b> XC Training / Course Inspection		RLC Bar RLC Bar Chiemgau Arena	(CT)
Fri 22 Jan	10:00 - 16:00 17:15 <b>18:30</b>	XC Training / Course Inspection Team Captains' Meeting <b>Opening Ceremony</b>		Chiemgau Arena RLC Bar Champions' Park	(CT)
Sat 23 Jan	11:00 12:30 13:00 17:15	Team Captains' Meeting	<b>MEN 15 KM XC (IS, IC)</b>	Chiemgau Arena	(CT)
			<b>LADIES 10 KM XC</b>	Chiemgau Arena	(CT)
			<b>BOYS &amp; GIRLS 5 KM XC</b>	Chiemgau Arena	(CT)
				RLC Bar	
Sun 24 Jan	11:00 11:30 12:15 13:00 13:45 18:15	Prize Giving	<b>BOYS &amp; GIRLS 4 KM XC PURSUIT</b>	Chiemgau Arena	(CT/FT)
			<b>LADIES 6 KM XC PURSUIT</b>	Chiemgau Arena	(CT/FT)
			<b>JUNIOR &amp; YOUTH MEN 7.5 KM XC PURSUIT</b>	Chiemgau Arena	(CT/FT)
			<b>SENIOR NOVICE MEN 7.5 KM XC PURSUIT</b>	Chiemgau Arena	(CT/FT)
			<b>MEN 10 KM XC PURSUIT</b>	Chiemgau Arena	(CT/FT)
				Champions' Park	
Mon 25 Jan	10:00 - 13:00 13:00 - 17:00 17:15	XC Course Inspection Biathlon Training Team Captains' Meeting		Chiemgau Arena Chiemgau Arena RLC Bar	(CT/FT)
Tue 26 Jan	<b>10:30</b> <b>10:35</b> 14:00 - 17:00 <b>18:00 (preceded by TC Mtg @ 17:00)</b>	Biathlon Training	<b>Men 4 x 10 km XC</b>	Chiemgau Arena	(CT/FT)
			<b>Ladies 4 x 5 km XC</b>	Chiemgau Arena	(CT/FT)
			<b>MEGGITT SUPER 16</b>	Chiemgau Arena	1 Km Knock Out XC (FT) Senior, Junior Men, Ladies
Wed 27 Jan	13:00 - 17:00 17:15	Biathlon Training Team Captains' Meeting		Chiemgau Arena RLC Bar	
Thu 28 Jan	<b>10:30</b> <b>11:10</b> <b>13:45</b> <b>14:05</b>		<b>20 KM INDIV BIATHLON</b>	Chiemgau Arena	Senior Men
			<b>15 KM INDIV BIATHLON</b>	Chiemgau Arena	Junior Men
			<b>12.5 KM INDIV BIATHLON</b>	Chiemgau Arena	Senior Novice & Youth Men
			<b>12.5 KM INDIV BIATHLON</b>	Chiemgau Arena	Women
Fri 29 Jan	10:00 - 16:00 tbn 17:15 19:30 -	Biathlon Training BBU Board Meeting Team Captains' Meeting <b>AWSA Dinner</b>		Chiemgau Arena Hotel Ruhpolder Hof RLC Bar Hotel Ruhpolder Hof Serre Chevalier FRA	<i>Visitor Weekend</i> Army Alpine Disperse
Sat 30 Jan	<b>10:30</b> <b>13:30 or 11:50 after men if low entry numbers</b> tbn 17:15 18:15 19:15	Biathlon Training Team Captains' Meeting <b>Prize Giving</b> <b>Team Captain's Reception</b>	<b>10 KM BIATHLON SPRINT (IS, IC)</b>	Chiemgau Arena	Men
			<b>7.5 KM BIATHLON SPRINT</b>	Chiemgau Arena	Women
				Chiemgau Arena	
				RLC Bar	
				Champions' Park	
				tbn	
Sun 31 Jan	10:30 10:35 10:35 13:30 13:35 18:00	<b>BBU AGM</b>	<b>10 KM BIATHLON MASS START</b>	Chiemgau Arena	Women
			<b>10 KM BIATHLON MASS START</b>	Chiemgau Arena	Youth Men
			<b>10 KM BIATHLON MASS START</b>	Chiemgau Arena	Senior Novice Men
			<b>12.5 KM BIATHLON MASS START</b>	Chiemgau Arena	Senior Men
			<b>12.5 KM BIATHLON MASS START</b>	Chiemgau Arena	Junior Men
				tbn	
Mon 01 Feb	10:00 - 16:00 17:15 18:15	Biathlon Training Team Captains' Meeting <b>Prize Giving &amp; Patrol Race Draw</b>		Chiemgau Arena RLC Bar Champions' Park	
Tue 02 Feb	11:00 11:05 14:00 - 16:00	Patrol Race Training	<b>Men 4 x 7.5 km Biathlon (IC)</b>	Chiemgau Arena	
			<b>Women 3 x 6 km Biathlon</b>	Chiemgau Arena	
Wed 03 Feb	10:00 - 14:00 17:15	Patrol Race Training Team Captains' Meeting		Chiemgau Arena RLC Bar	
Thu 04 Feb	<b>09:00</b> 19:00 for 20:15	<b>Final Prize Giving &amp; Closing Ceremony</b>	<b>Military Patrol Race</b>	Chiemgau Arena	
				Kurhaus	
Fri 05 Feb	from 08:00	Teams Disperse		Alte Schulhaus	