

**AWSA Ex Rucksack Ruhpolding 2019 - Programme @ 18 Sep 18**

**Army, Inter Service and British National Cross Country and Biathlon Championships**

Day	Date	Time	Finish	Event	Location	Lanes
<b>2019</b>		Zeroing starts 1 hr before * (asterisk) Race START time		<b>Bold = GBR National Race.</b> CAPITALS = Marina race. All Marina races & 4 x 5 km XC are also SAS & Kentish Cup races. IS = Inter Service. IS = Inter Corps.		
				CT = Classical Technique. FT = Free Technique		
<b>Mon</b>	<b>21 Jan</b>	10:00		<i>Race Office Opens ( +49 8663 419080 )</i>	Alte Schulhaus	
<b>Tue</b>	<b>22 Jan</b>	16:00		<i>Key Officials' Meeting</i>	Haus des Gastes	
<b>Wed</b>	<b>23 Jan</b>	All Day		<i>Teams Arrive - Race Office</i>	Alte Schulhaus	
<b>Thu</b>	<b>24 Jan</b>	09:00		<i>Officials' Meeting</i>	Kurhaus	
		10:00		<i>Team Captains' Meeting</i>		
		12:00	16:00	<i>XC Training</i>	Lakes / Reit im Winkl	
<b>Fri</b>	<b>25 Jan</b>	10:00	14:00	<i>XC Training</i>	Lakes / Reit im Winkl	
		15:00		<i>Key for Wax Cabins</i>	Chiemgau Arena	
		16:00		<i>XC Course Inspection 4x5 km (CT) &amp; 10 km (FT)</i>	Chiemgau Arena	
		18:30		<i>Team Captains' Meeting</i>	Kurhaus	
<b>Sat</b>	<b>26 Jan</b>	10:00		<i>Men 4 x 5 km XC (CT)</i>	Chiemgau Arena	
		10:03		<i>Ladies 4 x 5 km XC (CT)</i>		
		17:30		<i>Team Captains' Meeting</i>	Kurhaus	
<b>Sun</b>	<b>27 Jan</b>	Morning		<i>Chiemgau Trophy</i>		
		13:00		<i>Boys &amp; Girls 5 km XC (FT)</i>	Chiemgau Arena	
		13:15		<i>Ladies 7.5 km XC (FT)</i>		
		14:00		<i>Junior &amp; Senior Novice Men 7.5 km XC (FT)</i>		
		14:45		<i>Men 10 Km XC (FT)</i>		
<b>Mon</b>	<b>28 Jan</b>	12:30	16:00	<i>XC Course Inspection (15 km (CT) &amp; Biathlon Training</i>	Chiemgau Arena	?
		17:30		<i>Team Captains' Meeting</i>	Kurhaus	
<b>Tue</b>	<b>29 Jan</b>	10:00		<b>MEN 15 KM XC (CT) (IS, IC)</b>	Chiemgau Arena	
		11:40		<b>Ladies 10 Km XC (CT)</b>		
		12:40		<b>Boys &amp; Girls 5 km XC (CT)</b>		
		14:00	16:30	<i>Biathlon Training</i>	Chiemgau Arena	?
		18:30		<i>Prize Giving</i>	Champions' Park	
<b>Wed</b>	<b>30 Jan</b>	13:00	16:00	<i>Biathlon Training</i>	Chiemgau Arena	?
		17:30		<i>Team Captains' Meeting</i>	Kurhaus	
<b>Thu</b>	<b>31 Jan</b>	*11:00		<b>Junior Men 15 km Biathlon Individual</b>	Chiemgau Arena	
		11:15		<b>Senior Novice Men 15 km Biathlon Individual</b>		
		11:45		<b>Women 12.5 km Biathlon Individual</b>		
		*14:15		<b>Men 20 km Biathlon Individual</b>		
<b>Fri</b>	<b>01 Feb</b>	09:00	12:00	<i>Biathlon Training</i>	Chiemgau Arena	?
		17:30		<i>Team Captains' Meeting</i>	Kurhaus	
<b>Sat</b>	<b>02 Feb</b>	*10:00		<b>Women 7.5 km Biathlon Sprint</b>	Chiemgau Arena	
		*11:55		<b>MEN 10 KM BIATHLON SPRINT (IS, IC)</b>		
		17:00		<i>Team Captains' Meeting</i>	Kurhaus	
		17:45		<i>BBU Open Forum (or AGM)</i>	Kurhaus	
<b>Sun</b>	<b>03 Feb</b>	*10:30		<b>Junior Men 10 km Biathlon Mass Start</b>	Chiemgau Arena	
		10:33		<b>Women 10 km Biathlon Mass Start</b>		
		*12:25		<b>Men 12.5 km Biathlon Mass Start</b>		
		12:38		<b>Senior Novice Men 12.5 km Biathlon Mass Start</b>		
		18:30		<i>Prize Giving</i>	Kurhaus	
		19:30	21:00	<i>Team Captains' Reception</i>	Hotel zur Post	
<b>Mon</b>	<b>04 Feb</b>	13:00	16:00	<i>Biathlon / Patrol Race Training</i>	Chiemgau Arena	?
		17:30		<i>Team Captains' Meeting &amp; Patrol Race Draw</i>	Kurhaus	
<b>Tue</b>	<b>05 Feb</b>	*13:00		<b>MEN 4 x 7.5 KM BIATHLON RELAY</b>	Chiemgau Arena	
		13:03		<b>Women 4 x 6 km Biathlon Relay</b>		
<b>Wed</b>	<b>06 Feb</b>	13:00	16:00	<i>Patrol Race Training</i>	Chiemgau Arena	?
		17:30		<i>Team Captains' Meeting</i>	Kurhaus	
<b>Thu</b>	<b>07 Feb</b>	09:00		<b>MILITARY PATROL RACE</b>	Chiemgau Arena	
		19:00		<i>Final Prize Giving</i>	Kurhaus	
<b>Fri</b>	<b>08 Feb</b>	08:00		<i>Teams Disperse - Race Office</i>	Alte Schulhaus	