

**AWSA Ex Rucksack Ruhpolding 2016 - Programme @ 30 Sep 15**  
**Army, Inter Service and British National Cross Country and Biathlon Championships**

Day	Date	Time	Finish	Event	Location	Lanes
		Zeroing starts 1 hr before race START time		<b>Bold = GBR National Race.</b> CAPITALS = Marina race. All Marina races and 4 x 5 km XC are also SAS & Kentish Cup. IS = Inter Service. IS = Inter Corps		
				CT = Classic Technique. FT = Free Technique	Note: Kurhaus, <b>not</b> RLC Bar this year!	
Mon	18 Jan	10:00		<i>Race Office Opens</i>	Alte Schulhaus	
Tue	19 Jan	16:00		<i>Key Officials' Meeting</i>	Haus des Gastes	
Wed	20 Jan	All Day		<i>Teams Arrive</i>	Alte Schulhaus	
Thu	21 Jan	09:00		<i>Officials' Meeting</i>	Kurhaus	
		10:00		<i>Team Captains' Meeting</i>		
		13:00	16:00	<i>TO Wax Cabins</i>	Chiemgau Arena	
		13:00	16:00	<i>XC Training</i>	Tourist Loipes	
Fri	22 Jan	12:00	16:00	<i>XC Training</i>	Chiemgau Arena	
		17:30		<i>Team Captains' Meeting</i>	Kurhaus	
Sat	23 Jan	12:00	Could come forward 2 hrs	<b>MEN 15 KM XC (CT) (IS, IC)</b>	Chiemgau Arena	
		13:40		<b>Ladies 10 Km XC (CT)</b>		
		14:10		<b>Boys &amp; Girls 5 km XC (CT)</b>		
		17:30		<i>Team Captains' Meeting</i>	Kurhaus	
Sun	24 Jan	10:00		<b>Boys &amp; Girls 5 km XC (FT)</b>	Chiemgau Arena	
		10:30		<b>Ladies 7.5 km XC (FT)</b>		
		11:30		<b>Junior &amp; Senior Novice Men 7.5 km XC (FT)</b>		
		13:30		<b>Men 10 KM XC (FT)</b>		
		18:30		<i>Prize Giving</i>	Champions' Park	
Mon	25 Jan	12:00	16:00	<i>XC Course Inspection</i>	Chiemgau Arena	
		12:00	16:00	<i>Biathlon Training</i>		30
		17:30		<i>Team Captains' Meeting</i>	Kurhaus	
Tue	26 Jan	10:00		MEN 4 x 5 KM XC (CT)	Chiemgau Arena	
		10:03		Ladies 4 x 5 km XC (CT)		
		12:00	16:00	<i>Biathlon Training</i>	Chiemgau Arena	20
Wed	27 Jan	12:00	16:00	<i>Biathlon Training</i>	Chiemgau Arena	30
		17:30		<i>Team Captains' Meeting</i>	Kurhaus	
Thu	28 Jan	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>		
		14:30		<b>Men 20 km Biathlon Individual</b>		
Fri	29 Jan	12:00	16:00	<i>Biathlon Training</i>	Chiemgau Arena	20
		12:00	15:00	<b>BBU Board Meeting</b>	Ruhpoldinger Hof	
		17:30		<i>Team Captains' Meeting</i>	Kurhaus	
Sat	30 Jan	11:00		<b>MEN 10 KM BIATHLON SPRINT (IS, IC)</b>	Chiemgau Arena	
		15:15		<b>Women 7.5 km Biathlon Sprint</b>		
		17:30		<i>Team Captains' Meeting</i>	Kurhaus	
Sun	31 Jan	10:00	11:00	<b>BBU AGM</b>	Kurhaus	
		13:00		<b>Junior Men 10 km Biathlon Mass Start</b>	Chiemgau Arena	
		13:03		<b>Women 10 km Biathlon Mass Start</b>		
		15:40		<b>Men 12.5 km Biathlon Mass Start</b>		
		15:43		<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			
Mon	01 Feb	12:00	16:00	<i>Biathlon / Patrol Race Training</i>	Chiemgau Arena	30
		17:30		<i>Team Captains' Meeting &amp; Patrol Race Draw</i>	Kurhaus	
Tue	02 Feb	10:00		MEN 4 x 7.5 KM BIATHLON RELAY	Chiemgau Arena	
		10:03		Women 4 x 6 km Biathlon Relay		
Wed	03 Feb	12:00	16:00	<i>Patrol Race Training</i>	Chiemgau Arena	30
		17:30		<i>Team Captains' Meeting</i>	Kurhaus	
Thu	04 Feb	09:00		MILITARY PATROL RACE	Chiemgau Arena	
		19:00		<i>Final Prize Giving</i>	Kurhaus	
Fri	05 Feb	08:00		<i>Teams Disperse</i>	Race Office	