**Annex A to**

**ExNWF20 Exercise Instruction**

**dated 20 Oct 19**

**Exercise Nordic White Fist 20 Race Programme [DRAFT]**

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| Ser | Date | Event | Remarks |
| (a) | (b) | (c) | (d) |
| 1 | Fri/Fri3 Jan | PM: Organising Committee depart UK [1600 est] | Eurotunnel to be booked for early evening |
| 2 | Sat/Sa4 Jan | AM: Ex NWF20 Committee set up race office and take over stadium after International race.1600 Hrs/Uhr – Race Office /Wettkampfbüro openPM: Registration from 1600 to 2000 Hrs/Uhr2000 Hrs/Uhr Initial Team Capts Meeting | Ex NWF Committee arrive and take over wax cabins [Austrian Race Day] |
| 3 | Sun/So5 Jan | AM:  Classic / Klassich TrainingPM:   Classic / Klassich Training | All day: 2 x classic / klassich spoors cut. |
| 4 | Mon/Mo6 Jan | AM: **RACE / RENNEN 1**. 7.5km/10 km classic / klassichStart: 1000.20 Hrs/Uhr – **20 sec start interval**PM: Biathlon Training | **AUSTRIAN NATIONAL HOLIDAY**AM: 2 x classic / klassich spoors cutPM: 1 x classic / klassich spoor cutRange Practice 1400 – 1530 Hrs/Uhr1 x 90min session |
| 5 | Tue/Di7 Jan | AM: Biathlon TrainingPM: Biathlon Training | Range Practice 0850 – 1530 Hrs/Uhr3 x 90min session |
| 6 | Wed/Mi8 Jan | AM: **RACE / RENNEN 2**. 7.5/10 km Biathlon SprintStart: 1030.20 Hrs/Uhr – **20 Sec start interval**PM: Biathlon Training | Zeroing: 0850 – 0950 Hrs/UhrAM: 1 x spoor cutPM: Range Practice 1400 – 1530 Hrs/Uhr 1 x 90min session |
| 7 | Thurs/Do9 Jan | AM: **RACE / RENNEN 3**. 3x6/4x7.5 km Biathlon Relay /StaffelStart: 1030 Hrs/Uhr – Mass startPM: **Stormtroopers** – Hoametzlhütte | Zeroing: 0850 – 0950 Hrs/UhrAM: 1 x classic spoor cutDecision Point: time of mini-mass start?**Stormtroopers** –€20[est]/person |

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| 8 | Fri/Fri10 Jan | AM: Biathlon Training DayPM: Biathlon Training DayPM: **1800-2000 Hrs/Uhr Prize Giving / Siegerehrung** | Range Practice 0850 – 1530 Hrs/Uhr3 x 90min sessionsTeams hand-back wax cabins to committeeLoc: Hochfilzen Kulturehaus |
| 9 | Sat/sa11 Jan | AM:  Committee – Post Ex adminAll Teams depart NLT 1000hrsHand back race office by 1000hrsEx NWF Committee depart Hochfilzen for UKEx NWF Committee arrive UK | Teams hand-back wax cabins to committeeSA80s rtnd to teamsPXR completion & final cost reconciliation  |