

AWSA Ex RUCKSACK Ruhpolding 2024
Army, Inter Service, British National Cross Country and Biathlon Championships
ver 5

Date	Time	Finish	Event	Venue	Lanes
2024	* Zeroing starts 1 hr before Race START time		Bold Border = Marina Race (all Marina Races & 4 x 5 km XC are also SAS & Kentish Cup Races)	IS = Inter Service; IC = Inter Corps; BLUE CAPITALS = British National Race	
	Times subject to change!		No training on Course or Range unless shown	CT = Classical Technique. FT = Free Technique	
Mon	15 Jan				
Tue	16 Jan		Official Admin Team Arrive		
Wed	17 Jan	10:00	Race Office Opens (+44 7973 868572)	Alte Schule Ruhpolding	
Thu	18 Jan	10:00	Key Officials' Meeting	Alte Schule Ruhpolding	
Fri	19 Jan	All Day	Teams Arrive - Race Office	Alte Schule Ruhpolding	
Sat	20 Jan	09:00	Officials' Meeting	Media Centre CA	
		10:00	Team Captains' 1st Meeting		
			Wax Cabin Keys issued		
	12:00	16:00	XC Training	Lakes / Reit im Winkl	
Sun	21 Jan	13:00	16:00	XC Training	Chiemgau Arena
		17:30		Team Captains' Meeting	Media Centre CA
Mon	22 Jan	10:00	MEN 10 Km XC (CT) (IS, IC)	Chiemgau Arena	
		11:30	WOMEN 10 Km XC (CT) (IC)		
		11:40	BOYS & GIRLS 5 km XC (CT)		
		17:30	Team Captains' Meeting	Virtual TC	
Tue	23 Jan	10:00	BOYS & GIRLS 5 km XC Mass Start (FT)	Chiemgau Arena	
		10:15	WOMEN 7.5 km XC Mass Start (FT)		
		11:00	JUNIOR & Senior Novice Men 7.5 km XC Mass Start (FT)		
		11:45	SENIOR MEN 10 Km XC Mass Start (FT)		
Wed	24 Jan	13:00	16:00	XC Course Inspection (5 km Relay (CT)) & Biathlon Official Training	Chiemgau Arena
		17:30		Team Captains' Meeting	Media Centre CA
Thu	25 Jan	*10:00	JUNIOR MEN 15 km Biathlon Indiv	Chiemgau Arena	
		10:15	SENIOR NOVICE MEN 15 km Biathlon Indiv		
		10:45	WOMEN 12.5 km Biathlon Indiv		
		*13:15	SENIOR MEN Men 20 km Biathlon Indiv		
		18:30	Prize Giving	Champions Park	
Fri	26 Jan	13:00	16:00	Biathlon Official Training	Chiemgau Arena
		17:30		Team Captains' Meeting	Virtual TC
Sat	27 Jan	*10:00	WOMEN 7.5 km Biathlon Sprint (IC)	Chiemgau Arena	
		*11:55	MEN 10 KM BIATHLON SPRINT (IS, IC)		
		17:00	Team Captains' Meeting	Virtual TC	
Sun	28 Jan	10:00	JUNIOR MEN 10 km Biathlon Mass Start	Chiemgau Arena	?
		10:03	WOMEN 10 km Biathlon Mass Start		
		13:30	SENIOR MEN 12.5 km Biathlon Mass Start		
		13:33	SENIOR NOVICE MEN 12.5 km Biathlon Mass Start		
		18:00	*** New Race - BBU 1 KM ELIMINATOR ***		
		19:30	Eliminator Prize Giving & Patrol Race Draw	Chiemgau Arena	
Mon	29 Jan	13:00	16:00	Patrol Race Training	Chiemgau Arena
		17:30		Team Captains' Meeting	Virtual TC
Tue	30 Jan	09:00	Men 4 x 5 km XC (CT)	Chiemgau Arena	
		09:03	Women 4 x 5 km XC (CT) (IC)		
		18:30	Prize Giving & Patrol Race Draw	Champions Park	
Wed	31 Jan	13:00	16:00	Patrol Race Training	Chiemgau Arena
		17:30		Team Captains' Meeting	Media Centre CA
Thu	01 Feb	09:00	Military Patrol Race (IC for Women)	Chiemgau Arena	
Fri	02 Feb	13:00	16:00	Biathlon Official Training	Chiemgau Arena
		17:30		Team Captains' Meeting	Virtual TC
Sat	03 Feb	10:00	Men 4 x 7.5 km Biathlon Relay	Chiemgau Arena	
		10:03	Women 4 x 6 km Biathlon Relay (IC)		
		19:00	Final Prize Giving	Seigsdorf Haller	
Sun	04 Feb	08:00	Teams Disperse - Race Office		