



PROGRAM FOR FIS COC Ladies & FIS CUP

Tveitanbakken, Heddal

17. – 19. December 2009

Program	Thursday 17.12.2009	Friday 18.12.2009	Saturday 19.12.2009
Team Captains' Meetings	21:30 – COC 22:00 – FIS cup Norlandia Hotel Telemark		
Official training FIS CUP	17:30 3 jumps		
Official training COC Ladies	19:30 3 jumps		
Trial round FIS Cup		15:15	10:00
Start 1. Round FIS Cup		16:00	10:45
Trial round COC Ladies		18:00	12:45
Start 1. Round COC Ladies		19:15	13:30
Prize giving ceremony FIS Cup and COC Ladies		Immediately after 2. Round	Immediately after 2. Round