



## Program for skiing cross country and paraskiing

### Friday March 16<sup>th</sup>

|                                |   |
|--------------------------------|---|
| 13.00 – 18.30                  | Registration office in the hotel is open                        |
| From 15.00                     | Check-in at Scandic hotel                                       |
| 14.00                          | Transportation (Scandic HTL – Ormberget)                        |
| 14.00 – 16.00                  | Official Training   |
| 16.00                          | Transportation (Ormberget – Scandic HTL)                        |
| 16.30                          | Teamleader meeting at Ormberget (transportation back with cars) |
| 16.30 – 18.30                  | Dinner at the hotel   |
| 18.40 + 18.45                  | Bus to Norra Hamn (Scandic HTL - Norra Hamn)                    |
| 19.00 – 19.45                  | Opening Ceremony at Norra Hamn                                  |
| 20.00 + 20.05<br>20.25 + 20.30 | Bus to the hotel (Norrahamn - Scandic HTL)                      |

### Saturday March 17<sup>th</sup>

|               |   |
|---------------|---|
| 06.15 – 07.00 | Breakfast at the hotel                                    |
| 07.15         | Transportation to the arena (Bus Scandic HTL – Ormberget) |
| 09.30         | Start style Classic                                       |
| 10.00         | Start paraskiing  |
| 11.00 -13.00  | Lunch at the arena  |
| 13.00         | Transportation to the hotel (Bus Ormberget - Scandic HTL) |
| 16.30 – 18.30 | Dinner at the hotel                                       |
| 19.00         | Walk to Get-Together at Alcatraz - 700 m from Scandic HTL |
| 19.30         | Flag Ceremony/Get-Together at Alcatraz activity center    |
| 21.30 →       | Walk back to the hotel                                    |

### Sunday March 18<sup>th</sup>

|               |   |
|---------------|---|
| 06.30 – 07.15 | Breakfast and check out at the hotel                      |
| 07.30         | Transportation to the arena (Bus Scandic HTL – Ormberget) |
| 09.00         | Mass start – style free                                   |
| 10.00         | Start paraskiing  |
|               | Medal Ceremony  |
| 11.00 – 12.00 | Lunch at the arena  |
| 12.00         | Transportation to the hotel (Bus Ormberget - Scandic HTL) |

Contact person: Kairi Pääsuke, phone: +46 70 874 96 84

Contact person paraskiing: Lena Revholm+ 46 70 292 30 49



 **PARASPORT**  
/NORRBOTTEN