

F.I.S. CONTINENTAL CUP

15TH - 17TH FEBRUARY 2019

PROGRAM

**Welcome to Rena and FIS Continental Cup
Nordic Combined for Ladies and Men HS 111
15th – 17th February 2019**

Dear Ski Friends.

*On behalf of Rena IL, The International Ski Federation and
The Norwegian Ski Federation, we are pleased to invite all National Ski Federation to
participate in FIS Continental Cup NORDIC COMBINED for Ladies and Men in
K-99/ HS 111 in Renabakkene and at Rena Idrettspark Cross Country arena.*

Race programme 15th – 17th February 2019

Friday 15th february

10:30 Ladies Official Training ski jumping 2 rounds HS 111
Men Official Training ski jumping 2 rounds HS 111
PCR
14:00- 16:00 Training Cross Country

Saturday 16th February

10:00 Trial round- HS 111
11:00 1st round Ladies- HS 111
1st round Men- HS 111
14:00 Men Cross Country
14:45 Ladies Cross Country
15:15 Prize giving ceremony

Sunday 17th February

" +:00 Trial round- HS 111
1":00 1st round Ladies- HS 111
1st round Men- HS 111
13:00 Men Cross Country
13:45 Ladies Cross Country
14:15 Prize giving ceremony