



**Training and Competition Schedule**  
 训练和竞赛日程 / Programme des entraînements et compétitions

**REVISED**  
 14 FEB 21:12

As of MON 14 FEB 2022

Date	Start Time	Event	Location
SUN 6 FEB	11:30	Normal Hill - Official Training 1	National Ski Jumping Ctr
MON 7 FEB	14:30	Normal Hill - Official Training 2	National Ski Jumping Ctr
TUE 8 FEB	15:30	Normal Hill - Official Training 3	National Ski Jumping Ctr
WED 9 FEB	15:00	Individual Gundersen Normal Hill/10km - Ski Jumping Trial Round	National Ski Jumping Ctr
	16:00	Individual Gundersen Normal Hill/10km - Ski Jumping Competition Round	National Ski Jumping Ctr
	19:00	Individual Gundersen Normal Hill/10km - Cross-Country	Nat. Cross-Country Ctr
SAT 12 FEB	14:00	Large Hill - Official Training 1	National Ski Jumping Ctr
SUN 13 FEB	15:00	Large Hill - Official Training 2	National Ski Jumping Ctr
MON 14 FEB	14:00	Large Hill - Official Training 3	National Ski Jumping Ctr
TUE 15 FEB	15:00	Individual Gundersen Large Hill/10km - Ski Jumping Trial Round	National Ski Jumping Ctr
	16:00	Individual Gundersen Large Hill/10km - Ski Jumping Competition Round	National Ski Jumping Ctr
	18:30	Individual Gundersen Large Hill/10km - Cross-Country	Nat. Cross-Country Ctr
WED 16 FEB	15:00	Large Hill - Official Training 4	National Ski Jumping Ctr
THU 17 FEB	15:00	Team Gundersen Large Hill/4x5km - Ski Jumping Trial Round	National Ski Jumping Ctr
	16:00	Team Gundersen Large Hill/4x5km - Ski Jumping Competition Round	National Ski Jumping Ctr
	19:00	Team Gundersen Large Hill/4x5km - Cross-Country	Nat. Cross-Country Ctr

**Note:**  
 Please check online for more details and the latest updates.  
 Ski Jumping official training consists of up to three rounds.

**REVISED** Individual Gundersen Large Hill/10km Cross Country start time updated.