

CROSS-COUNTRY WORLD CUP

MEN + WOMEN

CALENDAR 2022/2023

Date	Venue	Start	Discipline
25 Nov 2022	Ruka (FIN)	12:30	Men Sprint Classic
		12:30	Women Sprint Classic
26 Nov 2022	Ruka (FIN)	11:00	Women 10 km Classic
		13:30	Men 10 km Classic
27 Nov 2022	Ruka (FIN)	12:00	Women 20 km Free Technique Pursuit
		13:30	Men 20 km Free Technique Pursuit
02 Dec 2022	Lillehammer (NOR)	11:00	Women 10 km Free Technique
		12:45	Men 10 km Free Technique
03 Dec 2022	Lillehammer (NOR)	12:00	Men Sprint Classic
		12:00	Women Sprint Free Technique
04 Dec 2022	Lillehammer (NOR)	10:45	Women 20 km Skiathlon
		13:00	Men 20 km Skiathlon
09 Dec 2022	Beitostolen (NOR)	12:00	Men Sprint Classic
		12:00	Women Sprint Classic
10 Dec 2022	Beitostolen (NOR)	10:00	Women 10 km Classic
		12:15	Men 10 km Classic
11 Dec 2022	Beitostolen (NOR)	13:15	Mixed Relay 4 x 5 km
17 Dec 2022	Davos (SUI)	13:15	Men Sprint Free Technique
		13:15	Women Sprint Free Technique
18 Dec 2022	Davos (SUI)	10:45	Women 20 km Free Technique
		13:15	Men 20 km Free Technique
31 Dec 2022	Val Müstair (SUI)	14:00	Men Sprint Free Technique
		14:00	Women Sprint Free Technique
01 Jan 2023	Val Müstair (SUI)	12:00	Women 10 km Classic Pursuit
		13:15	Men 10 km Classic Pursuit
03 Jan 2023	Oberstdorf (GER)	11:45	Women 10 km Classic
		14:45	Men 10 km Classic
04 Jan 2023	Oberstdorf (GER)	11:15	Men 20 km Free Technique Pursuit
		14:30	Women 20 km Free Technique Pursuit
06 Jan 2023	Val di Fiemme (ITA)	12:30	Men Sprint Classic
		12:30	Women Sprint Classic
07 Jan 2023	Val di Fiemme (ITA)	11:45	Women 15 km Classic Mass Start
		13:30	Men 15 km Classic Mass Start
08 Jan 2023	Val di Fiemme (ITA)	11:00	Men 9 km Free Technique Mass Start
		12:45	Women 9 km Free Technique Mass Start
21 Jan 2023	Livigno (ITA)	13:15	Men Sprint Free Technique
		13:15	Women Sprint Free Technique
22 Jan 2023	Livigno (ITA)	13:15	Men Team Sprint
		13:15	Women Team Sprint
27 Jan 2023	Les Rousses (FRA)	12:00	Women 10 km Classic
		14:45	Men 10 km Classic
28 Jan 2023	Les Rousses (FRA)	14:30	Men Sprint Classic
		14:30	Women Sprint Classic
29 Jan 2023	Les Rousses (FRA)	12:45	Women 20 km Classic Mass Start
		14:45	Men 20 km Classic Mass Start

Date	Venue	Start	Discipline
03 Feb 2023	Toblach (ITA)	14:30	Men Sprint Free Technique
		14:30	Women Sprint Free Technique
04 Feb 2023	Toblach (ITA)	13:00	Women 10 km Free Technique
		15:00	Men 10 km Free Technique
05 Feb 2023	Toblach (ITA)	11:00	Women Relay 4 x 7,5 km
		13:00	Men Relay 4 x 7,5 km
22 Feb 2023	Planica (SLO)	12:00	Women 5 km Free Technique
		13:30	Men 10 km Free Technique
23 Feb 2023	Planica (SLO)	14:30	Men Sprint Classic
		14:30	Women Sprint Classic
24 Feb 2023	Planica (SLO)	15:30	Men Skiathlon
25 Feb 2023	Planica (SLO)	14:00	Women Skiathlon
26 Feb 2023	Planica (SLO)	11:30	Men Team Sprint
		11:30	Women Team Sprint
28 Feb 2023	Planica (SLO)	12:30	Women 10 km Free Technique
01 Mar 2023	Planica (SLO)	12:30	Men 15 km Free Technique
02 Mar 2023	Planica (SLO)	12:30	Women Relay 4 x 5 km
03 Mar 2023	Planica (SLO)	12:30	Men Relay 4 x 10 km
04 Mar 2023	Planica (SLO)	12:00	Women 30 km Classic Mass Start
05 Mar 2023	Planica (SLO)	12:00	Men 50 km Classic Mass Start
11 Mar 2023	Oslo (NOR)	10:30	Men 50 km Classic Mass Start
12 Mar 2023	Oslo (NOR)	10:15	Women 50 km Classic Mass Start
14 Mar 2023	Drammen (NOR)	14:00	Women Sprint Classic
		14:00	Men Sprint Classic
17 Mar 2023	Falun (SWE)	12:00	Women 10 km Classic
		13:45	Men 10 km Classic
18 Mar 2023	Falun (SWE)	13:20	Men Sprint Free Technique
		13:20	Women Sprint Free Technique
19 Mar 2023	Falun (SWE)	13:45	Mixed Relay 4 x 5 km
21 Mar 2023	Tallin (EST)	18:30	Men Sprint Free Technique
		18:30	Women Sprint Free Technique
24 Mar 2023	Lahti (FIN)	15:50	Mixed Team Sprint
25 Mar 2023	Lahti (FIN)	13:00	Women Sprint Classic
		13:00	Men Sprint Classic
26 Mar 2023	Lahti (FIN)	11:00	Women 20 km Classic Mass Start
		12:45	Men 20 km Classic Mass Start

All dates are subject to changes; Time = Central European Time (CET)