

## CROSS-COUNTRY WORLD CUP CALENDAR 2024/2025 MEN + WOMEN

Date	Venue	Discipline	Start
29 Nov 2024	Ruka (FIN)	10 km C	10:00(W)/12:40(M)
30 Nov 2024	Ruka (FIN)	Sprint C	09:00(Q)/11:30
01 Dec 2024	Ruka (FIN)	20 km F Mass Start	09:30(M)/11:25(W)
06 Dec 2024	Lillehammer (NOR)	10 km F	10:30(M)/12:45(W)
07 Dec 2024	Lillehammer (NOR)	Sprint C	09:00(Q)/11:30
08 Dec 2024	Lillehammer (NOR)	20 km Skiathlon	10:00(M)/12:15(W)
13 Dec 2024	Davos (SUI)	Team Sprint	16:00(Q)/18:00
14 Dec 2024	Davos (SUI)	Sprint F	14:45(Q)/17:15
15 Dec 2024	Davos (SUI)	20 km C	11:30(M)/14:00(W)
28 Dec 2024	Toblach (ITA) <i>Tour de Ski</i>	Sprint F	12:00(Q)/14:30
29 Dec 2024	Toblach (ITA) <i>Tour de Ski</i>	15 km C Mass Start	12:30(W)/14:45(M)
31 Dec 2024	Toblach (ITA) <i>Tour de Ski</i>	20 km F	11:30(M)/14:45(W)
01 Jan 2025	Toblach (ITA) <i>Tour de Ski</i>	15 km C Pursuit	10:30(M)/12:30(W)
03 Jan 2025	Val di Fiemme (ITA) <i>Tour de Ski</i>	Sprint F	12:15(Q)/14:45
04 Jan 2025	Val di Fiemme (ITA) <i>Tour de Ski</i>	20 km Skiathlon	11:00(M)/15:30(W)
05 Jan 2025	Val di Fiemme (ITA) <i>Tour de Ski</i>	15 km F Mass Start	14:15(M)/15:30(W)
17 Jan 2025	Les Rousses (FRA)	10 km F	13:30(W)/15:45(M)
18 Jan 2025	Les Rousses (FRA)	Sprint C	12:15(Q)/14:45
19 Jan 2025	Les Rousses (FRA)	20 km C Mass Start	11:20(W)/15:45(M)
24 Jan 2025	Engadin (SUI)	Relay 4 x 7,5 km	16:00
25 Jan 2025	Engadin (SUI)	Sprint F	10:45(Q)/13:15
26 Jan 2025	Engadin (SUI)	20 km F	12:30(M)/15:00(W)
31 Jan 2025	Cogne (ITA)	Team Sprint C	12:20(Q)/13:20
01 Feb 2025	Cogne (ITA)	Sprint C	10:30(Q)/13:00
02 Feb 2025	Cogne (ITA)	10 km F	10:00(M)/13:00(W)
14 Feb 2025	Falun (SWE)	Sprint C	09:00(Q)/11:30
15 Feb 2025	Falun (SWE)	10 km C	11:45(W)/13:45(M)
16 Feb 2025	Falun (SWE)	20 km F Mass Start	11:00(M)/14:00(W)
27 Feb 2025	Trondheim (NOR) <i>World Championships</i>	Sprint F	10:00(Q)/12:30
01 Mar 2025	Trondheim (NOR) <i>World Championships</i>	20 km Skiathlon	14:00(M)
02 Mar 2025			14:00(W)
04 Mar 2025	Trondheim (NOR) <i>World Championships</i>	10 km C	12:30(M)/15:30(W)
05 Mar 2025	Trondheim (NOR) <i>World Championships</i>	Team Sprint C	11:00(Q)/14:30
06 Mar 2025	Trondheim (NOR) <i>World Championships</i>	Relay 4 x 7,5 km	13:00(M)
07 Mar 2025			14:00(W)
08 Mar 2025	Trondheim (NOR) <i>World Championships</i>	50 km F Mass Start	11:30(M)
09 Mar 2025			11:30(W)
15 Mar 2025	Oslo (NOR)	20 km C	11:30(W)/14:00(M)
16 Mar 2025	Oslo (NOR)	10 km F	11:15(W)/13:30(M)
19 Mar 2025	Tallinn (EST)	Sprint F	15:30(Q)/18:00
21 Mar 2025	Lahti (FIN)	Sprint F	15:00(Q)/17:30
22 Mar 2025	Lahti (FIN)	Team Sprint F	10:40(Q)/12:40
23 Mar 2025	Lahti (FIN)	50 km C Mass Start	08:30(W)/12:45(M)

W = Women  
M = Men  
Q = Qualification