



FÉDÉRATION INTERNATIONALE DE SKI  
INTERNATIONAL SKI FEDERATION  
INTERNATIONALER SKI VERBAND



“VISSMANN” FIS CROSS-COUNTRY WORLD CUP 2009-2010

| Date                   | Day | Site              | Nation | Ladies        | Men             | Remarks         |
|------------------------|-----|-------------------|--------|---------------|-----------------|-----------------|
| <b>Period I</b>        |     |                   |        |               |                 |                 |
| 21.11.                 | Sat | Beitostölen       | NOR    | 10 km F       | 15 km F         |                 |
| 22.11.                 | Sun | Beitostölen       | NOR    | 4 x 5 km      | 4 x 10 km       |                 |
| 28.11.                 | Sat | Kuusamo           | FIN    | Sprint C      | Sprint C        |                 |
| 29.11.                 | Sun | Kuusamo           | FIN    | 10 km C       | 15 km C         |                 |
| 05.12.                 | Sat | Düsseldorf        | GER    | Sprint F      | Sprint F        |                 |
| 06.12.                 | Sun | Düsseldorf        | GER    | Team Sprint F | Team Sprint F   |                 |
| 12.12.                 | Sat | Davos             | SUI    | 10 km F       | 15 km F         |                 |
| 13.12.                 | Sun | Davos             | SUI    | Sprint F      | Sprint F        |                 |
| 19.12.                 | Sat | Rogla             | SLO    | Sprint C      | Sprint C        |                 |
| 20.12.                 | Sun | Rogla             | SLO    | 15 km C       | 30 km C         | Mass Start      |
| <b>Period II</b>       |     |                   |        |               |                 |                 |
| <b>Tour de Ski</b>     |     |                   |        |               |                 |                 |
| 01.01.                 | Fri | Oberhof           | GER    | 2.5 km F      | 3.75 km F       | Prologue        |
| 02.01.                 | Sat | Oberhof           | GER    | 10 km C       | 15 km C         | Handicap        |
| 03.01.                 | Sun | Oberhof           | GER    | Sprint C      | Sprint C        |                 |
| 04.01.                 | Mon | Prague            | CZE    | Sprint F      | Sprint F        |                 |
| 06.01.                 | Wed | Cortina - Toblach | ITA    | 15 km F       | 30 km F         | Handicap (HC)   |
| 07.01.                 | Thu | Toblach           | ITA    | 5 km C        | 10 km C         |                 |
| 09.01.                 | Sat | Val di Fiemme     | ITA    | 10 km C       | 20 km C         | Mass Start      |
| 10.01.                 | Sun | Val di Fiemme     | ITA    | 9 km F        | 10 km F         | HC, Final Climb |
| 16.01.                 | Sat | Otepää            | EST    | 10 km C       | 15 km C         |                 |
| 17.01.                 | Sun | Otepää            | EST    | Sprint C      | Sprint C        |                 |
| 22.01.                 | Fri | Rybinsk           | RUS    | Sprint F      | Sprint F        |                 |
| 23.01.                 | Sat | Rybinsk           | RUS    | Pursuit       | Pursuit         |                 |
| 24.01.                 | Sun | Rybinsk           | RUS    | Team Sprint F | Team Sprint F   |                 |
| <b>Period III</b>      |     |                   |        |               |                 |                 |
| 05.02.                 | Fri | Canmore           | CAN    | 10 km F       | 15 km F         |                 |
| 06.02.                 | Sat | Canmore           | CAN    | Sprint C      | Sprint C        |                 |
| <b>Period IV</b>       |     |                   |        |               |                 |                 |
| 06.03.                 | Sat | Lahti             | FIN    | Pursuit       | Pursuit         |                 |
| 07.03.                 | Sun | Lahti             | FIN    | 4 x 5 km      | 4 x 10 km       |                 |
| 11.03.                 | Thu | Drammen           | NOR    | Sprint C      | Sprint C        |                 |
| 13.03.                 | Sat | Oslo              | NOR    | 30 km F       | 50 km F         | Mass Start      |
| 14.03.                 | Sun | Oslo              | NOR    | Sprint F      | Sprint F        |                 |
| <b>World Cup Final</b> |     |                   |        |               |                 |                 |
| 17.03.                 | Wed | Stockholm         | SWE    | Sprint C      | Sprint C        |                 |
| 19.03.                 | Fri | Falun             | SWE    | 2.5 km C      | 3.3 km C        |                 |
| 20.03.                 | Sat | Falun             | SWE    | Pursuit (5+5) | Pursuit (10+10) |                 |
| 21.03.                 | Sun | Falun             | SWE    | 10 km F       | 15 km F         | Handicap        |

**Olympic Winter Games 2010**

|                |           |     |   |   |  |
|----------------|-----------|-----|---|---|--|
| 12.-28.02.2010 | Vancouver | CAN | Pursuit, 10 km F,<br>30 km C, TSP F,<br>Relay, Sprint C | Pursuit, 15 km F,<br>50 km C, TSP F,<br>Relay, Sprint C |  |
|----------------|-----------|-----|---|---|--|

Junior World Ski Championships, Hinterzarten (GER): 24.-31.01.2010

Olympic Winter Games, Vancouver (CAN): 12.-28.02.2010