

**MO****2023 FIS Freestyle Ski World Cup  
RUKA (FIN)****FS**

as of 05/10/22 - ARi

**Wednesday, November 30, 2022****ARRIVAL**

|     | Start | Finish  | Duration | Event                                   | Location |
|-----|-------|---------|----------|---|----------|
| MTG | 18:00 | - 18:30 | 0:30     | Mogul Medical and Team Captains Meeting | Online   |

**Thursday, December 01, 2022****TRAINING**

|     | Start        | Finish         | Duration    | Event                                 | Location    |
|-----|--------------|----------------|-------------|---------------------------------------|-------------|
| MO  | 12:30        | - 12:50        | 0:20        | Men's Mogul Inspection                |             |
|     | 12:50        | - 12:55        | 0:05        | Course Preparation                    |             |
|     | <b>12:55</b> | - <b>13:40</b> | <b>0:45</b> | <b>Men's Mogul Training Session</b>   |             |
|     | 13:40        | - 13:50        | 0:10        | Course Preparation                    |             |
|     | <b>13:50</b> | - <b>14:35</b> | <b>0:45</b> | <b>Men's Mogul Training Session</b>   |             |
|     | 14:35        | - 14:55        | 0:20        | Women's Mogul Inspection              |             |
|     | 14:55        | - 15:05        | 0:10        | Course Preparation                    |             |
|     | <b>15:05</b> | - <b>15:50</b> | <b>0:45</b> | <b>Women's Mogul Training Session</b> |             |
|     | 15:50        | - 16:00        | 0:10        | Course Preparation                    |             |
| MTG | <b>16:00</b> | - <b>16:45</b> | <b>0:45</b> | <b>Women's Mogul Training Session</b> |             |
| MTG | 16:45        | - 16:55        | 0:10        | Mogul Course Review                   | Finish Area |

**Friday, December 02, 2022****TRAINING**

|     | Start        | Finish         | Duration    | Event                                 | Location |
|-----|--------------|----------------|-------------|---------------------------------------|----------|
| MO  | 8:30         | - 8:50         | 0:20        | Women's Mogul Inspection              |          |
|     | 8:50         | - 8:55         | 0:05        | Course Preparation                    |          |
|     | <b>8:55</b>  | - <b>9:40</b>  | <b>0:45</b> | <b>Women's Mogul Training Session</b> |          |
|     | 9:40         | - 9:50         | 0:10        | Course Preparation                    |          |
|     | <b>9:50</b>  | - <b>10:35</b> | <b>0:45</b> | <b>Women's Mogul Training Session</b> |          |
|     | 10:35        | - 10:55        | 0:20        | Men's Mogul Inspection                |          |
|     | 10:55        | - 11:05        | 0:10        | Course Preparation                    |          |
|     | <b>11:05</b> | - <b>11:50</b> | <b>0:45</b> | <b>Men's Mogul Training Session</b>   |          |
|     | 11:50        | - 12:00        | 0:10        | Course Preparation                    |          |
|     | <b>12:00</b> | - <b>12:45</b> | <b>0:45</b> | <b>Men's Mogul Training Session</b>   |          |
| MTG | 18:00        | - 18:30        | 0:30        | Mogul Draw                            | Online   |

**Saturday, December 03, 2022****MOGUL COMPETITION**

|              | Start        | Finish         | Duration                              | Event                                       | Location |
|--------------|--------------|----------------|---------------------------------------|---|----------|
| MO           | 10:15        | 10:30          | 0:15                                  | Women's Inspection                          |          |
|              | 10:30        | 10:40          | 0:10                                  | Course Preparation                          |          |
|              | 10:40        | 11:20          | 0:40                                  | Women's Mogul Training                      |          |
|              | 11:20        | 11:30          | 0:10                                  | Course Preparation                          |          |
|              | <b>11:30</b> | <b>12:15</b>   | <b>0:45</b>                           | <b>Women's Qualifications (Q1) (35)</b>     |          |
| BRK          | 12:15        | 12:30          | 0:15                                  | Break                                       |          |
| Qual.        | 12:30        | 12:45          | 0:15                                  | Men's Inspection                            |          |
|              | 12:45        | 12:55          | 0:10                                  | Course Preparation                          |          |
|              | 12:55        | 13:35          | 0:40                                  | Men's Mogul Training                        |          |
|              | 13:35        | 13:45          | 0:10                                  | Course Preparation                          |          |
| <b>13:45</b> | <b>15:00</b> | <b>1:15</b>    | <b>Men's Qualifications (Q1) (65)</b> |   |          |
| BRK          | 15:00        | - 15:25        | 0:25                                  | Break                                       |          |
| MO<br>Final  | 15:25        | - 15:35        | 0:10                                  | Women's and Men's Mogul Finalist Inspection |          |
|              | 15:35        | - 15:45        | 0:10                                  | Break                                       |          |
|              | 15:45        | - 16:15        | 0:30                                  | Women's and Men's Mogul Finalist Training   |          |
|              | 16:15        | - 16:30        | 0:15                                  | Break                                       |          |
|              | <b>16:30</b> | - <b>16:55</b> | <b>0:25</b>                           | <b>Women's Mogul Finals (F1) (16)</b>       |          |
|              | <b>16:55</b> | - <b>17:19</b> | <b>0:24</b>                           | <b>Men's Mogul Finals (F1) (16)</b>         |          |
|              | 17:19        | - 17:22        | 0:03                                  | Break                                       |          |
|              | <b>17:22</b> | - <b>17:33</b> | <b>0:11</b>                           | <b>Women's Mogul Finals (F2) (6)</b>        |          |
|              | <b>17:33</b> | - <b>17:44</b> | <b>0:11</b>                           | <b>Men's Mogul Finals (F2) (6)</b>          |          |
|              | 17:44        | - 17:49        | 0:05                                  | Finish Area Awards Preparation              |          |
|              | 17:49        | - 17:54        | 0:05                                  | Women's Mogul Awards                        |          |
|              | 17:54        | - 17:59        | 0:05                                  | Men's Mogul Awards                          |          |
| 17:59        | - 18:09      | 0:10           | FIS Podium Interviews                 |   |          |