

JWOC 2009 OFFICIAL TRAINING WEEK

day	place	time	type	embargo	note
from 29/06/2009	Passo Cereda	from 10.00-12.00	middle		new training
from 30/06/2009	Tonadico- Siror	from 10.00-12.00	sprint		new training
from 01/07/2009	Calaita	from 10.00-12.00	long		new training
from 02/07/2009	Fiera	from 10.00-12.00	sprint		new map and new training
only 03/07/2009	Val Canali	from 10.00-12.00	middle	do not run before!	new map and new training
only 04/07/2009	Passo Rolle	from 10.00-12.00	middle	do not run before!	new map and new training
05/07/2009	S Martino	from 10.00-12.00	model event		model event

every training (except the Val Canali and Passo Rolle) will be available from the day on the programm till the end of the competitions (only flags)