

2023 FIS FREESTYLE SKI NORAM CUP - Moguls + Dual Moguls
APEX MOUNTAIN RESORT

11/04/2022 - cam/kxr

Wednesday, January 18th, 2023 - ARRIVAL					
	Start	Finish	Duration	Event	Location
ARR	18:00	- 20:00	02:00	Mogul Teams Arrival	Brown Bag Room

Thursday, January 19th, 2023 - TRAINING					
	Start	Finish	Duration	Event	Location
ARR	08:00	- 09:30	01:30	Mogul Team Arrival	Brown Bag Room
	09:45	- 10:00	00:15	Men's Mogul Inspection	
	10:00	- 10:10	00:10	Course Preparation	
	10:10	- 10:55	00:45	Men's Mogul Training Session 1	KRISTI's RUN
	10:55	- 11:05	00:10	Course Preparation	
MO	11:05	- 11:50	00:45	Men's Mogul Training Session 2	
TRNG	11:50	12:05	00:15	Women's Mogul Inspection	
	12:05	- 12:15	00:10	Course Preparation	
	12:15	- 13:00	00:45	Women's Mogul Training Session 1	KRISTI's RUN
	13:00	- 13:10	00:10	Course Preparation	
	13:10	- 13:55	00:45	Women's Mogul Training Session 2	
	13:55	- 14:10	00:15	COACHES AND ATHLETES SLIP	
MTG	14:20	- 14:30	00:10	Mogul Teams Course Review	KRISTI's Finish Area

Friday, January 20th, 2023 - TRAINING					
	Start	Finish	Duration	Event	Location
	09:45	10:00	00:15	Women's Mogul Inspection	
	10:00	- 10:10	00:10	Course Preparation	
	10:10	- 10:55	00:45	Women's Mogul Training Session 1	KRISTI's RUN
	10:55	- 11:05	00:10	Course Preparation	
MO	11:05	- 11:50	00:45	Women's Mogul Training Session 2	
TRNG	11:50	12:05	00:15	Men's Mogul Inspection	
	12:05	- 12:15	00:10	Course Preparation	
	12:15	- 13:00	00:45	Men's Mogul Training Session 1	KRISTI's RUN
	13:00	- 13:10	00:10	Course Preparation	
	13:10	- 13:55	00:45	Men's Mogul Training Session 2	
	13:55	- 14:10	00:15	COACHES AND ATHLETES SLIP	
MTG	17:30	- 18:00	00:30	Mogul Draw	ONLINE

Saturday, January 21st, 2023- MOGUL COMPETITION					
	Start	Finish	Duration	Event	Location
L-MO	08:30	- 08:45	00:15	Women's Mogul Qualifications Inspection	
	08:45	- 08:55	00:10	Course Preparation	
QUALI	08:55	- 09:25	00:30	Women's Mogul Qualifications Training	KRISTI's RUN
	09:25	09:35	00:10	Course Preparation + Forerunners	
	09:35	- 10:50	01:15	Ladies' Mogul Qualifications(Q1)(55)	
M-MO	10:50	- 11:05	00:15	Men's Mogul Qualifications Inspection	
	11:05	11:15	00:10	Course Preparation	
QUALI	11:15	11:55	00:40	Men's Mogul Qualifications Training	KRISTI's RUN
	11:55	- 12:05	00:10	Course Preparation + Forerunners	
	12:05	- 13:25	01:20	Men's Mogul Qualifications(Q1)(65)	
BRK	13:25	13:40	00:15	Finalist Result Period + Finalist Inspection	
W/M MO	13:40	- 13:55	00:15	Women's and Men's Mogul Finalist Training	
	13:55	14:05	00:10	Course Preparation	
FINALS	14:05	- 14:25	00:20	Women's Mogul Finals (F1) (16)	KRISTI's RUN
	14:25	- 14:45	00:20	Men's Mogul Finals (F1) (16)	
	14:45	- 14:55	00:10	Women's Mogul Finals (F2) (6)	
	14:55	- 15:05	00:10	Men's Mogul Finals (F2) (6)	
AWDS	16:00	- 16:15	00:15	Women's and Men's Awards	Gun Barrel Podium
MTG	17:30	- 18:00	00:30	DUAL MOGUL DRAW	ONLINE

Thursday, February 9, 2023 - Dual Mogul Competition					
	Start	Finish	Duration	Event	Location
	08:30	- 08:50	00:20	Women's and Men's Dual Mogul Inspection	
	08:50	- 09:00	00:10	Course Preparation	
	09:00	- 10:00	01:00	Women's and Men's Dual Mogul Training	
	10:00	- 10:10	00:10	Course Preparation	
W/M DM	10:10	- 12:10	02:00	Women's and Men's Dual Mogul Prelim Rounds (90)	KRISTI's RUN
FINALS	12:10	- 12:30	00:20	Finalist Result Period + Finalist Inspection	
	12:30	- 13:50	01:20	Women's and Men's Dual Mogul Finals (F1) (16/16)	KRISTI's RUN
AWDS	14:30	- 14:45	00:15	Women's and Men's Dual Mogul Awards	Gun Barrel Podium