

AE		2024 FIS FREESTYLE SKI NORAM CUP LAKE PLACID - USA				FS	
						as of 15/01/2024 - KXR	
Wednesday, February 28, 2024				PRACTICE 1			
	Start	Finish	Duration	Event	Teams		
AE	9:15	- 10:00	0:45	Group 1 Chop and Hill Prep			
	10:00	- 10:15	0:15	Speed Check			
	10:15	- 12:15	2:00	Aerial Practice Session Group 1	USA/JPN/AUS		
	12:15	- 12:30	0:15	Group 2 Chop and Hill Prep			
	12:30	- 12:45	0:15	Speed Check			
	12:45	- 14:45	2:00	Aerial Practice Session Group 2	CAN		
Thursday, February 29, 2024				PRACTICE 2			
	Start	Finish	Duration	Event	Teams		
AE	9:15	- 10:00	0:45	Group 1 Chop and Hill Prep			
	10:00	- 10:15	0:15	Speed Check			
	10:15	- 12:15	2:00	Aerial Practice Session Group 2	CAN		
	12:15	- 12:30	0:15	Group 2 Chop and Hill Prep			
	12:30	- 12:45	0:15	Speed Check			
	12:45	- 14:45	2:00	Aerial Practice Session Group 1	USA/JPN/AUS		
MTG	16:30	- 17:00	0:30	Aerial Draw	Online		
Friday, March 1, 2024				COMPETITION 1			
	Start	Finish	Duration	Event	Location		
AE Quali	9:00	- 9:30	0:30	Men's Chop and Course Prep			
	9:30	- 9:45	0:15	Men's Speed Checks			
	9:45	- 10:45	1:00	Men's Qualification Warm Up - Max 4 Jumps			
	10:45	- 11:00	0:15	Course Prep			
	11:00	- 11:30	0:30	Men's Aerial Qualifications (Q1) (25)			
	11:30	- 12:00	0:30	Men's Aerial Qualifications (Q2) (25)			
	12:00	- 12:10	0:10	Course Prep			
	12:10	- 12:20	0:10	Men's Aerial Finals (F1) (6)			
BRK	12:20	- 12:25	0:05	Break			
AE Final	12:25	- 12:55	0:30	Women's Chop and Course Prep			
	12:55	- 13:10	0:15	Women's Speed Checks			
	13:10	- 13:55	0:45	Women's Qualification Warm Up - Max 4 Jumps			
	13:55	- 14:10	0:15	Course Prep			
	14:10	- 14:35	0:25	Women's Aerial Qualifications (Q1) (20)			
	14:35	- 15:00	0:25	Women's Aerial Qualifications (Q2) (20)			
	15:00	- 15:10	0:10	Course Prep			
	15:10	- 15:20	0:10	Women's Aerial Finals (F1) (6)			
MTG	16:30	- 17:00	0:30	Aerial Draw	Online		
Saturday, March 2, 2024				COMPETITION 2			
	Start	Finish	Duration	Event	Location		
AE Quali	9:00	- 9:30	0:30	Men's Chop and Course Prep			
	9:30	- 9:45	0:15	Men's Speed Checks			
	9:45	- 10:45	1:00	Men's Qualification Warm Up - Max 4 Jumps			
	10:45	- 11:00	0:15	Course Prep			
	11:00	- 11:30	0:30	Men's Aerial Qualifications (Q1) (25)			
	11:30	- 12:00	0:30	Men's Aerial Qualifications (Q2) (25)			
	12:00	- 12:10	0:10	Course Prep			
	12:10	- 12:20	0:10	Men's Aerial Finals (F1) (6)			
BRK	12:20	- 12:25	0:05	Break			
AE Final	12:25	- 12:55	0:30	Women's Chop and Course Prep			
	12:55	- 13:10	0:15	Women's Speed Checks			
	13:10	- 13:55	0:45	Women's Qualification Warm Up - Max 4 Jumps			
	13:55	- 14:10	0:15	Course Prep			
	14:10	- 14:35	0:25	Women's Aerial Qualifications (Q1) (20)			
	14:35	- 15:00	0:25	Women's Aerial Qualifications (Q2) (20)			
	15:00	- 15:10	0:10	Course Prep			
	15:10	- 15:20	0:10	Women's Aerial Finals (F1) (6)			
15:20	- 15:25	0:05	Break				
15:25	- 15:40	0:15	AWARDS for Both Comp 1 and 2				
Departure		Sunday, March 03, 2024					