



FINSTERAU

FIS PARA CROSS-COUNTRY WORLD CUP
Pre-Information

14 January 2026

Competition Programm

- 14.01.2026 10 km Interval Start F
- 15.01.2026 10 km Para Mass Start F
- 17.01.2026 Sprint C
- 18.01.2026 Mixed and Open relay – PWG Format (C-C-F-F)

VENUE OVERVIEW – FIS PARA CC – WC FINSTERAU





TIME TABLE – CROSS-COUNTRY – TRAINING DAY

Tuesday 13th of January 2026

10:30 – 16:00 **Official training Sitting 2,5 km and standing/VI 2,5 courses**
(All courses open)

14:00 Opening Ceremony – Catering house at the stadium

18:00 **TCM 10 km Interval F**



TIME TABLE – FIS CROSS-COUNTRY 10 KM F - INDIVIDUAL

Wednesday 14th of January 2026

07:30	Bib distribution – Race office open
08:00 – 09:45	Course open official ski testing and training
08:30 – 09:50	Course open for training and warming up
10:00 - 10:41	CC Women's Sitting 10 Km (4 x 2,5 km sitting course)
10:20 - 11:13	CC Men's Sitting 10 Km (4x2,5 km sitting course)
	Warming up on the warming up course
11:30 - 12:08	CC Women's VI 10 Km F (4 x 2,5 km standing course)
11:50 - 12:36	CC Men's VI 10 Km F (4 x 2,5 km standing course)
	Warming up on the warming up course
13:00 - 13:42	CC Women's Standing 10 Km F (4 x 2,5 km standing course)
13:20 - 14:13	CC Men's Standing 10 Km F (4 x 2,5 km standing course)
18:00	TCM Para Mass start F

Duration of Competition
4:15 hrs

Thursday, 15th of January 2026

08:00 - 14:00	Bib distribution – Race office open
08:00 - 09:50	Course open official ski testing
08:30 - 09:50	Course open for training and warming up
10:00	CC – Women’s sitting 10 Km (4 x 2,5 km) CC – Men’s sitting 10 km (4 x 2,5 km)
10:40 - 11:05	Course open for training
11:15	CC – Women’s VI 10 km F (4 x 2,5 km) CC – Men’s VI 10 km F (4 x 2,5 km)
11:55 - 12:20	Course open for training
12:30	CC – Women’s Standing 10 km F (4 x 2,5 km) CC – Men’s Standing 10 km F (4 x 2,5 km)



TIME TABLE – CROSS-COUNTRY – TRAINING DAY

Friday 16th of January 2026

10:00 – 14:00 **Official training Sitting and standing/VI on the Sprint course**
(All courses open)

18:00 **TCM Sprint C**



TIME TABLE – FIS PARA CROSS-COUNTRY SPRINT C

Saturday 17th of January 2026

08:30 - 15:30	Race office open - Bib distribution
08:30 - 09:45	Race course open for ski technicians
09:20 – 09:50	Official ski testing and warming up on the race course
10:00 - 11:30	Qualification Sitting w/m – VI w/m – Standing w/m (Sitting/Standing 15 seconds and VI 20 seconds Start interval) 1 lap Sprint course Fluor testing after the qualification
11:50 -12:20	Race course open only for qualified athletes, and service staff.
12:00	Bib handout – Race office
12:30 – 14:07	Finals Sitting w/m – VI w/m – Standing w/m – 1 Lap Sprint course Fluor testing after the finals
17:00	TCM Relay Mixed – Open
18:00	Victory Ceremonies for Wed, Thu and Sat at Catering House

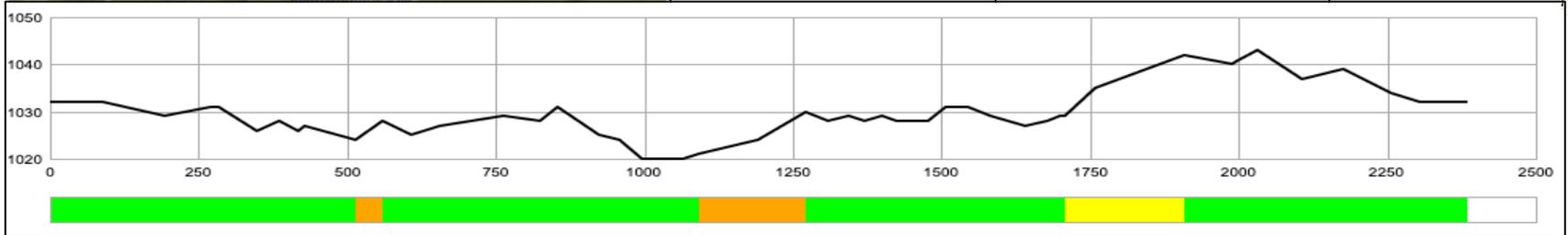
Duration of Competition
4:10 hrs

Sunday, 18th of January 2026

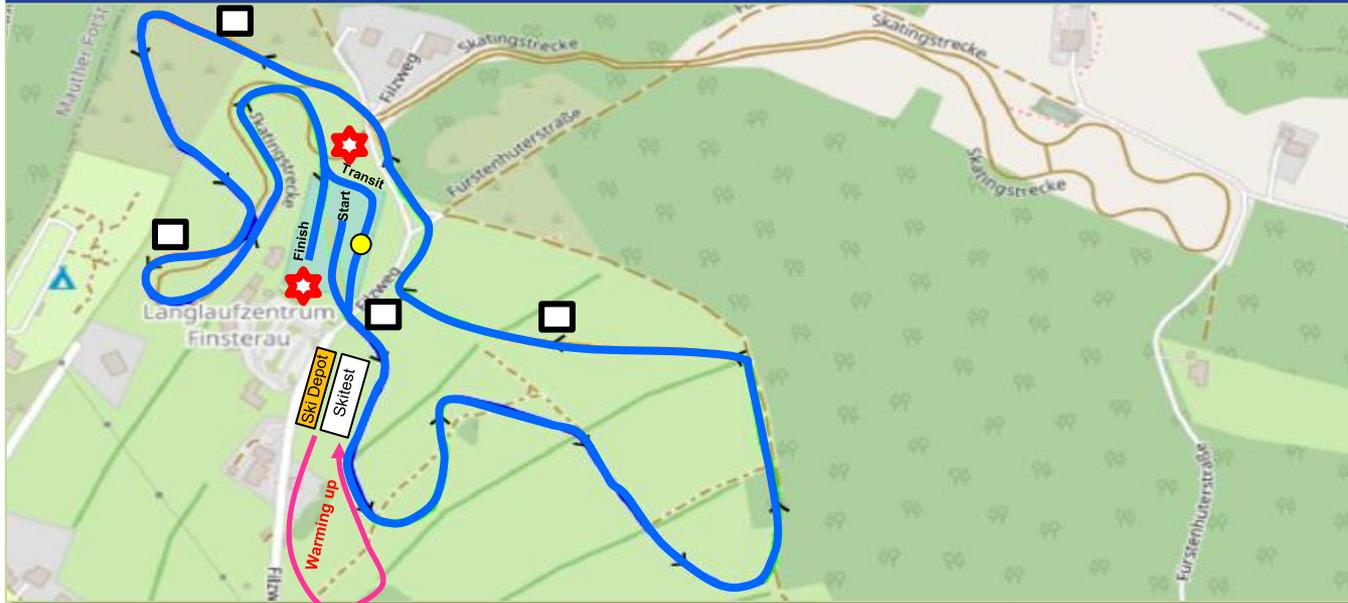
08:30 - 15:30	Race office open - Bib distribution
08:30 - 09:45	Race course open for ski technicians
09:20 – 09:50	Official ski testing and warming up on the race course
10:00 – 10:40	CC Open Relay 375% (4 x 2,5 km – 1st C – 2nd C – 3rd F – 4th F)
10:45 – 11:25	Course open for warming up
11:30 – 12:10	CC Mixed Relay 335% (4 x 2,5 km – 1st C – 2nd C – 3rd F – 4th F)
13:30	Victory ceremony – Open and Mixed relay

2,5 KM SITTING - FIS PARA CROSS-COUNTRY – FINSTERAU

A-climb B-climb C-climb descent undulated terrain

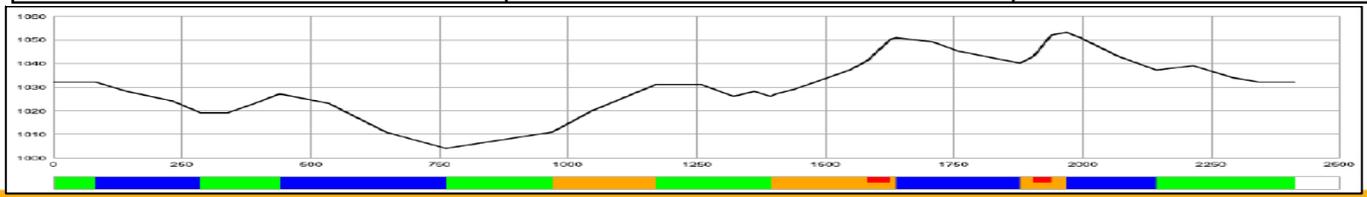


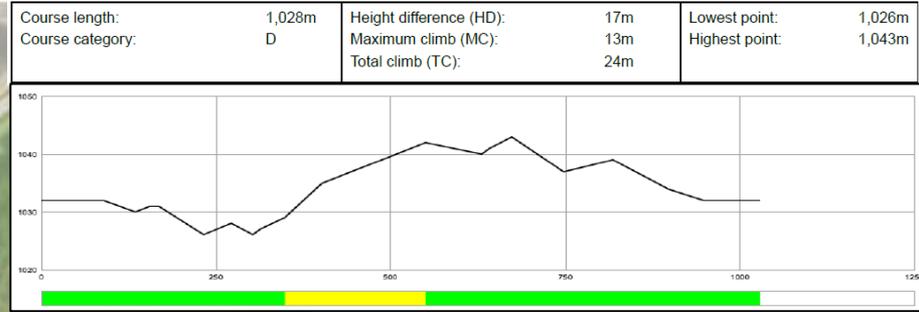
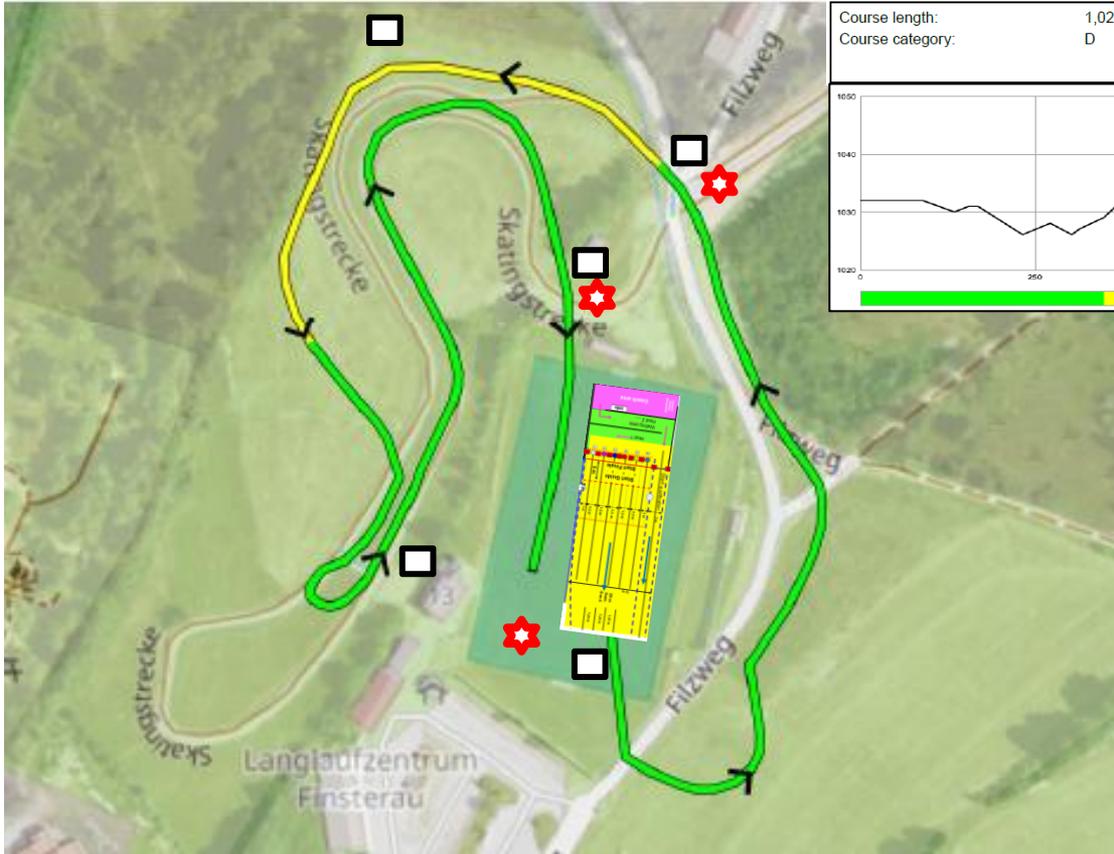
2,5 KM STANDING/VI - FIS PARA CROSS-COUNTRY – FINSTERAU



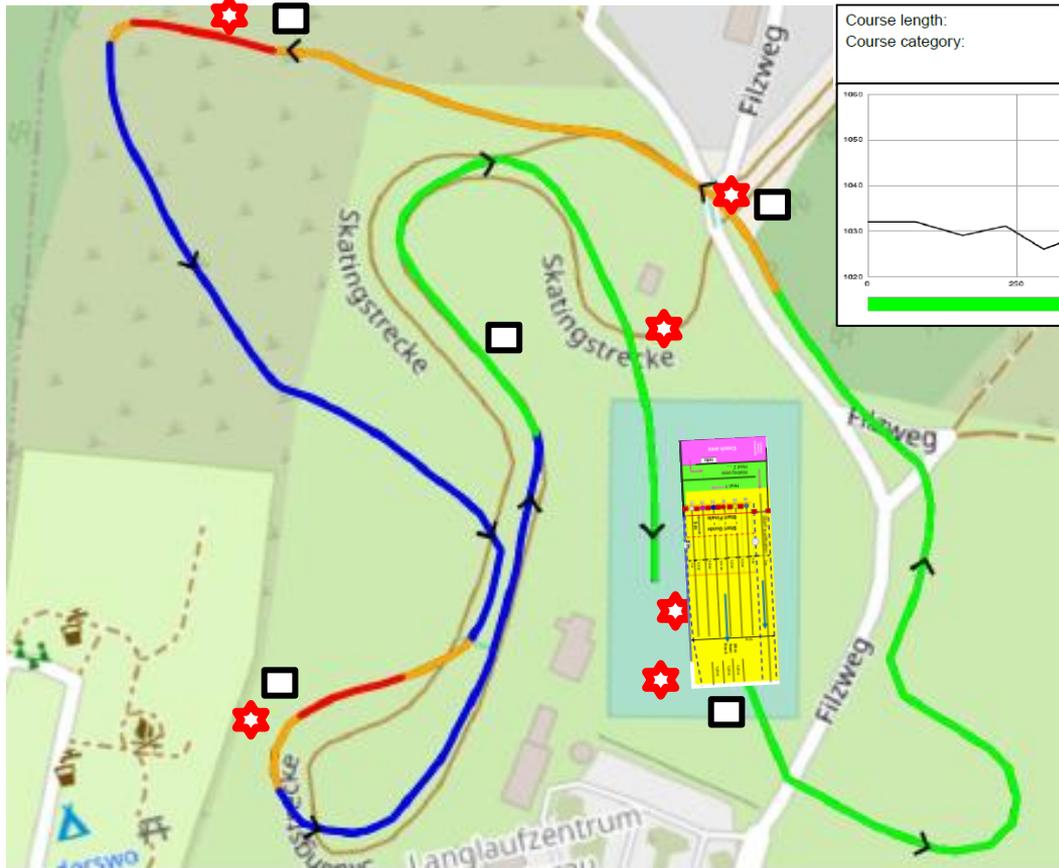
- Coaching zone
- Ski depot
- Intermediate time
- Camera position
- Photo position

Course length:	2,414m	Height difference (HD):	49m
Course category:	D	Maximum climb (MC):	25m
		Total climb (TC):	77m
		Lowest point:	1,004m
		Highest point:	1,053m

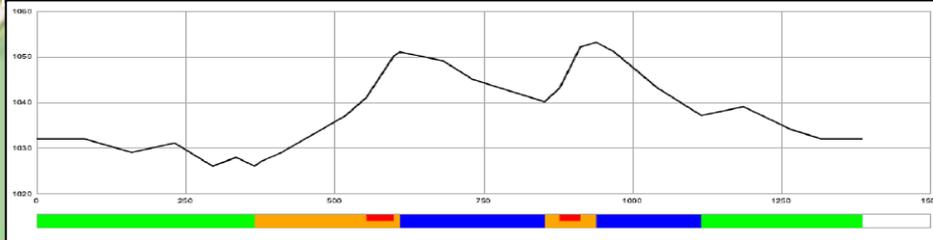




- Coaching zone 
- Ski depot 
- Intermediate time 
- Camera position 
- Photo position 



Course length:	1,386m	Height difference (HD):	27m	Lowest point:	1,026m
Course category:	D	Maximum climb (MC):	25m	Highest point:	1,053m
		Total climb (TC):	44m		



- Coaching zone
- Ski depot
- Intermediate time
- Camera position
- Photo position

Diagonal zone

Open and Mixed Relay SITTING/STANDING/VI

A-climb B-climb C-climb descent undulated terrain

