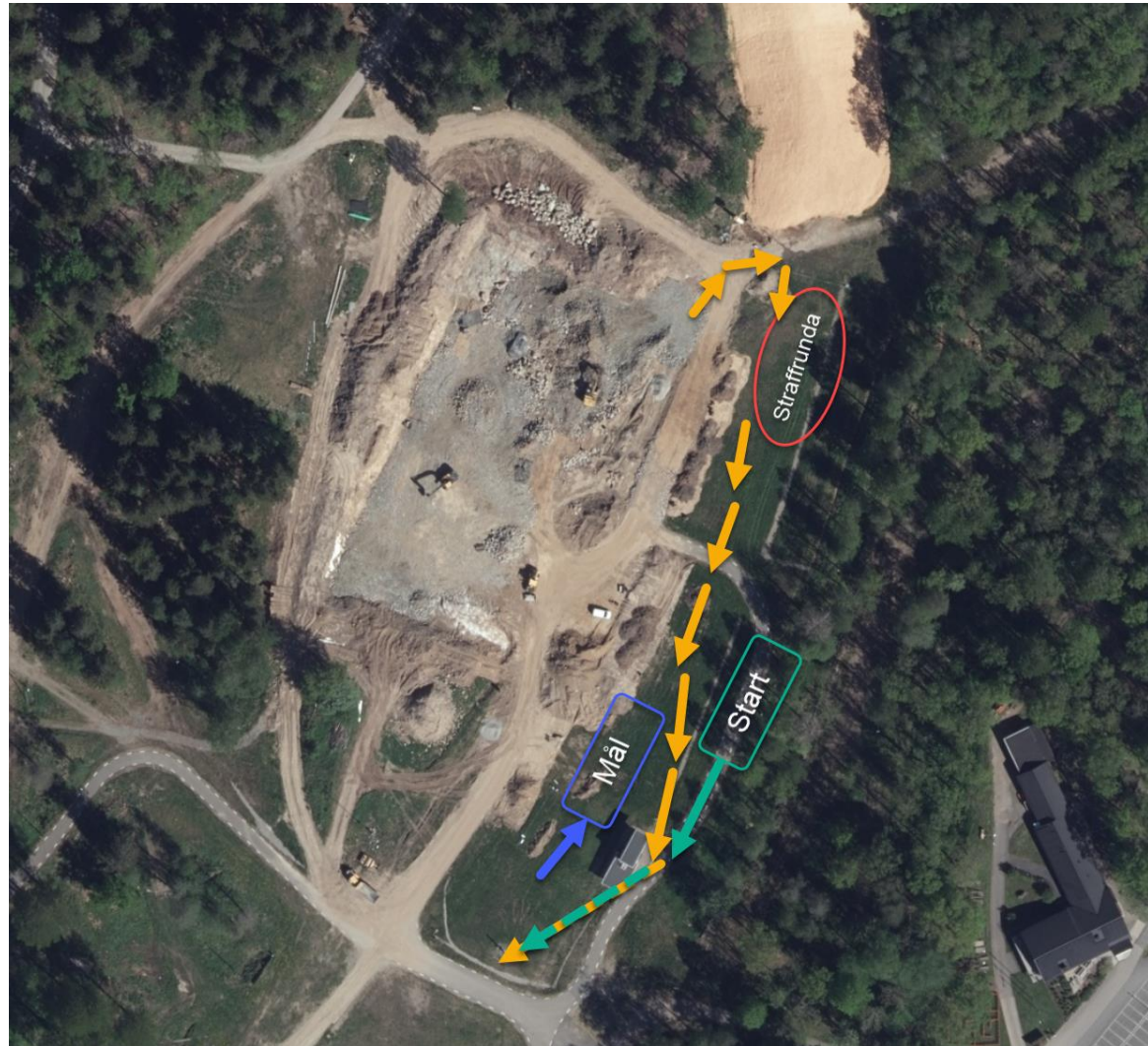
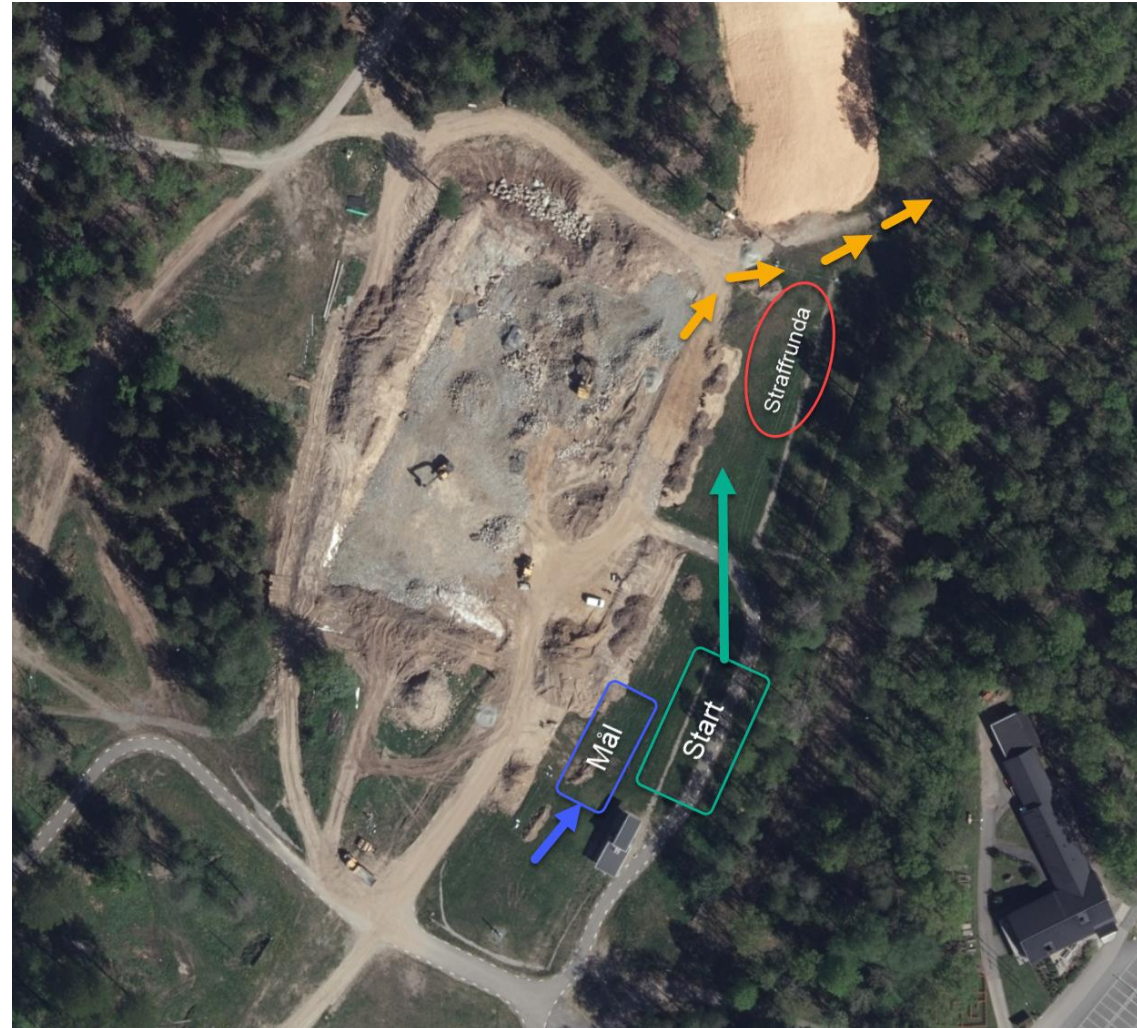


	Sprint			Masstart		
Klass	Längd	Varv	Skytte	Längd	Varv	Skytte
D/H Senior	4,5km	3*1,5km	LS	5km	5*1km	LLSS
D/H 16-22	6km	3*2km	LS	7,5km	5*1,5km	LLSS
F/P 14-15	4,5km	3*1,5km	LL	6km	4*1,5km	LLL
F/P 12-13	3km	3*1km	LL	4km	4*1km	LLL
F/P 10-11	2km	3*700m	LL	3km	3*1km	LL

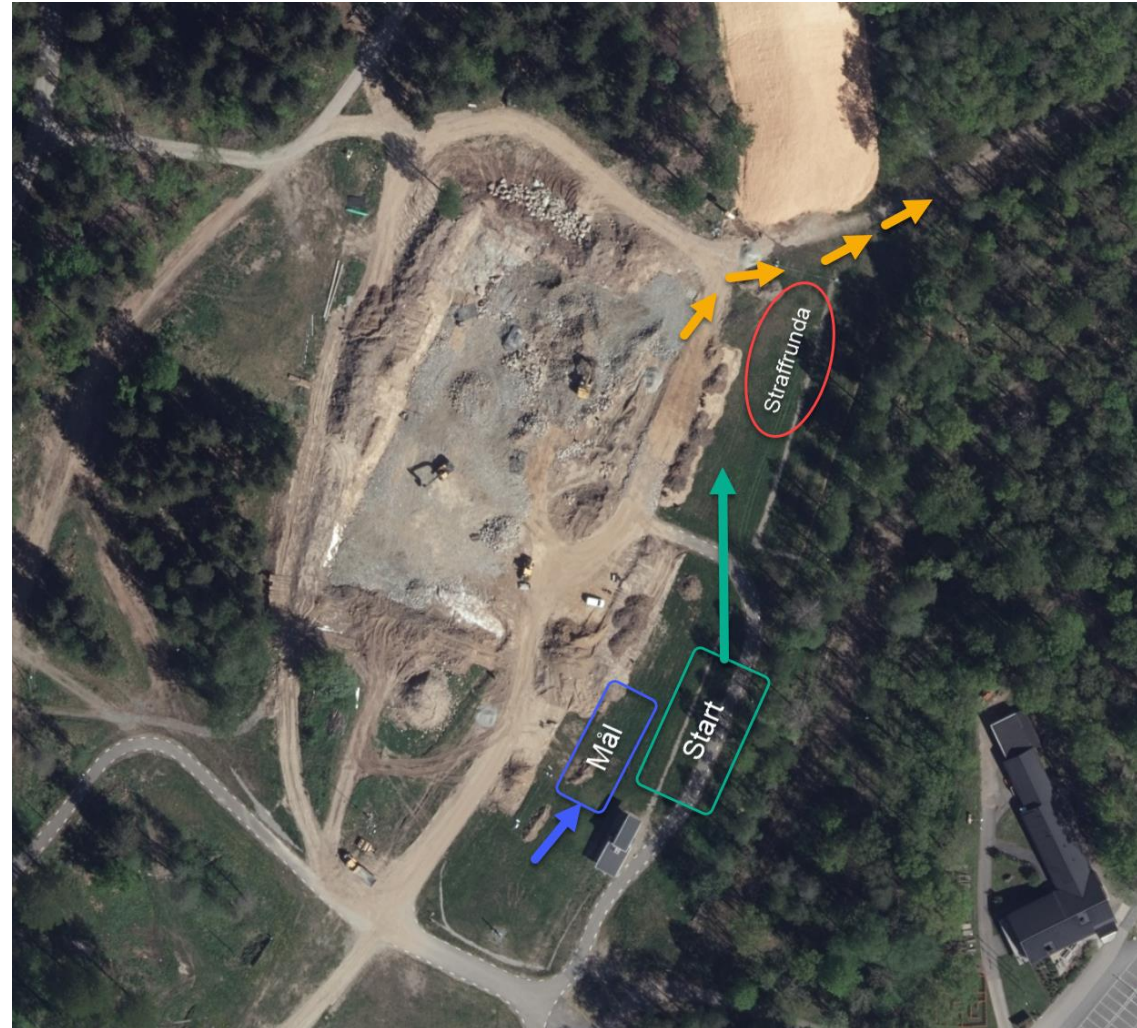
Start, Varvning, Straffrunda, Mål - Sprint



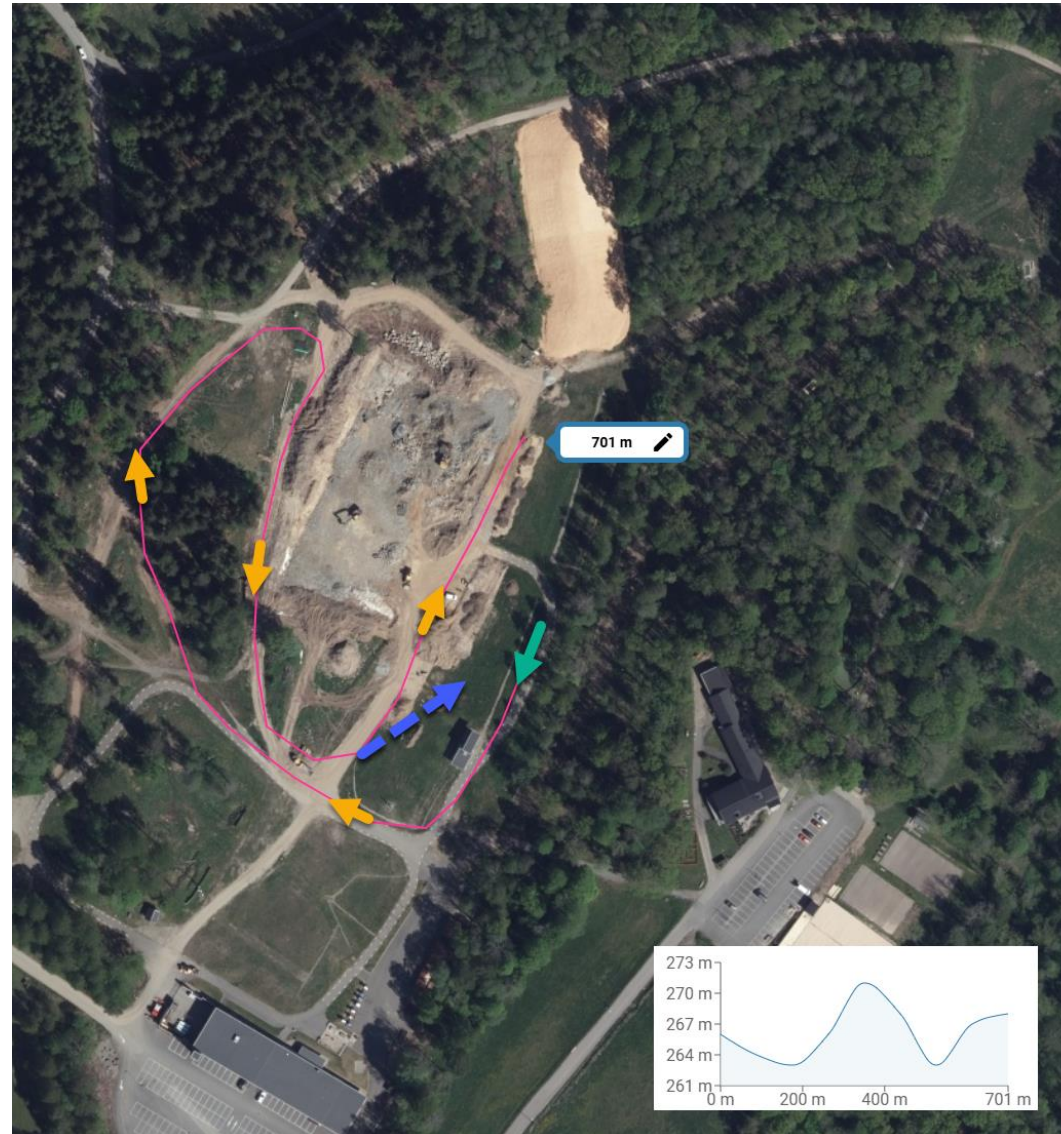
Start, Varvning, Straffrunda, Mål – Sprint 2km



Start, Varvning, Straffrunda, Mål - Masstart



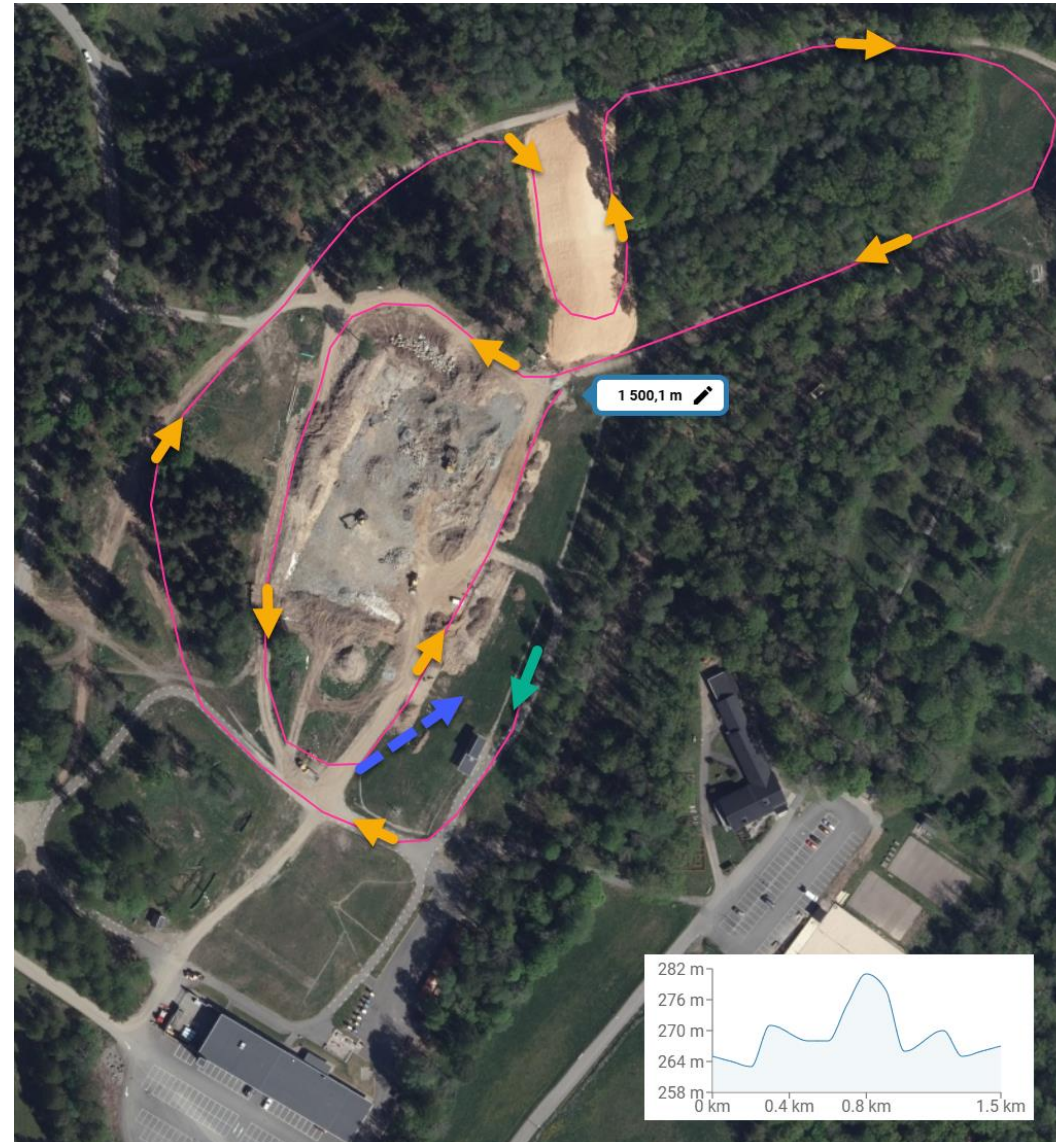
Sprint F/P 10-11 700m



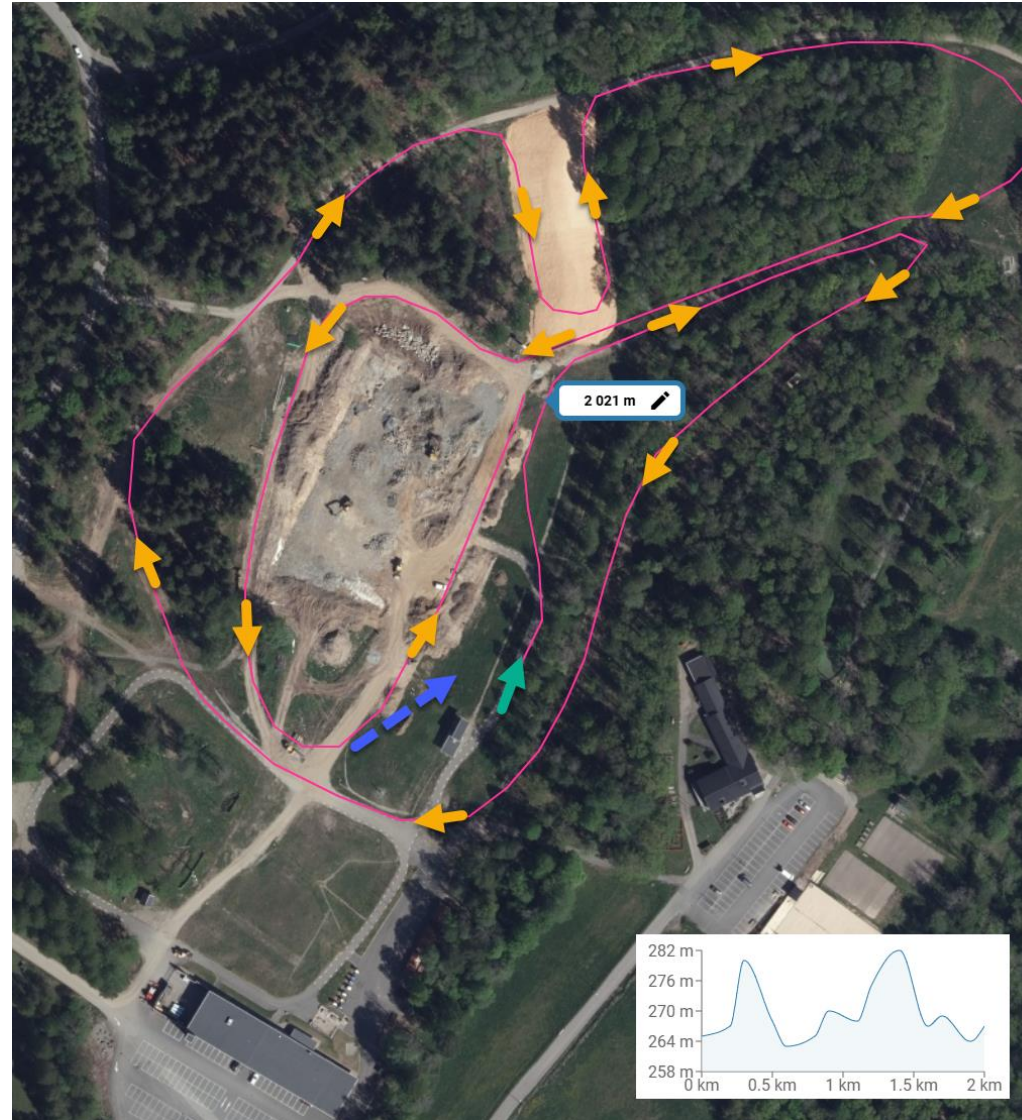
Sprint F/P 12-13 1km



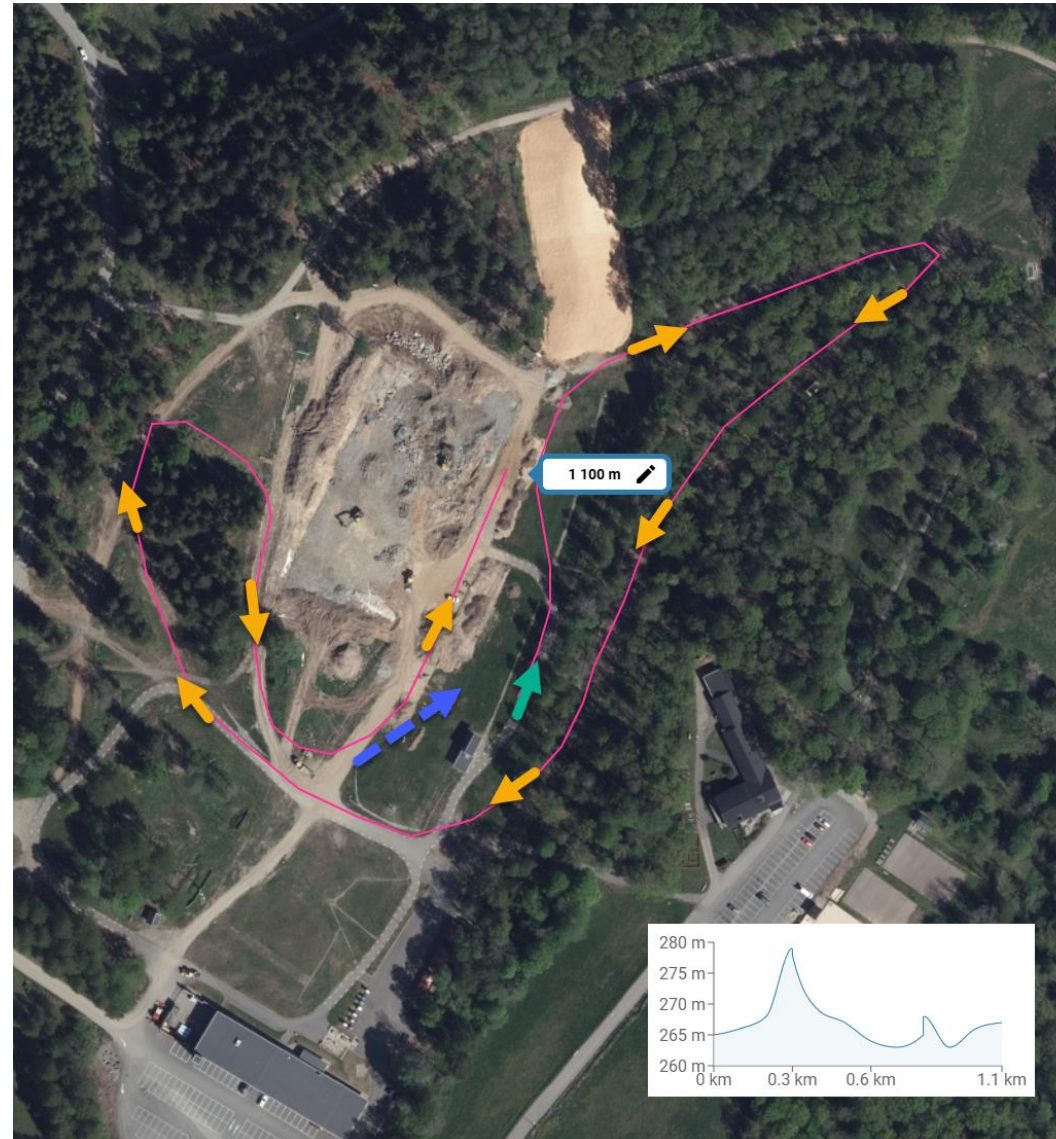
Sprint F/P 14-15, D/H Senior 1,5km



Sprint D/H 16-22 2km



Masstart F/P 10-11 & 12-13 D/H Senior 1km



Masstart F/P 14-15 & D/H 16-22 1,5km

