

<b>Premiering Hovedlandsrennet 2025</b>						
<b>(1/3 premiering)</b>						
<i>Mindre justeringer kan komme</i>						
<b>FREDAG:</b>	<b>Oppmøtetid deltakere</b>	<b>Start seremoni</b>	<b>Sted</b>	<b>Antatt ca. tid utdeling</b>	<b>Utdeler 1</b>	
Åpningseremoni		09:45	Arena			
J15 5 KM (K)	11:15	11:30	Arena	20 min	Astrid U Jacobsen	
J16 5 KM (K)	11:45	12:00	Arena	20 min	Astrid U Jacobsen	
G15 5 km (K)	14:30	14:45	Arena	30 min	Sjur Røthe	
G16 7,5 km (K)	15:00	15:15	Arena	30 min	Sjur Røthe	
J15 - Kombinert langrenn	16:30	16:45	Arena	15 min	Hege Frufjord	
G15 - Kombinert langrenn	16:30	16:45	Arena	15 min	Hege Frufjord	
J16 - Kombinert langrenn	16:30	16:45	Arena	15 min	Hege Frufjord	
G16 - Kombinert langrenn	16:30	16:45	Arena	15 min	Hege Frufjord	
<b>LØRDAG:</b>						
J15 - Hopp	14:15	14:30	Arena	20 min	Stine Korsen	
J16 - Hopp	14:15	14:30	Arena	20 min	Stine Korsen	
G15 - Hopp	14:15	14:30	Arena	20 min	Stine Korsen	
G16 - Hopp	14:15	14:30	Arena	20 min	Stine Korsen	
J15 - Kombicross	14:15	14:30	Arena	10 min	Hege Frufjord	
J16 - Kombicross	14:15	14:30	Arena	10 min	Hege Frufjord	
G15 - Kombicross	14:15	14:30	Arena	10 min	Hege Frufjord	
G16 - Kombicross	14:15	14:30	Arena	10 min	Hege Frufjord	
J15 - Sprint	14:45	15:00	Arena	20 min	Astrid U Jacobsen	
J15 - Skicross	15:10	15:25	Arena	20 min	Astrid U Jacobsen	
J16 - Sprint	15:30	15:45	Arena	20 min	Astrid U Jacobsen	
J16 - Skicross	15:55	16:10	Arena	20 min	Astrid U Jacobsen	
G15 - Sprint	16:30	16:45	Arena	30 min		
G15 - Skicross	17:05	17:15	Arena	30 min		
G16 - Sprint	17:30	17:45	Arena	30 min		
G16 - Skicross	18:00	18:15	Arena	30 min		
<b>SØNDAG:</b>						
J15/16 - Stafett	12:00	12:15	Arena		Martin J Sundby	
G15/16 - Stafett	12:00	12:15	Arena		Martin J Sundby	
J15/16 - Laghopp		11:30	Midstuen		Stine Korsen	
G15/16 - Laghopp		11:30	Midstuen		Stine Korsen	