

Ablaufplan JUNIOREN – Rennrodeln / Daily Schedule JUNIOR – Luge, Season 2009/10

Nov 09		Dez 09		Jan 10		Feb 10	
KW 45		KW 49	ITW Paramonovo (30.11. - 04.)	KW 1	ITW Innsbruck / Igls (04. - 09.)	KW 5	Reisetag / Travel Day
02. - 08.		30.11. - 06.		04. - 10.		01. - 07.	6. JWC sys. Tr. + off. Tr. Winterberg off. Tr. (02. - 06.) off. Tr.
Fr		Fr		Fr		Fr	TC, Do, Youth A w, Jun. Girls
Sa		Sa		Sa		Sa	Jun. Men, Youth A m,
So		So		So		So	Reisetag / Travel Day
KW 46		KW 50	1 & 2. JWC off. Tr. Paramonovo off. Tr. (07. - 12.) off. Tr. JWC 1, all disciplines Do, Youth Aw, Junior Girls Junior Men, Youth A m	KW 2	4. JWC PT/KT Königssee off. Tr. (11. - 16.) off. Tr. off. Tr. TC, Do, Youth A w, Jun. Girls Jun. Men, Youth A m,	KW 6	XXI. OWG Vancouver / Whistler (08. - 17.)
09. - 15.		07. - 13.		11. - 17.		08. - 14.	
Fr		Do		Fr		Fr	
Sa		Fr		Sa		Sa	
So		Sa		So		So	
KW 47		KW 51	3. JWC PT/KT Sigulda off. Tr. (14. - 19.) off. Tr. off. Tr. CC, Jun. Men, Youth A m, Jun. Girls, Do, Youth A w,	KW 3	5. JWC PT/KT Oberhof off. Tr. off. Tr. off. Tr.	KW 7	
16. - 22.		14. - 20.		18. - 24.		15. - 21.	
		Fr		Fr		Fr	
		Sa		Sa		Sa	
	Reisetag/Travel Day	So		So		So	
KW 48	ITW Oberhof (23. - 28.)	KW 52		KW 4	25. FIL – JWM PT/KT Innsbruck / Igls PT/KT (25. - 31.) off. Tr. off. Tr. off. Tr. Junior Men, Doubles Junior Girls, Team Relay	KW 8	
23. - 29.		21. - 27.		25. - 31.		22. - 28.	
Fr		Fr		Fr		Fr	
Sa		Sa		Sa		Sa	
So		So		So		So	
Stand: 23.08.09 Maria Luise Rainer (TD) subject to change/ Änderungen vorbehalten		KW 53		ITW = International Training Week / Internationale Trainingswoche Jun. G. = Junior Girls / Juniorinnen KT = Kauftraining - PT = Paid Training Jun. M. = Junior Men / Junioren TC = Team Competition / Mannschaftswettkampf CC = Challenge Cup Youth A w = Jugend weiblich - Youth A m = Jugend A männlich Team Relay = Team Staffel			
		28. - 03.01.					
		Fr					
		Sa					
		So					