



**FÉDÉRATION INTERNATIONALE DE SKI**  
**INTERNATIONAL SKI FEDERATION**  
**INTERNATIONALER SKI VERBAND**



**Cross Country FIS Points Lists 2009-2010**  
**Dates of the Lists**

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The printing deadlines and validity date are published in the Cross-Country Rules and Guidelines of the FIS Points and on the FIS Website!

**Printing deadlines of the FIS Points lists Cross-Country season 2009/2010:**

1 <sup>st</sup> list	Thursday	25 <sup>th</sup>	June	2009
2 <sup>nd</sup> list	Monday	26 <sup>th</sup>	October	2009
3 <sup>rd</sup> list	Monday	14 <sup>th</sup>	December	2009
4 <sup>th</sup> list	Monday	1 <sup>st</sup>	February	2010
5 <sup>th</sup> list	Monday	1 <sup>st</sup>	March	2010
6 <sup>th</sup> list	Monday	26 <sup>th</sup>	April	2010

**The FIS Points lists Cross-Country will be valid as of the following dates:**

1 <sup>st</sup> list	Wednesday	1 <sup>st</sup>	July	2009	to	Thursday	29 <sup>th</sup>	October	2009
2 <sup>nd</sup> list	Friday	30 <sup>th</sup>	October	2009	to	Thursday	17 <sup>th</sup>	December	2009
3 <sup>rd</sup> list	Friday	18 <sup>th</sup>	December	2009	to	Thursday	4 <sup>th</sup>	February	2010
4 <sup>th</sup> list	Friday	5 <sup>th</sup>	February	2010	to	Thursday	4 <sup>th</sup>	March	2010
5 <sup>th</sup> list	Friday	5 <sup>th</sup>	March	2010	to	Thursday	29 <sup>th</sup>	April	2010
6 <sup>th</sup> list	Friday	30 <sup>th</sup>	April	2010	to	Wednesday	30 <sup>th</sup>	June	2010