

## November 2022

### WORLD CUP 1 25.-27.11.2022

Val Thorens  
FRA

25.11. (Fri) Sprint  
27.11. (Sun) Mixed Relay

## January 2023

### WORLD CUP 3 11.-14.01.2023

Morgins  
SUI

11.01. (Wed) Vertical  
12.01. (Thu) Sprint  
14.01. (Sat) Individual

## February 2023

### WORLD CUP 5 16.-19.02.2023

Val Martello  
ITA

16.02. (Thu) Individual  
18.02. (Sat) Sprint  
19.02. (Sun) Mixed Relay

## March 2023

### WORLD CUP 6 17.-19.03.2023

Schladming  
AUT

17.03. (Fri) Sprint  
19.03. (Sun) Vertical

### ISMF MASTERS WORLD CHAMPIONSHIPS 31.03.-02.04.2023

Banská Bystrica  
SVK

31.03. (Fri) Vertical  
02.04. (Sun) Individual

## December 2022

### WORLD CUP 2 16.-18.12.2022

Pontedilegno-Tonale  
ITA

16.12. (Fri) Sprint  
18.12. (Sun) Individual

### WORLD CUP 4 21.-22.01.2023

Arinsal - La Massana  
AND

21.01. (Sat) Individual  
22.01. (Sun) Vertical

### ISMF WORLD CHAMPIONSHIPS 26.02.-04.03.2023

Boí Taüll  
ESP

Sprint, Individual, Vertical, Team  
and Mixed Relay  
Exact dates still tbd

### ISMF-LGC WCH LONG DISTANCE TEAM 25.03.2023

Pontedilegno-Tonale  
ITA

25.03. (Sat) Adamello Ski Raid

## April 2023

### WORLD CUP 7 12.-16.04.2023

Tromsø  
NOR

12.04. (Wed) Sprint (tbc)  
13.04. (Thu) Vertical (tbc)  
15.04. (Sat) Individual (tbc)  
16.04. (Sun) Mixed Relay (tbc)

Approved by the ISMF Council on May 31st, 2022