1. Stage #1: The Harald Hop

Scoring	Points	Par-time	120.00 sec
Info	10 pts & 10 rounds	Par-time factor	-
CoF			
Target-info	A & R		
Equipment	Alt utstyr		
Penalties	As per current edition of rules		
Safety	L/R		
Setup			

2. Stage #2: Austrian KYL

Scoring	Points	Par-time	120.00 sec
Info	10 pts & 10 rounds	Par-time factor	-
CoF			
Target-info	C & H		
Equipment	Alt utstyr		
Penalties	As per current edition of rules		
Safety	L/R		
Setup			

3. Stage #3: Stairway to heaven

Scoring	Points	Par-time	120.00 sec
Info	9 pts & 9 rounds	Par-time factor	-
CoF			
Target-info	J, K & L		
Equipment	One bag		
Penalties	As per current edition of rules		
Safety	L/R		
Setup			

4. Stage #4: Skillstage 2 +

Scoring	Points & tie-breaker time	Par-time	120.00 sec
Info	10 pts & 10 rounds	Par-time factor	-
CoF			
Target-info	F		
Equipment	Alt utstyr tillat		
Penalties	As per current edition of rules		
Safety	L/R		
Setup			

5. Stage #5 Schwarznegger Special

Scoring	Points	Par-time	120.00 sec
Info	9 pts & 9 rounds	Par-time factor	-
CoF			
Target-info	P - 342m		
Equipment	Alt utstyr tillatt		
Penalties	As per current edition of rules		
Safety	L/R		
Setup			

6. Stage #6 Flip Fop

Scoring	Points	Par-time	120.00 sec
Info	12 pts & 12 rounds	Par-time factor	-
CoF			
Target-info	X - 440m Q - 342		
Equipment	Alt		
Penalties	As per current edition of rules		
Safety	L/R		
Setup			