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| --- | --- | --- | --- | --- | --- |
| **Datum** | **Tävling** | Förening | Åkteknik | Utsedd TD | **Tävling utanför distriktet** |
| **6/9** | **Skoklosterrullen** | Bålsta SK | Klassikt |  |  |
| **23/9** | **Skidting** | IK Rex |  |  |  |
| **14/10** | **Arrangörskonferans** | Månkarbo IF |  |  |  |
| **21/11** |  |  |  |  |  |
| **22/11** |  |  |  |  |  |
| **28/11** |  |  |  |  |  |
| **29/11** |  |  |  |  |  |
| **5/12** |  |  |  |  |  |
| **6/12** |  |  |  |  |  |
| **12/12** |  |  |  |  | 11-13/12 WV cup Piteå  |
| **13/12** |  |  |  |  |  |
| **19/12** | **Vegavallsloppet** | Tierps IF/OK Borgen | Fristil |  | 19-20/12 Scandic cup Idre |
| **20/12** |  |  |  |  |  |
| **26/12** |  |  |  |  |  |
| **27/12** | **Rexaracet** | IK Rex | Fristil |  |  |
| **28/12** |  |  |  |  |  |
| **29/12** |  |  |  |  |  |
| **31/12** |  |  |  |  |  |
| **1/1** |  |  |  |  |  |
| **2/1** |  |  |  |  |  |
| **3/1** |  |  |  |  |  |
| **6/1** | **Brottbyloppet** | Brottby SK | Klassiskt |  | Kontakt Peter Nordström, Erik Strömberg |
| **9/1** | **Roslagsloppet** | Roslagsbro IF | Klassiskt |  | 9-10/1 Scandic cup Östersund |
| **10/1** |  |  |  |  |  |
| **16/1** | **Storvretaloppet** | Storvreta IK |  DM kort (F) |  |  |
| **17/1** | **Upplands crossen** | Bålsta SK | Fristil |  |  |
| **22/1** | **DM stafett** | IK Rex | Klassikt |  |  |
| **23/1** | **DM Sprint** | Häverödals SK | Fristil |  | 23-24/1 WV cup Torsby |
| **24/1** | **DM Medel Åsloppet** | Månkarbo IF | Klassiskt  |  |  |
| **26/1** | **Månkarboskejten** | Månkarbo IF | Fristil |  | ( Öppet Nordupplandsmästerskap) |
| **30/1** | **Bålstastafetten** | Bålsta SK |  |  |  |
| **31/1** | **Storvretaklassikern** | Storvreta IK  | Klassikt LL |  |  |
| **6/2** | **Roslagsloppet** | Roslagsbro IF | Klassiskt |  |  |
| **7/2** | **Vassundaskidan** | Vassunda IF | Fristil |  | ICA Final?? |
| **13/2** | **Flygloppet** | Arlanda/Märsta SK |  |  |  |
| **14/2** | **Lindmansloppet** | Gimo IF | DM-lång LL(K) |  | Folksam Final?? |
| **19/2** |  |  |  |  | 19-20/2 WV cup Boden |
| **20/2** |  |  |  |  | 20/21/2 Scandic cup Boden |
| **21/2** |  |  |  |  |  |
| **26/2-7/3** | **Vasaloppsveckan** |  |  |  | Vasaloppsveckan |
| **27/2** |  |  |  |  |  |
| **28/2** |  |  |  |  |  |
| **6/3** |  |  |  |  | 6-8/3 Folksam cup Järpen |
| **7/3** |  |  |  |  |  |
| **13/3** |  |  |  |  | 12-13/3 Scandic cup Falun |
| **14/3** |  |  |  |  | 12-14/3 VW cup Ö-vik |
| **20/3** |  |  |  |  |  |
| **21/3** |  |  |  |  |  |
| **27/3** |  |  |  |  | 26-27/3 WV cup Gällivare |
| **28/3** |  |  |  |  |  |
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| **29/3** |  |  |  |  |  |
| **4/4** |  |  |  |  |  |
| **5/4** |  |  |  |  |  |
| **11/4** |  |  |  |  |  |
| **12/4** |  |  |  |  |  |
| **16/4** |  |  |  |  |  |
| **17-18/4** |  |  |  |  |  |
| **17-18/4** |  |  |  |  |  |
| **18/4** |  |  |  |  |  |
| **19/4** |  |  |  |  |  |
| **21/5** | Supersprint | IK Rex | Klassiskt |  |  |

Tävling med gul markering ej sökt till 20/21

TD Reserver Fredrik Karlsson Vassunda IF, Arne Eriksson Tierps IF, Anders Adill Öregrunds IK

Justeringar i tävlingsprogrammet kan ske under säsong.

TD lista Jan Pettersson, Joakim Sköld, Christian Jansson, Pär Ohlström, Staffan Löfström, Ulf Jansson, Pernilla Söderkvist, Mats Omnell, Jan Karlsson