



TRAINING SCHEDULE SEPTEMBER 3rd



Nordic & Swedish Para Inclusive Sailing Championships 2026

Gathering by Baggenstugan, ready to sail for a short briefing before getting out on the water.

Coaches are Karin Knigge (SWE) and Thomas Nilsson (NOR)

SESSION 1 - 10-12:30

Tatiana + Martina

Mikael + Richard

Justen + Jazz

Elliot + Stian

Lottie + Anthony

SESSION 2 - 13:30-16

Solfrid + Külli

Johan + Carl

Anna + Eva

Johanna + Jonas