

TRAINING SESSIONS SCHEDULE ver 14.11.23

ISU WC Stavanger, December 1st-3rd

DAY	FROM	TILL	REMARKS	DAY	FROM	TILL	ACTIVITY	REMARKS
Monday November 27th	morning session			Friday December 1st	14:00	14:45	Open training	All participants
	09:00	09:45	Teams I		Ice preparation			
	Ice preparation (2 lanes)				15:01	15:46	Warm up B division	**
	10:00	10:45	Teams I		Track preparation, test pair, ice preparation			
	Ice preparation (3 lanes)				16:28	18:27	Races B division	*
	11:05	11:50	Teams II		Ice preparation			
	Ice preparation (2 lanes)				18:27	18:42	Warm up MS only	
	12:05	12:50	Teams II		18:42	19:27	Warm up A division	**
	afternoon session				Track preparation, test pair, ice preparation			
	14:30	15:15	Official ice training (all participants)		19:37	19:57	Opening ceremony	
Ice preparation (3 lanes)				20:00	22:09	Races A division	***	
15:35	16:20			08:30	09:15	Warm up B division	**	
Tuesday November 28th	morning session			Saturday December 2nd	Track preparation, test pair, ice preparation			
	09:00	09:45	Teams II		09:34	13:00	Races B division	*
	Ice preparation (2 lanes)				Ice preparation			
	10:00	10:45	Teams II		13:13	13:58	Warm up A division	**
	Ice preparation (3 lanes)				Track preparation, test pair, ice preparation			
	11:05	11:50	Teams I		14:30	17:42	Races A division	***
	Ice preparation (2 lanes)			17:42	18:27	Open training	All participants	
	12:05	12:50	Teams I	Sunday December 3rd	09:40	10:25	Warm up B division	**
	afternoon session				Track preparation, test pair, ice preparation			
	14:30	15:15	Official ice training (all participants)		10:44	13:00	Races B division	*
Ice preparation (3 lanes)					Ice preparation			
15:35	16:20			13:15	14:00	Warm up A division	**	
Wednesday November 29th	morning session			Track preparation, test pair, ice preparation				
	09:00	09:45	Teams I	14:30	17:50	Races A division	***	
	Ice preparation (2 lanes)							
	10:00	10:45	Teams I					
	Ice preparation (3 lanes)							
	11:05	11:50	Teams II					
	Ice preparation (2 lanes)							
	12:05	12:50	Teams II					
	afternoon session							
	14:30	15:15	Official ice training (all participants)					
Ice preparation (3 lanes)								
15:35	16:20							
Thursday November 30th	morning session							
	09:00	09:45	Teams II					
	Ice preparation (2 lanes)							
	10:00	10:45	Teams II (trial starts)					
	Ice preparation (3 lanes)							
	11:05	11:50	Teams I (trial starts)					
	Ice preparation (2 lanes)							
	12:05	12:50	Teams I					
	afternoon session							
	14:30	15:15	Official ice training (all participants)					
Ice preparation (3 lanes)								
15:35	16:20							

ATTENTION:

Morning sessions are divided between 2 Groups :

Teams I: ARG, AUT, CHN, DEN, EST, FIN, ITA, KOR, NOR, SUI, USA

Teams II: BEL, CAN, CZE, ESP, GBR, GER, JPN, NED, POL, SWE, HUN, POR, FRA

Afternoon session are for all participants from national and intercontinental teams

- * Provisional time
- ** Only competitors of this race day
- *** Start time is fixed