



ISU WORLD CUP

TRAINING SESSIONS SCHEDULE ver 17.09.22

Stavanger, November 11th-13st

DAY	FROM	TILL	REMARKS	DAY	FROM	TILL	ACTIVITY	REMARKS			
Monday November 07th	morning session			Friday November 11th	11:05	11:45	Open training	All participants			
	09:00	09:45	Teams I		Ice preparation						
	Ice preparation (2 lanes)				12:05	12:45	Warm up B division	**			
	10:00	10:45	Teams I		Track preparation, test pair, ice preparation						
	Ice preparation (3 lanes)				13:15	15:16	Races B division	*			
	11:05	11:50	Teams II		Ice preparation						
	Ice preparation (2 lanes)				15:32	16:12	Warm up A division	**			
	12:05	12:50	Teams II		Track preparation, test pair, ice preparation						
	afternoon session				16:43	16:58	Opening ceremony				
	14:30	15:15	Official ice training (all participants)		17:00	19:46	Races A division	***			
Ice preparation (3 lanes)											
15:35	16:20										
Tuesday November 08th	morning session			Saturday November 12th	08:10	08:50	Warm up B division	**			
	09:00	09:45	Teams II		Track preparation, test pair, ice preparation						
	Ice preparation (2 lanes)				09:20	11:32	Races B division	*			
	10:00	10:45	Teams II		Ice preparation						
	Ice preparation (3 lanes)				11:48	12:28	Warm up A division	**			
	11:05	11:50	Teams I		Track preparation, test pair, ice preparation						
	Ice preparation (2 lanes)				13:00	16:03	Races A division	***			
	12:05	12:50	Teams I		16:05	16:45	Open training	All participants			
	afternoon session			Sunday November 13st	09:00	09:40	Warm up B division	**			
	14:30	15:15	Official ice training (all participants)		Track preparation, test pair, ice preparation						
Ice preparation (3 lanes)											
15:35	16:20	10:10			11:31	Races B division	*				
Wednesday November 09th	morning session				11:47	12:27	Warm up A division	**			
	09:00	09:45	Teams I		Track preparation, test pair, ice preparation						
	Ice preparation (2 lanes)			13:00	16:17	Races A division	***				
	10:00	10:45	Teams I	ATTENTION: Morning sessions are divided between 2 Groups : Teams I: AUT, BEL, CHN, JPN,EST, ESP,HUN, POL, NOR, USA, GBR, DEN, TPE Teams II: BRA, CAN, FIN, NED, CZE, FRA, ITA, KOR, KAZ, GER, NZL, SUI Afternoon session are for all participants from national and intercontinental teams							
	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 10th	morning session							*	Provisional time		
	09:00	09:45	Teams II					**	Only competitors of this race day		
	Ice preparation (2 lanes)							***	Start time is fixed		
	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										