



## PRELIMINARY SCHEDULE

### Thursday, January 18th

18:30 Team Leader Meeting and Drawing 1<sup>st</sup> floor Ice Rink Piné  
 19:30 Welcome Drink 1<sup>st</sup> floor Ice Rink Piné

### Friday, January 19<sup>th</sup> - Competition Day 1 (this schedule is subject to change according to decisions at Team Leader Meeting)

08:00 Warm up Ladies and Men 65+  
 08:45 Ice resurfacing  
 08:55 Warm up Men 30-60  
 09:40 Ice resurfacing and preparation  
 10:00 500m Ladies 30 2 pairs  
 500m Ladies 35 2 pairs  
 500m Ladies 40 1 pair  
 500m Ladies 45 4 pairs  
 500m Ladies 50 5 pairs  
 500m Ladies 55 4 pairs  
 500m Ladies 60 1 pair  
 500m Ladies 65-70 2 pairs  
 Ice resurfacing  
 500m Men 65 10 pairs  
 500m Men 70 8 pairs  
 500m Men 75/80 3 pairs  
 Ice resurfacing  
 500m Men 30 5 pairs  
 500m Men 35 3 pairs  
 500m Men 40 1 pair  
 500m Men 45 4 pairs  
 500m Men 50 11 pairs  
 Ice resurfacing  
 500m Men 55 9 pairs  
 500m Men 60 12 pairs  
 Ice resurfacing and change starting position  
 1500m Ladies 30 1 quartet  
 1500m Ladies 35 1 quartet  
 1500m Ladies 40 1 pair  
 1500m Ladies 45 2 quartets  
 1500m Ladies 50 3 quartets  
 1500m Ladies 55 2 quartets  
 1500m Ladies 60 1 pair  
 1500m Ladies 65-70 1 quartet  
 Ice Resurfacing  
 1500 Men 65 5 quartets  
 1500 Men 70 4 quartets  
 1500 Men 75/80 2 quartets

17:00-20:00 Training session





**Saturday, January 20<sup>th</sup> - Competition Day 2 (this schedule is subject to change according to decisions at Team Leader Meeting)**

07:30	Warm up Men 30-60	
08:00	Ice resurfacing	
08:10	Warm up Ladies and Men 65+	
08:40	Ice resurfacing and preparation	
09:00	3000m Men 30	2 quartets
	3000m Men 35	2 quartets
	3000m Men 40	1 pair
	3000m Men 45	2 quartets
	3000m Men 50	6 quartets
	Ice resurfacing	
	3000m Men 55	5 quartets
	3000m Men 60	6 quartets
	Ice resurfacing and change starting position	
	1000m Ladies 30	2 pairs
	1000m Ladies 35	2 pairs
	1000m Ladies 40	1 pair
	1000m Ladies 45	4 pairs
	1000m Ladies 50	5 pairs
	1000m Ladies 55	4 pairs
	1000m Ladies 60	1 pair
	1000m Ladies 65-70	2 pairs
	Ice resurfacing	
	1000m Men 65	10 pairs
	1000m Men 70	8 pairs
	1000m Men 75/80	3 pairs
	Ice resurfacing and change starting position	
	1500m Men 30	2 quartets
	1500m Men 35	2 quartets
	1500m Men 40	1 pair
	1500m Men 45	2 quartets
	1500m Men 50	6 quartets
	Ice Resurfacing	
	1500m Men 55	5 quartets
	1500m Men 60	6 quartets

17:00-20:00 Training session



**Sunday, January 21<sup>st</sup> - Competition Day 3 (this schedule is subject to change according to decisions at Team Leader Meeting)**

07:30	Warm up Ladies and Men 65+	
08:00	Ice resurfacing	
08:10	Warm up Men 30-60	
08:40	Ice resurfacing and preparation	
09:00	3000m Ladies 30	1 quartet
	3000m Ladies 35	1 quartet
	3000m Ladies 40	1 pair
	3000m Ladies 45	2 quartets
	3000m Ladies 50	3 quartets
	3000m Ladies 55	2 quartets
	3000m Ladies 60	1 pair
	3000m Ladies 65-70	1 quartet
	Ice resurfacing	
	3000 Men 65	5 quartets
	3000 Men 70	4 quartets
	3000 Men 75/80	2 quartets
	Ice resurfacing and change starting position	
	5000m Men 30	2 quartets
	5000m Men 35	2 quartets
	5000m Men 40	1 pair
	5000m Men 45	2 quartets
	Ice resurfacing	
	5000m Men 50	6 quartets
	Ice resurfacing	
	5000m Men 55	5 quartets
	Ice resurfacing	
	5000m Men 60	6 quartets
20:00	Closing Banquet and Prize Giving	1 <sup>st</sup> floor Ice Rink Piné