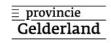


## SUNDAY 1 JULY

Distance	Category	Round	Start	End	Takes time
500 m+D sprint	Junior Women	Series	09:00	10:00	01:00
500 m+D sprint	Junior Men	Series			
10.000 m points/elimination race	Junior Women	Series	10:00	10:30	00:30
10.000 m points/elimination race	Junior Men	Series	10:30	11:00	00:30
15.000 m elimination race	Senior Women	Series	11:00	11:30	00:30
15.000 m elimination race	Senior Men	Series	11:30	12:00	00:30
500 m+D sprint	Junior Women	Quarter finals	12:00	12:15	00:15
500 m+D sprint	junior Men	Quarter finals	12:15	12:30	00:15
1.000 m Sprint	Senior Women	Quarter finals	12:30	13:00	00:30
1.000 m Sprint	Senior Men	Quarter finals	13:00	13:30	00:30
Break			13:30	18:00	04:30
500 m+D sprint	Junior Women	Semi-finals	18:00	18:15	00:15
500 m+D sprint	Junior Men	Semi-finals			
10.000 m points/elimination race	Junior Women	Final	18:15	18:45	00:30
10.000 m points/elimination race	Junior Men	Final	18:45	19:15	00:30
1.000 m Sprint	Senior Women	Semi finals	19:15	19:30	00:15
1.000 m Sprint	Senior Men	Semi finals			
15.000 m elimination race	Senior Women	Final	19:30	20:00	00:30
15.000 m elimination race	Senior Men	Final	20:00	20:30	00:30
Awards ceremony	4 ceremonies		20:30	21:00	00:30
500 m+D sprint	Junior Women	Final	21:00	21:15	00:15
500 m+D sprint	Junior Men	Final			
1.000 m Sprint	Senior Women	Final	21:15	21:30	00:15
1.000 m Sprint	Senior Men	Final			
Awards ceremony	4 ceremonies		21:30	22:00	00:30
End of the day			22:00		













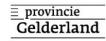


## **MONDAY 2 JULY**

Distance	Category	Round	Start	End	Takes time
500 m+D sprint	Senior Women	Series	09:00	09:15	00:15
500 m+D sprint	Senior Men	Series	09:15	09:30	00:15
10.000 m Points/Elimination race	Senior Women	Series	09:30	10:00	00:30
10.000 m Points/Elimination race	Senior Men	Series	10:00	10:30	00:30
500 m+D sprint	Senior Women	Quarter finals	10:30	11:00	00:30
500 m+D sprint	Senior Men	Quarter finals	11:00	11:30	00:30
Break			11:30	15:00	
Side-event	G-skaten	Clinics	15:00	17:00	02:00
Side-event	G-skaten	Finales	17:30	18:00	00:30
1.000 m Sprint	Junior Women	Semi finals	19:00	19:30	00:30
1.000 m Sprint	Junior Men	Semi finals			
500 m+D sprint	Senior Women	Semi-finals			
500 m+D sprint	Senior Men	Semi-finals			
10.000 m Points/Elimination race	Senior Women	Final	19:30	19:50	00:20
10.000 m Points/Elimination race	Senior Men	Final	19:50	20:10	00:20
Awards ceremony	2 ceremonies		20:10	20:40	00:30
1.000 m Sprint	Junior Women	Final	20:40	20:55	00:15
1.000 m Sprint	Junior Men	Final			
500 m+D sprint	Senior Women	Final	20:55	21:10	00:15
500 m+D sprint	Senior Men	Final			
Awards ceremony	4 ceremonies		21:10	21:40	00:30
End of the day			21:40		















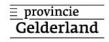
# **TUESDAY 3 JULY**

Distance	Category	Round	Start	End	Takes time
5.000m Elimination race	Junior Women	Series	09:00	11:00	02:00
5.000m Elimination race	Junior Men	Series			
3.000 m Relays	Junior Women	Series	11:00	11:30	00:30
3.000 m Relays	Junior Men	Series			
3.000 m Relays	Senior Women	Series	11:30	12:00	00:30
3.000 m Relays	Senior Men	Series			
Break			12:00	18:30	06:30
5.000m Elimination race	Junior Women	Final A	18:30	18:50	00:20
5.000m Elimination race	Junior Men	Final A	18:50	19:10	00:20
5.000m Elimination race	Junior Women	Final B	19:10	19:30	00:20
5.000m Elimination race	Junior Men	Final B	19:30	19:50	00:20
5.000m Elimination race	Junior Women	Final C	19:50	20:10	00:20
5.000m Elimination race	Junior Men	Final C	20:10	20:30	00:20
Awards ceremony	2 ceremonies		20:30	20:50	00:20
3.000 m Relays	Junior Women	Final	20:50	21:05	00:15
3.000 m Relays	Junior Men	Final			
3.000 m Relays	Senior Women	Final	21:05	21:20	00:15
3.000 m Relays	Senior Men	Final			
Awards ceremony	4 ceremonies	End of the day	21:20	21:50	00:30
End of the day			21:50		





Ministerie van Volksgezondheid, Welzijn en Sport



De Telegraaf





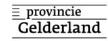


# **THURSDAY 5 JULY**

Distance	Category	Round	Start**	End	Takes time
1 Lap Sprint	Senior Women	Series	09:00	09:30	00:30
1 Lap Sprint	Senior Men	Series	09:30	10:00	00:30
1 Lap Sprint	Senior Women	Quarter Finals	10:00	10:15	00:15
1 Lap Sprint	Senior Men	Quarter Finals	10:15	10:30	00:15
20.000m Elimination race	Junior Women	Series	10:30	11:15	00:45
20.000m Elimination race	Junior Men	Series	11:15	12:00	00:45
10.000m Points race race	Senior Women	Series	12:00	12:30	00:30
10.000m Points race	Senior Men	Series	12:30	13:00	00:30
Break			13:00	17:15	04:15
20.000m Elimination	Junior Women	Final	17:15	18:00	00:45
20.000m Elimination	Junior Men	Final	18:00	18:45	00:45
1 Lap Sprint	Senior Women	Semi-Finals	18:45	19:00	00:15
1 Lap Sprint	Senior Men	Semi-Finals	19:00	19:15	00:15
10.000m Points race	Senior Women	Final	19:15	20:00	00:45
10.000m Points race	Senior Men	Final	20:00	20:30	00:30
1 Lap Sprint	Senior Women	Final	20:30	20:45	00:15
1 Lap Sprint	Senior Men	Final			
Awards ceremony	6 ceremonies		20:45	21:45	01:00
End of the day			21:45		

















## FRIDAY 6 JULY

Distance	Category	Round	Start**	End	Takes time
1 Lap Sprint	Junior Women	Series	09:00	09:15	00:15
1 Lap Sprint	Junior Men	Series	09:15	09:30	00:15
1 Lap Sprint	Junior Women	Quarter Finals	09:30	09:45	00:15
1 Lap Sprint	Junior Men	Quarter Finals	09:45	10:00	00:15
10.000m Point race	Junior Women	Series	10:00	10:30	00:30
10.000m Points race	Junior Men	series	10:30	11:00	00:30
20.000m Elimination race	Senior Women	Series	11:00	11:45	00:45
20.000m Elimination race	Senior Men	Series	11:45	12:30	00:45
Break			12:30	17:15	04:45
1 Lap Sprint	Junior Women	Semi-Finals	17:15	17:30	00:15
1 Lap Sprint	Junior Men	Semi-Finals	17:30	17:45	00:15
10.000m Points race	Junior Women	Final	17:45	18:15	00:30
10.000m Points race	Junior Men	Final	18:15	18:45	00:30
Entertainment			18:45	19:15	00:30
20.000m Elimination race	Senior Women	Final	19:15	20:00	00:45
20.000m Elimination race	Senior Men	Final	20:00	20:30	00:30
1 Lap Sprint	Junior Women	Final	20:30	20:45	00:15
1 Lap Sprint	Junior Men	Final	20:45	21:00	00:15
Awards ceremony	6 ceremonies		21:00	22:00	01:00
End of the day			22:00		













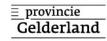


#### SATURDAY 7 JULY

Distance	Category	Round	Start**	End	Takes time
100m Sprint	Junior Women	Series	09:00		00:30
100m Sprint	Junior Men	Series			
100m Sprint	Senior Women	Series			
100m Sprint	Senior Men	Series		09:30	
100m Sprint	Junior Women	Quarter finals	09:30		00:30
100m Sprint	Junior Men	Quarter finals			
100m Sprint	Senior Women	Quarter finals			
100m Sprint	Senior Men	Quarter finals		10:00	
Break			10:00	19:00	09:00
100m Sprint	Junior Women	Semi-Final	19:00		00:15
100m Sprint	Junior Men	Semi-Final		19:15	
100m Sprint	Senior Women	Semi-Final	19:15		00:15
100m Sprint	Senior Men	Semi-Final		19:30	
Side-event	100m. VIPS		19:30	20:30	01:00
100m Sprint	Junior Women	Final	20:30		00:10
100m Sprint	Junior Men	Final		20:40	
100m Sprint	Senior Women	Final	20:40		00:10
100m Sprint	Senior Men	Final		20:50	
Award cermonies	4 ceremonies		20:50	21:20	00:30
End of the day				21:20	















#### **SUNDAY 8 JULY**

**MARATHON 42.195 M** 

Distance	Start**	End	Takes time
Woman	10:30	12:00	01:30
Men	12:00	13:30	01:30
Award cermonies	13:30	14:00	00:30
End of the day	14:00		





