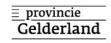


## SUNDAY 1 JULY

| 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 |       |            |













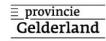


## **MONDAY 2 JULY**

| Distance                         | Category     | Round          | Start | End   | Takes<br>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 |       |               |















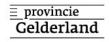
# **TUESDAY 3 JULY**

| Distance                | Category     | Round          | Start | End   | Takes<br>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





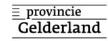


# **THURSDAY 5 JULY**

| Distance                 | Category     | Round          | Start** | End   | Takes<br>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<br>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   |       |               |













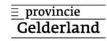


#### SATURDAY 7 JULY

| Distance        | Category     | Round          | Start** | End   | Takes<br>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<br>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   |       |               |





