

# TRAINING SESSIONS SCHEDULE (REVISED 02.12.16)

## ISU WORLD CUP SPEED SKATING 9-11 DECEMBER 2016

### ICE STADIUM THIA LF, HEERENVEEN

DAY	FROM	UNTIL	REMARKS	DAY	FROM	UNTIL	REMARKS	
Monday	<b>morning session</b>			Friday	09:00	09:45	All participants	
	09:15	10:00	Teams II		Ice preparation	10:00	10:40	All participants
					Ice preparation	11:00	11:40	All participants
	10:15	11:00	Teams II		Ice preparation	13:00	13:50	warming-up B-group
					Ice&track preparation	15:30	16:10	RACES B-GROUP
	11:15	12:00	Teams I		Ice&track preparation	16:50	START	RACES A-GROUP
	12:15	13:00	Teams I					
	<b>afternoon session</b>							
	16:00	16:40	All participants					
	16:55	17:30						
Tuesday	<b>morning session</b>			Saturday	OPTIONAL		All participants	
	09:15	10:00	Teams I		Ice preparation	08:30	09:10	All participants
					Ice preparation	09:30	10:15	warming-up B-group
	10:15	11:00	Teams I		Ice&track preparation	12:45	13:45	RACES B-GROUP
					Ice&track preparation	14:30	START	RACES A-GROUP
	11:15	12:00	Teams II					
	12:15	13:00	Teams II					
	<b>afternoon session</b>							
	16:00	16:40	All participants					
	16:55	17:30						
Wednesday	<b>morning session</b>			Sunday	OPTIONAL		All participants	
	09:15	10:00	Teams II		Ice preparation			All participants
					Ice preparation	07:50	08:35	warming-up B-group
	10:15	11:00	Teams II		Ice&track preparation	12:00	12:45	RACES B-GROUP
					Ice&track preparation	13:30	START	RACES A-GROUP
	11:15	12:00	Teams I					
	12:15	13:00	Teams I					
	<b>afternoon session</b>							
	16:00	16:40	All participants					
	16:55	17:30						
Thursday	<b>morning session</b>			<p><b>ATTENTION!!! Sessions marked blue are divided in designated groups: I and II:</b></p> <p><b>Teams I: National teams of AUS, BEL, CHN, COL, CZE, FRA, GER, JPN, LAT, NED, USA, NZL</b></p> <p><b>Teams II: National teams of AUT, BLR, CAN, DEN, ESP, EST, FIN, HUN, ITA, KAZ, KOR, NOR, POL, ROM, RUS, SUI, SWE, TPE</b></p> <p><b>Training session marked yellow - are for all participants from national and multinational teams.</b></p> <p><b>WARMING-UP ONLY FOR COMPETITORS OF THIS RACE DAY !!!</b></p>				
	09:15	10:00	Teams I					
	10:15	11:00	Teams I/trial starts					
	11:15	12:00	Teams II/trial starts					
	12:15	13:00	Teams II					
	<b>afternoon session</b>							
	16:00	16:40	All participants					
	16:55	17:30						