

provisional SCHEDULE "TRAINING SESSIONS"

ISU WORLD CUP SPEED SKATING 10-12 NOVEMBER 2017

ICE STADIUM THIALF, HEERENVEEN

DAY	FROM	UNTIL	REMARKS	DAY	FROM	UNTIL	REMARKS			
Monday	morning session			Friday	09:00	09:40	All participants			
	09:15	10:00	Teams I		Ice preparation					
	Ice preparation				10:00	10:40	All participants			
	10:15	11:00	Teams I		Ice preparation					
	Ice preparation				11:00	11:40	All participants			
	11:15	12:00	Teams II		Ice preparation					
	Ice preparation				12:30	13:20	warming-up B-group			
	12:15	13:00	Teams II		Ice & track preparation					
	afternoon session		All participants		Prov. 14:00	START	RACES B-GROUP			
	Ice preparation				15:10	15:45	warming-up A-group			
	16:00	16:40			Ice & track preparation					
	Ice preparation				16:30	START	RACES A-GROUP			
	16:55	17:30								
	Tuesday	morning session				Saturday	07:30	08:20	warming-up B-group	
		09:15			10:00		Teams II	Ice & track preparation		
Ice preparation			Prov. 09:00	START	RACES B-GROUP					
10:15		11:00	Teams II	12:44	13:15		warming-up A-group			
Ice preparation			Ice & track preparation							
11:15		12:00	Teams I	14:00	START		RACES A-GROUP			
Ice preparation			Extra training							
12:15		13:00	Teams I	17:45	18:45		All participants			
afternoon session		All participants								
Ice preparation			Sunday	07:30	08:20		warming-up B-group			
16:00				16:40	Ice & track preparation					
Ice preparation				Prov. 09:00	START	RACES B-GROUP				
16:55				17:30	12:44	13:15	warming-up A-group			
Wednesday		morning session			Ice & track preparation					
		09:15	10:00	Teams I	14:00		START	RACES A-GROUP		
	Ice preparation			ATTENTION!!! Sessions marked blue are divided in designated groups: I and II: Teams I: National teams of AUS, BEL, CHN, COL, CZE, FRA, GER, JPN, LAT, NED, USA, NZL, TPE, Teams II: National teams of AUT, BLR, CAN, DEN, ESP, EST, FIN, HUN, ITA, KAZ, KOR, NOR, POL, ROM, RUS, SUI, SWE, MGL, Training session marked yellow - are for all participants from national and multinational teams. WARMING-UP: ONLY FOR COMPETITORS OF THIS RACE DAY!!						
	10:15	11:00	Teams I							
	Ice preparation									
	11:15	12:00	Teams II							
	Ice preparation									
	12:15	13:00	Teams II							
	afternoon session		All participants							
	Ice preparation									
	16:00	16:40								
	Ice preparation									
	16:55	17:30								
Thursday	morning session						WARMING-UP: ONLY FOR COMPETITORS OF THIS RACE DAY!!			
	09:15	10:00	Teams II							
	Ice preparation									
	10:15	11:00	Teams II / trial starts							
	Ice preparation									
	11:15	12:00	Teams I/trial starts							
	Ice preparation									
	12:15	13:00	Teams I							
	afternoon session		All participants							
	Ice preparation									
	16:00	16:40								
	Ice preparation									
	16:55	17:30								