



FINAL SCHEDULE "TRAINING SESSIONS"

23-24 FEBRUARY, ICE STADIUM THIALF, HEERENVEEN, THE NETHERLANDS

DAY	FROM	UNTIL	REMARKS	DAY	FROM	UNTIL	REMARKS
Monday	morning session		warming up GYM	Friday	morning session		warming up GYM
	10:15	11:00			10:15	11:00	
	Ice preparation				Ice preparation		
	11:15	12:00			11:15	12:00	Trial starts
	Ice preparation				Ice preparation		
	12:15	13:00			12:15	13:00	Trial starts
	afternoon session		warming up GYM		afternoon session		
	Ice preparation				Ice preparation		
	16:00	16:40			16:00	16:40	warming up GYM
	Ice preparation				Ice preparation		
16:55	17:30		16:55	17:30			
Tuesday	morning session		warming up GYM	Saturday	morning session		warming up GYM
	10:15	11:00			09:15	10:00	
	Ice preparation				Ice preparation		
	11:15	12:00			10:15	11:00	
	Ice preparation				Ice preparation		
	12:15	13:00			11:15	12:00	
	afternoon session		warming up GYM		afternoon session		
	Ice preparation				Ice preparation		
	16:00	16:40			14:10	14:40	warming-up competitors
	Ice preparation				Ice & track preparation		
16:55	17:30		15:00	START			
Wednesday	morning session		warming up GYM	Sunday	morning session		
	10:15	11:00			09:15	10:00	
	Ice preparation				Ice preparation		
	11:15	12:00			10:15	11:00	
	Ice preparation				Ice preparation		
	12:15	13:00			11:15	12:00	
	afternoon session		warming up GYM		afternoon session		
	Ice preparation				Ice preparation		
	16:00	16:40			14:10	14:40	warming-up competitors
	Ice preparation				Ice & track preparation		
16:55	17:30		15:00	START			
Thursday	morning session		warming up GYM	<p>For using fitness accommodation make an appointment!! E-mail to: r.hoekstra@topsportnoord.nl</p>			
	10:15	11:00					
	Ice preparation						
	11:15	12:00					
	Ice preparation						
	12:15	13:00					
	afternoon session		warming up GYM				
	Ice preparation						
	16:00	16:40					
	Ice preparation						
16:55	17:30						

Hosted by



Event Partners

