



EUROPEAN SPEED SKATING CHAMPIONSHIPS



"PROVISIONAL" SCHEDULE "TRAINING SESSIONS"

10-12 JANUARY 2020

DAY	FROM	UNTIL	REMARKS	DAY	FROM	UNTIL	REMARKS
Monday, January 6	morning session		Warming up GYM	Friday, January 10	morning session		warming up GYM
	11:00	11:45			10:00	10:45	
	Ice preparation				Ice preparation		
	12:00	12:45			11:00	11:45	
	afternoon session		Warming up GYM		afternoon session		
	15:30	16:15			14:00	14:45	
	Ice preparation				Ice preparation		
	16:30	17:15			17:45	18:15	Warming up
					Ice preparation		
					18:30	19:00	Warming up
Tuesday January 7	morning session		Warming up GYM	Saturday 11 January	morning session		Warming up GYM
	11:00	11:45			09:00	09:45	
	Ice preparation				Ice preparation		
	12:00	12:45			10:00	10:45	
	afternoon session		Warming up GYM		afternoon session		
	15:30	16:15			11:55	12:25	Warming-up
	Ice preparation				Ice preparation short		
	16:30	17:15			12:40	13:10	Warming-up
					Ice & track preparation		
					13:40	START	
Wednesday January 8	morning session		Warming up GYM	Sunday 12 January	morning session		
	11:00	11:45			09:00	09:45	
	Ice preparation				Ice preparation		
	12:00	12:45			10:00	10:45	
	afternoon session		Warming up GYM		afternoon session		
	15:30	16:15			12:30	13:00	Warming up
	Ice preparation				Ice preparation short		
	16:30	17:15			13:15	13:45	Warming-up
					Ice & track preparation		
					14:15	START	
Thursday January 9	morning session		Warming up GYM	<p style="text-align: center;">For using fitness accommodation make an appointment!! E-mail to: r.hoekstra@topsportnoord.nl</p>			
	11:00	11:45	Trial starts				
	Ice preparation						
	12:00	12:45	Trial starts				
	afternoon session		Warming up GYM				
	15:00	15:45					
	Ice preparation						
	16:00	16:45					
	Ice preparation						
	17:00	17:45					

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Hosted by

Official Event Partners

