

| Time Schedule<br>(version 19112022; 09:55 hrs.)         |          | ICE STADIUM THIALF                     |                   |               |         | Saturday, November 19, 2022 |              |              |
|---|----------|--|-------------------|---------------|---------|-----------------------------|--------------|--------------|
| Category  | Division | Distance                               | Number of skaters | Series x time | Time    |                             | Planning     |              |
|   |          |  |                   |               | compet. | iceprep.                    | start        | end          |
| Warming up Participants B-division for today races only |          |  |                   |               |         |                             | 09:50        | 10:20        |
| Installation E-timing                                   |          |  |                   |               |         | 00:10                       | 10:20        | 10:30        |
| Testpair  |          | 300                                    | 2                 |               | 00:02   |                             | 10:30        | 10:32        |
| Ice & track preparation                                 |          |  |                   |               |         | 00:20                       | 10:32        | 10:52        |
|   |          |  |                   |               |         |                             | 10:52        | →            |
| <b>Women</b>  | B        | 1.500                                  | 21                | 11 x 3'20     | 00:37   |                             | <b>10:55</b> | 11:32        |
| Ice preparation (2 lanes)                               |          |  |                   |               |         | 00:12                       | 11:32        | 11:44        |
| <b>Men</b>  | B        | 500                                    | 22                | 11 x 2'00     | 00:22   |                             | <b>11:44</b> | 12:06        |
| Ice preparation (3 lanes)                               |          |  |                   |               |         | 00:16                       | 12:06        | 12:22        |
| <b>Men (quartet starts)</b>                             | B        | 5.000                                  | 25                | 7 x 8'15      | 00:58   |                             | <b>12:22</b> | 13:20        |
| Ice preparation (3 lanes)                               |          |  |                   |               |         | 00:16                       | 13:20        | 13:36        |
| <b>Equipment Control Team Sprint</b>                    |          |  |                   |               |         |                             | <b>14:00</b> | <b>14:20</b> |
| Warming up Participants A-division for today races only |          |  |                   |               |         |                             | 13:40        | 14:10        |
| Installation E-timing                                   |          |  |                   |               |         | 00:10                       | 14:10        | 14:20        |
| Testpair  |          | 100                                    | 2                 |               | 00:02   |                             | 14:20        | 14:22        |
| Ice & track preparation                                 |          |  |                   |               |         | 00:20                       | 14:22        | 14:42        |
|   |          |  |                   |               |         |                             | 14:42        | →            |
| <b>Women</b>  | A        | 1.500                                  | 20                | 10 x 3'20     | 00:34   |                             | <b>14:45</b> | 15:19        |
| Change category   |          |  |                   |               |         | 00:07                       | 15:19        | 15:26        |
| <b>Men</b>  | A        | 500                                    | 20                | 10 x 2'15     | 00:23   |                             | <b>15:26</b> | 15:49        |
| Ice preparation (3 lanes)                               |          | Ceremony preparation                   |                   |               |         | 00:04                       | 15:49        | 15:53        |
|   |          | Prize giving on spot 1500m Women       |                   |               |         | 00:05                       | 15:53        | 15:58        |
|   |          | Prize giving on spot 500 Men           |                   |               |         | 00:04                       | 15:58        | 16:02        |
|   |          | Technical Break                        |                   |               |         | 00:03                       | 16:02        | 16:05        |
| <b>Men</b>  | A        | 5.000                                  | 16                | 8 x 7'45      | 01:02   |                             | <b>16:05</b> | 17:07        |
| Ice preparation (2 lanes)                               |          | Ceremony preparation                   |                   |               |         | 00:04                       | 17:07        | 17:11        |
|   |          | Prize giving on spot 5000 Men          |                   |               |         | 00:05                       | 17:11        | 17:16        |
|   |          | Technical Break                        |                   |               |         | 00:03                       | 17:16        | 17:19        |
| <b>Women</b>  | A        | Team Sprint                            | 10 teams          | 5 x 3'00      | 00:15   |                             | <b>17:19</b> | 17:34        |
|   |          | Ceremony preparation                   |                   |               |         | 00:04                       | 17:34        | 17:38        |
|   |          | Prize giving on spot Team Sprint Women |                   |               |         | 00:05                       | 17:38        | 17:43        |

**SCHEDULE WITH ALL RESERVE**

|                         |                 |
|-------------------------|-----------------|
| <b>Ref. Women:</b>      | Daniel Cabelduc |
| Signature:              |                 |
| <b>Ass. Ref. Women:</b> | Frank Zwitser   |

|                       |                  |
|-----------------------|------------------|
| <b>Ref. Men:</b>      | Melanie Symalla  |
| Signature:            |                  |
| <b>Ass. Ref. Men:</b> | Roald Farestveit |

| Starter(s) Women: | Distance(s)         |
|-------------------|---------------------|
| Roland Steenbeck  | 1.500 (B); T.Sprint |
| Sergey Avdeyev    | 500 (B); 1.500 (A)  |

| Starter(s) Men: | Distance(s)        |
|-----------------|--------------------|
| André de Vries  | 5.000 (B); 500 (A) |
| Sergey Avdeyev  | 5.000 (A)          |