

KNSB-CUP A3 2022-2023

TIME SCHEDULE

DAMES ADVANCED NOVICE SHORT PROGRAM

SATURDAY, 14 JANUARY 2023

13:00:00 - 13:04:00	Warm-Up Group 1
13:04:30 - 13:09:50	1
13:09:50 - 13:15:10	2
13:15:10 - 13:20:30	3
13:20:30 - 13:25:50	4
13:25:50 - 13:31:10	5
13:31:10 - 13:35:10	Warm-Up Group 2
13:35:40 - 13:41:00	6
13:41:00 - 13:46:20	7
13:46:20 - 13:51:40	8
13:51:40 - 13:57:00	9
13:57:00 - 14:02:20	10
14:02:20 - 14:07:40	11
14:07:40 - 14:22:40	Ice Resurfacing

Resurfacing: 15:00 Warm-Up: 4:00 Duration of Skating: 2:20 +/-10 seconds Introduction: 0:30 Judging First: 2:30 Judging Last: 2:30

KNSB-CUP A3 2022-2023

TIME SCHEDULE

DAMES JUNIOR SHORT PROGRAM

SATURDAY, 14 JANUARY 2023

14:25:00 - 14:31:00	Warm-Up Group 1
14:31:30 - 14:37:10	1
14:37:10 - 14:42:50	2
14:42:50 - 14:48:30	3
14:48:30 - 14:54:10	4
14:54:10 - 14:59:50	5
14:59:50 - 15:05:50	Warm-Up Group 2
15:06:20 - 15:12:00	6
15:12:00 - 15:17:40	7
15:17:40 - 15:23:20	8
15:23:20 - 15:29:00	9
15:29:00 - 15:34:40	10
15:34:40 - 15:40:20	11
15:40:20 - 15:55:20	Ice Resurfacing
15:55:20 - 16:01:20	Warm-Up Group 3
16:01:50 - 16:07:30	12
16:07:30 - 16:13:10	13
16:13:10 - 16:18:50	14
16:18:50 - 16:24:30	15
16:24:30 - 16:30:10	16
16:30:10 - 16:35:50	17

Resurfacing: 15:00 Warm-Up: 6:00 Duration of Skating: 2:40 +/-10 seconds Introduction: 0:30 Judging First: 2:30 Judging Last: 2:30

KNSB-CUP A3 2022-2023

TIME SCHEDULE

DAMES SENIOR SHORT PROGRAM

SATURDAY, 14 JANUARY 2023

16:35:00 - 16:41:00	Warm-Up Group 1
16:41:30 - 16:47:10	1
16:47:10 - 16:52:50	2
16:52:50 - 16:58:30	3
16:58:30 - 17:13:30	Ice Resurfacing

Resurfacing: 15:00 Warm-Up: 6:00 Duration of Skating: 2:40 +/-10 seconds Introduction: 0:30 Judging First: 2:30 Judging Last: 2:30

KNSB-CUP A3 2022-2023

TIME SCHEDULE

HEREN SENIOR SHORT PROGRAM

SATURDAY, 14 JANUARY 2023

17:15:00 - 17:27:00	Warm-Up Group 1
17:27:30 - 17:33:10	1
17:33:10 - 17:38:50	2
17:38:50 - 17:44:30	3

Warm-Up: 6:00 Duration of Skating: 2:40 +/-10 seconds Introduction: 0:30 Judging First: 2:30 Judging Last: 2:30

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TIME SCHEDULE

HEREN JUNIOR SHORT PROGRAM

SATURDAY, 14 JANUARY 2023

17:15:00 - 17:21:00	Warm-Up Group 1
17:21:30 - 17:27:10	1

Warm-Up: 6:00 Duration of Skating: 2:40 +/-10 seconds Introduction: 0:30 Judging First: 2:30 Judging Last: 2:30

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TIME SCHEDULE

PAREN SENIOR SHORT PROGRAM

SATURDAY, 14 JANUARY 2023

17:45:00 - 17:58:00	Warm-Up Group 1
17:58:30 - 18:05:00	1
18:05:00 - 18:11:30	2

Warm-Up: 6:00 Duration of Skating: 2:40 +/-10 seconds Introduction: 0:30 Judging First: 3:20 Judging Last: 3:20

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TIME SCHEDULE

PAREN JUNIOR SHORT PROGRAM

SATURDAY, 14 JANUARY 2023

17:45:00 - 17:51:00	Warm-Up Group 1
17:51:30 - 17:58:00	1

Warm-Up: 6:00 Duration of Skating: 2:40 +/-10 seconds Introduction: 0:30 Judging First: 3:20 Judging Last: 3:20

KNSB-CUP A3 2022-2023

TIME SCHEDULE

DAMES BASIC NOVICE FREE SKATING

SUNDAY, 15 JANUARY 2023

8:00:00 - 8:04:00	Warm-Up Group 1
8:04:30 - 8:10:00	1
8:10:00 - 8:15:30	2
8:15:30 - 8:21:00	3
8:21:00 - 8:26:30	4
8:26:30 - 8:32:00	5
8:32:00 - 8:37:30	6
8:37:30 - 8:43:00	7
8:43:00 - 8:48:30	8
8:48:30 - 8:52:30	Warm-Up Group 2
8:53:00 - 8:58:30	9
8:58:30 - 9:04:00	10
9:04:00 - 9:09:30	11
9:09:30 - 9:15:00	12
9:15:00 - 9:20:30	13
9:20:30 - 9:26:00	14
9:26:00 - 9:31:30	15
9:31:30 - 9:37:00	16
9:37:00 - 9:52:00	Ice Resurfacing

Resurfacing: 15:00 Warm-Up: 4:00 Duration of Skating: 2:30 +/-10 seconds Introduction: 0:30 Judging First: 2:30 Judging Last: 2:30

KNSB-CUP A3 2022-2023

TIME SCHEDULE

HEREN BASIC NOVICE FREE SKATING

SUNDAY, 15 JANUARY 2023

9:55:00 - 10:00:00	Warm-Up Group 1
10:00:30 - 10:06:00	1
10:06:00 - 10:11:30	2

Warm-Up: 5:00 Duration of Skating: 2:30 +/-10 seconds Introduction: 0:30 Judging First: 2:30 Judging Last: 2:30

KNSB-CUP A3 2022-2023

TIME SCHEDULE

DAMES ADVANCED NOVICE FREE SKATING

SUNDAY, 15 JANUARY 2023

9:55:00 - 10:00:00	Warm-Up Group 1
10:00:30 - 10:06:45	1
10:06:45 - 10:13:00	2
10:13:00 - 10:19:15	3
10:19:15 - 10:25:30	4
10:25:30 - 10:31:45	5
10:31:45 - 10:36:45	Warm-Up Group 2
10:37:15 - 10:43:30	6
10:43:30 - 10:49:45	7
10:49:45 - 10:56:00	8
10:56:00 - 11:02:15	9
11:02:15 - 11:08:30	10
11:08:30 - 11:14:45	11
11:14:45 - 11:49:45	Ice Resurfacing

Resurfacing: 35:00 Warm-Up: 5:00 Duration of Skating: 3:00 +/-10 seconds Introduction: 0:30 Judging First: 2:45 Judging Last: 2:45

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TIME SCHEDULE

DAMES JUNIOR FREE SKATING

SUNDAY, 15 JANUARY 2023

12:00:00 - 12:06:00	Warm-Up Group 1
12:06:30 - 12:13:15	1
12:13:15 - 12:20:00	2
12:20:00 - 12:26:45	3
12:26:45 - 12:33:30	4
12:33:30 - 12:40:15	5
12:40:15 - 12:46:15	Warm-Up Group 2
12:46:45 - 12:53:30	6
12:53:30 - 13:00:15	7
13:00:15 - 13:07:00	8
13:07:00 - 13:13:45	9
13:13:45 - 13:20:30	10
13:20:30 - 13:27:15	11
13:27:15 - 13:42:15	Ice Resurfacing
13:42:15 - 13:48:15	Warm-Up Group 3
13:48:45 - 13:55:30	12
13:55:30 - 14:02:15	13
14:02:15 - 14:09:00	14
14:09:00 - 14:15:45	15
14:15:45 - 14:22:30	16
14:22:30 - 14:29:15	17

Resurfacing: 15:00 Warm-Up: 6:00 Duration of Skating: 3:30 +/-10 seconds Introduction: 0:30 Judging First: 2:45 Judging Last: 2:45

KNSB-CUP A3 2022-2023

TIME SCHEDULE

DAMES SENIOR FREE SKATING

SUNDAY, 15 JANUARY 2023

14:30:00 - 14:36:00	Warm-Up Group 1
14:36:30 - 14:44:20	1
14:44:20 - 14:52:10	2
14:52:10 - 15:00:00	3
15:00:00 - 15:15:00	Ice Resurfacing

Resurfacing: 15:00 Warm-Up: 6:00 Duration of Skating: 4:00 +/-10 seconds Introduction: 0:30 Judging First: 3:20 Judging Last: 3:20

KNSB-CUP A3 2022-2023

TIME SCHEDULE

HEREN SENIOR FREE SKATING

SUNDAY, 15 JANUARY 2023

15:15:00 - 15:28:00	Warm-Up Group 1
15:28:30 - 15:36:20	1
15:36:20 - 15:44:10	2
15:44:10 - 15:52:00	3

Warm-Up: 6:00 Duration of Skating: 4:00 +/-10 seconds Introduction: 0:30 Judging First: 3:20 Judging Last: 3:20

KNSB-CUP A3 2022-2023

TIME SCHEDULE

HEREN JUNIOR FREE SKATING

SUNDAY, 15 JANUARY 2023

15:15:00 - 15:21:00	Warm-Up Group 1
15:21:30 - 15:28:15	1

Warm-Up: 6:00 Duration of Skating: 3:30 +/-10 seconds Introduction: 0:30 Judging First: 2:45 Judging Last: 2:45

KNSB-CUP A3 2022-2023

TIME SCHEDULE

PAREN SENIOR FREE SKATING

SUNDAY, 15 JANUARY 2023

15:55:00 - 16:08:00	Warm-Up Group 1
16:08:30 - 16:16:20	1
16:16:20 - 16:24:10	2

Warm-Up: 6:00 Duration of Skating: 4:00 +/-10 seconds Introduction: 0:30 Judging First: 3:20 Judging Last: 3:20

KNSB-CUP A3 2022-2023

TIME SCHEDULE

PAREN JUNIOR FREE SKATING

SUNDAY, 15 JANUARY 2023

15:55:00 - 16:01:00	Warm-Up Group 1
16:01:30 - 16:08:50	1

Warm-Up: 6:00 Duration of Skating: 3:30 +/-10 seconds Introduction: 0:30 Judging First: 3:20 Judging Last: 3:20