

# KNSB-CUP B5 EN B6 2022-2023

## TIME SCHEDULE

### DAMES BASIC NOVICE B FREE SKATING

**SATURDAY, 28 JANUARY 2023**

10:00:00 - 10:05:00	Warm-Up Group 1
10:05:30 - 10:10:45	1
10:10:45 - 10:16:00	2
10:16:00 - 10:21:15	3
10:21:15 - 10:26:30	4
10:26:30 - 10:31:45	5
10:31:45 - 10:37:00	6
10:37:00 - 10:42:00	Warm-Up Group 2
10:42:30 - 10:47:45	7
10:47:45 - 10:53:00	8
10:53:00 - 10:58:15	9
10:58:15 - 11:03:30	10
11:03:30 - 11:08:45	11
11:08:45 - 11:14:00	12
11:14:00 - 11:19:00	Warm-Up Group 3
11:19:30 - 11:24:45	13
11:24:45 - 11:30:00	14
11:30:00 - 11:35:15	15
11:35:15 - 11:40:30	16
11:40:30 - 11:45:45	17
11:45:45 - 11:51:00	18
11:51:00 - 11:56:15	19
11:56:15 - 12:26:15	Ice Resurfacing

Resurfacing: 30:00 Warm-Up: 5:00 Duration of Skating: 3:00 +/-10 seconds Introduction: 0:30 Judging First: 1:45 Judging Last: 1:45

**KNSB-CUP B5 EN B6 2022-2023****TIME SCHEDULE****DAMES ADVANCED NOVICE B FREE SKATING****SATURDAY, 28 JANUARY 2023**

12:30:00 - 12:35:00	Warm-Up Group 1
12:35:30 - 12:40:45	1
12:40:45 - 12:46:00	2
12:46:00 - 12:51:15	3
12:51:15 - 12:56:30	4
12:56:30 - 13:01:45	5
13:01:45 - 13:07:00	6
13:07:00 - 13:12:00	Warm-Up Group 2
13:12:30 - 13:17:45	7
13:17:45 - 13:23:00	8
13:23:00 - 13:28:15	9
13:28:15 - 13:33:30	10
13:33:30 - 13:38:45	11
13:38:45 - 13:44:00	12
13:44:00 - 13:49:00	Warm-Up Group 3
13:49:30 - 13:54:45	13
13:54:45 - 14:00:00	14
14:00:00 - 14:05:15	15
14:05:15 - 14:10:30	16
14:10:30 - 14:15:45	17
14:15:45 - 14:21:00	18
14:21:00 - 14:36:00	Ice Resurfacing

Resurfacing: 15:00 Warm-Up: 5:00 Duration of Skating: 3:00 +/-10 seconds Introduction: 0:30 Judging First: 1:45 Judging Last: 1:45

**KNSB-CUP B5 EN B6 2022-2023**  
**TIME SCHEDULE**  
**HEREN BASIC NOVICE B FREE SKATING**  
**SATURDAY, 28 JANUARY 2023**

14:35:00 - 14:40:00	Warm-Up Group 1
14:40:30 - 14:45:45	1
14:45:45 - 14:51:00	2
14:51:00 - 14:56:15	3
14:56:15 - 15:01:30	4

Warm-Up: 5:00    Duration of Skating: 3:00 +/-10 seconds    Introduction: 0:30    Judging First: 1:45    Judging Last: 1:45

**KNSB-CUP B5 EN B6 2022-2023**

**TIME SCHEDULE**

**HEREN ADVANCED NOVICE B FREE SKATING**

**SATURDAY, 28 JANUARY 2023**

15:01:00	-	15:06:01	1
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Warm-Up: 0:00    Duration of Skating: 3:00 +/-10 seconds    Introduction: 0:30    Judging First: 1:31    Judging Last: 1:30

**KNSB-CUP B5 EN B6 2022-2023**

**TIME SCHEDULE**

**IJSDANSEN BASIC NOVICE B PATTERN DANCE (WITHOUT KEY POINTS)**

**SATURDAY, 28 JANUARY 2023**

15:05:00 - 15:08:00	Warm-Up Group 1
15:08:30 - 15:11:00	1
15:11:00 - 15:14:00	Warm-Up Group 1
15:14:30 - 15:17:00	1

Warm-Up: 3:00    Duration of Skating: 1:00 +/-10 seconds    Introduction: 0:30    Judging First: 1:00    Judging Last: 1:00

**KNSB-CUP B5 EN B6 2022-2023**  
**TIME SCHEDULE**  
**DAMES ADULT BRONS FREE SKATING**  
**SATURDAY, 28 JANUARY 2023**

15:20:00 - 15:26:00	Warm-Up Group 1
15:26:30 - 15:30:20	1

Warm-Up: 6:00    Duration of Skating: 1:50 +/-10 seconds    Introduction: 0:30    Judging First: 1:30    Judging Last: 1:30

**KNSB-CUP B5 EN B6 2022-2023**

**TIME SCHEDULE**

**HEREN ADULD BRONS FREE SKATING**

**SATURDAY, 28 JANUARY 2023**

15:30:00	-	15:33:50	1
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Warm-Up: 0:00    Duration of Skating: 1:50 +/-10 seconds    Introduction: 0:30    Judging First: 1:30    Judging Last: 1:30

**KNSB-CUP B5 EN B6 2022-2023**

**TIME SCHEDULE**

**DAMES ADULT ZILVER FREE SKATING**

**SATURDAY, 28 JANUARY 2023**

15:34:00	-	15:38:00	1
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Warm-Up: 0:00    Duration of Skating: 2:00 +/-10 seconds    Introduction: 0:30    Judging First: 1:30    Judging Last: 1:30



**KNSB-CUP B5 EN B6 2022-2023**

**TIME SCHEDULE**

**HEREN ADULT ZILVER FREE SKATING**

**SATURDAY, 28 JANUARY 2023**

15:38:00	-	15:42:00	1
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Warm-Up: 0:00    Duration of Skating: 2:00 +/-10 seconds    Introduction: 0:30    Judging First: 1:30    Judging Last: 1:30

**KNSB-CUP B5 EN B6 2022-2023**  
**TIME SCHEDULE**  
**DAMES ADULT GOUD FREE SKATING**

**SATURDAY, 28 JANUARY 2023**

15:42:00 - 15:47:00	1
15:47:00 - 15:52:00	2

Warm-Up: 0:00    Duration of Skating: 3:00 +/-10 seconds    Introduction: 0:30    Judging First: 1:30    Judging Last: 1:30

**KNSB-CUP B5 EN B6 2022-2023**  
**TIME SCHEDULE**  
**DAMES ADULT MASTER FREE SKATING**  
**SATURDAY, 28 JANUARY 2023**

15:55:00 - 16:00:15	1
16:00:15 - 16:15:15	Ice Resurfacing

Resurfacing: 15:00 Warm-Up: 0:00 Duration of Skating: 3:00 +/-10 seconds Introduction: 0:30 Judging First: 1:45 Judging Last: 1:45

**KNSB-CUP B5 EN B6 2022-2023****TIME SCHEDULE****DAMES MINI FREE SKATING****SATURDAY, 28 JANUARY 2023**

16:15:00 - 16:19:00	Warm-Up Group 1
16:19:30 - 16:24:00	1
16:24:00 - 16:28:30	2
16:28:30 - 16:33:00	3
16:33:00 - 16:37:30	4
16:37:30 - 16:42:00	5
16:42:00 - 16:46:30	6
16:46:30 - 16:50:30	Warm-Up Group 2
16:51:00 - 16:55:30	7
16:55:30 - 17:00:00	8
17:00:00 - 17:04:30	9
17:04:30 - 17:09:00	10
17:09:00 - 17:13:30	11
17:13:30 - 17:18:00	12
17:18:00 - 17:22:30	13
17:22:30 - 17:26:30	Warm-Up Group 3
17:27:00 - 17:31:30	14
17:31:30 - 17:36:00	15
17:36:00 - 17:40:30	16
17:40:30 - 17:45:00	17
17:45:00 - 17:49:30	18
17:49:30 - 17:54:00	19
17:54:00 - 17:58:30	20
17:58:30 - 18:13:30	Ice Resurfacing

Resurfacing: 15:00 Warm-Up: 4:00 Duration of Skating: 2:30 +/-10 seconds Introduction: 0:30 Judging First: 1:30 Judging Last: 1:30

**KNSB-CUP B5 EN B6 2022-2023**  
**TIME SCHEDULE**  
**DAMES MAXI 2 FREE SKATING**  
**SUNDAY, 29 JANUARY 2023**

10:00:00 - 10:04:00	Warm-Up Group 1
10:04:30 - 10:09:00	1
10:09:00 - 10:13:30	2
10:13:30 - 10:18:00	3
10:18:00 - 10:22:30	4
10:22:30 - 10:27:00	5
10:27:00 - 10:31:30	6
10:31:30 - 10:35:30	Warm-Up Group 2
10:36:00 - 10:40:30	7
10:40:30 - 10:45:00	8
10:45:00 - 10:49:30	9
10:49:30 - 10:54:00	10
10:54:00 - 10:58:30	11
10:58:30 - 11:03:00	12
11:03:00 - 11:07:30	13
11:07:30 - 11:11:30	Warm-Up Group 3
11:12:00 - 11:16:30	14
11:16:30 - 11:21:00	15
11:21:00 - 11:25:30	16
11:25:30 - 11:30:00	17
11:30:00 - 11:34:30	18
11:34:30 - 11:39:00	19
11:39:00 - 11:43:30	20
11:43:30 - 12:15:30	Ice Resurfacing

Resurfacing: 32:00 Warm-Up: 4:00 Duration of Skating: 2:30 +/-10 seconds Introduction: 0:30 Judging First: 1:30 Judging Last: 1:30

**KNSB-CUP B5 EN B6 2022-2023**  
**TIME SCHEDULE**  
**DAMES MAXI 1 FREE SKATING**  
**SUNDAY, 29 JANUARY 2023**

12:15:00 - 12:19:00	Warm-Up Group 1
12:19:30 - 12:24:00	1
12:24:00 - 12:28:30	2
12:28:30 - 12:33:00	3
12:33:00 - 12:37:30	4
12:37:30 - 12:42:00	5
12:42:00 - 12:46:30	6
12:46:30 - 12:51:00	7
12:51:00 - 12:55:00	Warm-Up Group 2
12:55:30 - 13:00:00	8
13:00:00 - 13:04:30	9
13:04:30 - 13:09:00	10
13:09:00 - 13:13:30	11
13:13:30 - 13:18:00	12
13:18:00 - 13:22:30	13
13:22:30 - 13:27:00	14
13:27:00 - 13:31:00	Warm-Up Group 3
13:31:30 - 13:36:00	15
13:36:00 - 13:40:30	16
13:40:30 - 13:45:00	17
13:45:00 - 13:49:30	18
13:49:30 - 13:54:00	19
13:54:00 - 13:58:30	20
13:58:30 - 14:03:00	21
14:03:00 - 14:07:30	22
14:07:30 - 14:22:30	Ice Resurfacing

Resurfacing: 15:00 Warm-Up: 4:00 Duration of Skating: 2:30 +/-10 seconds Introduction: 0:30 Judging First: 1:30 Judging Last: 1:30

# KNSB-CUP B5 EN B6 2022-2023

## TIME SCHEDULE

### DAMES MIDI FREE SKATING

SUNDAY, 29 JANUARY 2023

14:25:00 - 14:29:00	Warm-Up Group 1
14:29:30 - 14:34:00	1
14:34:00 - 14:38:30	2
14:38:30 - 14:43:00	3
14:43:00 - 14:47:30	4
14:47:30 - 14:52:00	5
14:52:00 - 14:56:30	6
14:56:30 - 15:01:00	7
15:01:00 - 15:05:00	Warm-Up Group 2
15:05:30 - 15:10:00	8
15:10:00 - 15:14:30	9
15:14:30 - 15:19:00	10
15:19:00 - 15:23:30	11
15:23:30 - 15:28:00	12
15:28:00 - 15:32:30	13
15:32:30 - 15:37:00	14
15:37:00 - 15:41:00	Warm-Up Group 3
15:41:30 - 15:46:00	15
15:46:00 - 15:50:30	16
15:50:30 - 15:55:00	17
15:55:00 - 15:59:30	18
15:59:30 - 16:04:00	19
16:04:00 - 16:08:30	20
16:08:30 - 16:13:00	21
16:13:00 - 16:17:30	22
16:17:30 - 16:32:30	Ice Resurfacing

Resurfacing: 15:00 Warm-Up: 4:00 Duration of Skating: 2:30 +/-10 seconds Introduction: 0:30 Judging First: 1:30 Judging Last: 1:30

**KNSB-CUP B5 EN B6 2022-2023**  
**TIME SCHEDULE**  
**DAMES JUNIOR B FREE SKATING**  
**SUNDAY, 29 JANUARY 2023**

16:35:00 - 16:41:00	Warm-Up Group 1
16:41:30 - 16:47:15	1
16:47:15 - 16:53:00	2
16:53:00 - 16:58:45	3
16:58:45 - 17:04:45	Warm-Up Group 2
17:05:15 - 17:11:00	4
17:11:00 - 17:16:45	5
17:16:45 - 17:22:30	6
17:22:30 - 17:28:15	7

Warm-Up: 6:00    Duration of Skating: 3:30 +/-10 seconds    Introduction: 0:30    Judging First: 1:45    Judging Last: 1:45