

Week 6. Trainings and Test Run Agenda Icederby

date	27-jan	03-feb	10-feb
Weeknumber	5	6	7
Monday	27	3	10
Tuesday	28	4	11
		Icederby skaters meeting Thialf: 19h30 with buffet Handing over Transfer Blocks to skaters Practice from 21:30 on Thialf Icederby track	
Wednesday	29	5	12
		Practice on Thialf 30-60m track: 9h30- 10h45 Only on Shorttrack lap. To test set-up and training the skating on tighter corners.	
Thursday	30	6	13
		Practice from 21:30 on Thialf Icederby track	
Friday	31	7	14
	WK Jun. Short Track Bormio NK Juniors Enschede	Practice on Thialf 30-60m track: 10h00- 11h15 Only on Shorttrack lap. To test set-up and training the skating on tighter corners.	Shorttrack WC Dordrecht WK Distances SLC
Saturday	1	8	15
	WK Junior Short Track Bormio NK Juniors Enschede	HC Long track Alkmaar NK Juniors Marathon Hoorn Leaque cup Shorttrack Nijmegen Marathon Hoorn	Shorttrack WC Dordrecht WK Distances SLC WC Jun/ Neo Minsk
Sunday	2	9	16
	WK Junior Short Track Bormio NK Juniors Enschede	Test Run Icederby 12:45 WU and 16:15 Last race Buffet afterwards	WC Jun/ Neo Minsk
		HC Long track Alkmaar	

Time Schedule Test Run 9th of February 2020

Provisional Time Schedule		ICE STADIUM THIALF				Sunday, February 9 , 2020		
category	Distance	Number of skaters	Series x time	Time		Planning		Remarks
				compet.	iceprep.	Start	End	
Instal. E-timing					0:10:00	12:15	12:25	and placing pads.
Test pair					0:02:00	12:25	12:27	
Ice preperation					0:13:00	12:27	12:40	
Ladies	Warm-up	7	1 x 15'	00:15		12:45	13:00	
Men	Warm-up	21	1 x 15'	00:15		13:00	13:15	
Ice preperation					0:20:00	13:15	13:35	
Ladies	220m Flying	7	1 x 10'	00:10		13:35	13:45	Ladies, Men selected for 5Lap/ above seeding
Men	220m Flying	21	1 x 30'	00:30		13:45	14:15	
Ice preperation					0:20:00	14:15	14:35	
Ladies	5 lap Rolling Start	7	1 x 5'	00:05		14:35	14:40	1 Race w/ 7 Skaters
Men	5 lap Rolling Start	21	3 x 5'	00:15		14:40	14:55	3 Races w/7 Sk./run
Ice preperation					0:20:00	14:55	15:15	
Ladies	3 Lap Standing Start	7	1 x 3'	00:03		15:15	15:18	1 Race w/ 7 Skaters
Men	3 Lap Standing Start	21	3 x 3'	00:09		15:18	15:27	3 Races w/7 Sk./run
Ice preperation					0:20:00	15:27	15:47	
Ladies	7 Lap Rolling Start	7	1 x 6'	00:06		15:47	15:53	1 Race w/ 7 Skaters
Men	7 Lap Rolling Start	21	3 x 6'	00:18		15:53	16:11	3 Races w/7 Sk./run
Restoring pads					0:19:00	16:11	16:30	