TRAINING SESSIONS SCHEDULE

NAGANO - JAPAN
18 - 20 NOVEMBER 2016

ISU WORLD CUP SPEED SKATING

DAY	FROM	UNTIL	REMARKS
Monday Nov. 14	morning session		
	09:00	09:45	Teams II
	Ice preparation		
	10:00	10:45	Teams II
	Ice preparation		
	11:00	11:45	Teams I
	Ice preparation		
	12:00	12:45	Teams I
	afternoon session		
	15:00	15:45	All participants
	Ice preparation		
	16:00	16:45	
	Ice preparation		
	17:00	17:45	
Tuesday Nov. 15	morning session		
	09:00	09:45	Teams I
	Ice preparation		
	10:00	10:45	Teams I
	Ice preparation		
	11:00	11:45	Teams II
	Ice preparation		
	12:00	12:45	Teams II
	afternoon session		
	Ice preparation		
	15:00	15:45	All participants
	Ice preparation		
	16:00	16:45	
Wednesday Nov.16	morning session		
	09:00	09:45	Teams II
	Ice preparation		
	10:00	10:45	Teams II
	Ice preparation		
	11:00	11:45	Teams I
	Ice preparation		
	12:00	12:45	Teams I
	afternoon session		
	Ice preparation		
	15:00	15:45	All participants
	Ice preparation		
	16:00	16:45	
Thursday Nov. 17	morning session		
	09:00	09:45	Teams I
	Ice preparation		
	10:00	10:45	Teams I/Trial Starts
	Ice preparation		
	11:00	11:45	Teams II/Trial Starts
	Ice preparation		
	12:00	12:45	Teams II
	afternoon session		
	Ice preparation		
	15:00	15:45	All participants
	Ice preparation		
	16:00	16:45	

DAY	FROM	UNTIL	REMARKS
Friday Nov. 18	OPTIONAL		All participants
	Ice preparation		
	08:30	09:15	All participants
	Ice preparation		
	09:30	10:15	All participants
	Ice preparation		
	10:30	11:10	warming-up B-group
	Ice&track preparation		RACES B-GROUP
	14:15	14:55	warming-up A-group
	Ice&track preparation		
			RACES A-GROUP
	OPTIONAL		All participants
	18:15	19:15	
Saturday Nov. 19	Ice preparation		
	08:20	09:00	warming-up B-group
	Ice&track preparation		RACES B-GROUP
	12:51	13:31	warming-up A-group
	Ice&track preparation		
			RACES A-GROUP
	OPTIONAL		All participants
	18:00	19:00	
Sunday Nov. 20	Ice preparation		
	08:15	08:55	warming-up B-group
	Ice&track preparation		RACES B-GROUP
	12:53	13:33	warming-up A-group
	Ice&track preparation		
			RACES A-GROUP

ATTENTION!!! Sessions marked blue are divided in designated groups: I and II:

Teams I: National teams of AUT, BEL, BLR, CZE, DEN, ESP, EST, FIN, FRA, GER, HUN, ITA, LAT, NED, NOR, POL, RUS, SUI, SWE

Teams II: National teams of AUS, CAN, CHN, COL, JPN, KAZ, KOR, NZL, TPE, USA

Training session marked yellow - are for all participants from national and multinational teams.

WARMING-UP ONLY FOR COMPETITORS OF THIS RACE DAY !!!

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