

PRACTICE SCHEDULE – Nordics/Nordics OPEN



| THURSDAY January 27th | CATERGORY | MUSIC | STARTING ORDER | RINK |
|---------------------------------|------------------------|---------------|-----------------------|---------------|
| 08.00 - 08.30 | Advanced Novice Girls | Short program | 1-6 | Main Rink |
| 08.30 - 09.00 | Advanced Novice Girls | Short program | 7-13 | Main Rink |
| 09.00 - 09.15 | ICE RESURFACING | | | Main Rink |
| 09.15 - 09.45 | Advanced Novice Girls | Short program | 14-20 | Main Rink |
| 09.45 - 10.15 | Advanced Novice Boys | Short program | 1-7 | Main Rink |
| | | | | |
| 08.15 - 08.45 | Junior Men | Short program | 1-4 | Practice rink |
| 08.45 - 09.15 | Junior Men | Short program | 5-8 | Practice rink |
| 09.15 - 09.30 | ICE RESURFACING | | | Practice Rink |
| 09.30 - 10.00 | Junior Women | Short program | 1-6 | Practice Rink |
| 10.00 - 10.30 | Junior Women | Short program | 7-12 | Practice Rink |
| 10.30 - 10.45 | ICE RESURFACING | | | Practice Rink |
| 10.45 - 11.15 | Junior Women | Short program | 13-18 | Practice Rink |
| 11.15 - 11.45 | Junior Women | Short program | 19-24 | Practice Rink |

| FRIDAY January 28th | CATERGORY | MUSIC | STARTING ORDER | RINK |
|-------------------------------|------------------------|--------------|-----------------------|---------------|
| 08.00 - 08.35 | Advanced Novice Boys | Free skating | 1-7 | Main Rink |
| 08.35 - 09.10 | Advanced Novice Girls | Free skating | 1-6 | Main Rink |
| 09.10 - 09.25 | ICE RESURFACING | | | Main Rink |
| 09.25 - 10.00 | Advanced Novice Girls | Free skating | 7-13 | Main Rink |
| 10.00 - 10.35 | Advanced Novice Girls | Free skating | 14-20 | Main Rink |
| | | | | |
| 07.35 - 08.10 | Junior Men | Free skating | 1-4 | Practice Rink |
| 08.10 - 08.45 | Junior Men | Free Skating | 5-8 | Practice Rink |
| 08.45 - 09.00 | ICE RESURFACING | | | Practice Rink |
| 09.00 - 09.35 | Junior Women | Free Skating | 1-6 | Practice Rink |
| 09.35 - 10.10 | Junior Women | Free Skating | 7-12 | Practice Rink |
| 10.10 - 10.25 | ICE RESURFACING | | | Practice Rink |
| 10.25 - 11.00 | Junior Women | Free Skating | 13-18 | Practice Rink |
| 11.00 - 11.35 | Junior Women | Free Skating | 19-24 | Practice Rink |

PRACTICE SCHEDULE – Nordics/Nordics OPEN



| SATURDAY January 29th | CATERGORY | MUSIC | STARTING ORDER | RINK |
|---------------------------------|------------------------|---------------|-----------------------|---------------|
| 08.00 - 08.30 | Senior Women | Short program | 1-6 | Main Rink |
| 08.30 - 09.00 | Senior Women | Short program | 7-12 | Main Rink |
| 09.00 - 09.15 | ICE RESURFACING | | | Main Rink |
| 09.15 - 09.45 | Senior Women | Short program | 13-18 | Main Rink |
| 09.45 - 10.15 | Senior Men | Short program | 1-4 | Main Rink |
| 10.15 - 10.30 | ICE RESURFACING | | | Main Rink |
| 10.30 - 11.00 | Senior Men | Short program | 5-8 | Main Rink |
| | | | | |
| 09.00 - 09.35 | Junior Women | Free skating | 1-6 | Practice Rink |
| 09.35 - 10.10 | Junior Women | Free skating | 7-12 | Practice Rink |
| 10.10 - 10.25 | ICE RESURFACING | | | Practice Rink |
| 10.25 - 11.00 | Junior Women | Free skating | 13-18 | Practice Rink |
| 11.00 - 11.35 | Junior Women | Free skating | 19-24 | Practice Rink |

| Sunday January 30th | CATERGORY | MUSIC | STARTING ORDER | RINK |
|-------------------------------|------------------------|--------------|-----------------------|---------------|
| 07.00 – 07.40 | Senior Women | Free skating | 1-6 | Main Rink |
| 07.40 – 08.20 | Senior Women | Free skating | 7-12 | Main Rink |
| 08.20 – 08.35 | ICE RESURFACING | | | Main Rink |
| 08.35 – 09.15 | Senior Women | Free skating | 13-18 | Main Rink |
| | | | | |
| 08.00 – 08.40 | Senior Men | Free skating | 1-4 | Practice Rink |
| 08.40 – 09.20 | Senior Men | Free skating | 5-8 | Practice Rink |