

Training Friday 10.02.2023 Competition rink						Start Nr.
12:00	-	12:30	00:30	Junior Ladies	Short Programm	1 to 6
12:30	-	13:00	00:30	Junior Ladies	Short Programm	7 to 12
Ice resurfacing						
13:10	-	13:40	00:30	Junior Ladies	Short Programm	13 to 18
13:40	-	14:10	00:30	Adv.Boys + Junior Men	Short Programm	

Training Saturday 11.02.2023 Competition rink						Start Nr.
06:30	-	07:00	00:30	Adv. Girls B	Short Programm	1 to 7
07:00	-	07:30	00:30	Adv. Girls B	Short Programm	8 to 13
Ice resurfacing						
07:40	-	08:10	00:30	Adv. Girls B	Short Programm	14 to 20
08:10	-	08:40	00:30	Adv. Girls A	Short Programm	1 to 7
Ice resurfacing						
08:50	-	09:20	00:30	Adv. Girls A	Short Programm	8 to 13
09:20	-	09:50	00:30	Adv. Girls A	Short Programm	14 to 20

Training Saturday 11.02.2023 Training rink						Start Nr.
11:00	-	11:30	00:30	Adv. Boys & Junior Men	Free Skate	
11:30	-	12:00	00:30	Junior Ladies	Free Skate	1 to 6
Ice resurfacing						
12:10	-	12:40	00:30	Junior Ladies	Free Skate	7 to 12
12:40	-	13:10	00:30	Junior Ladies	Free Skate	13 to 18
13:10	-	13:40	00:30	Adv. Pairs	Free Skate	

Training Sunday 11.02.2023 Competition rink						Start Nr.
06:30	-	07:00	00:30	Adv. Girls A	Free Skate	1 to 7
07:00	-	07:30	00:30	Adv. Girls A	Free Skate	8 to 13
Ice resurfacing						
07:40	-	08:10	00:30	Adv. Girls A	Free Skate	14 to 20
08:10	-	08:40	00:30	Adv. Girls B	Free Skate	1 to 7
Ice resurfacing						
08:50	-	09:20	00:30	Adv. Girls B	Free Skate	8 to 13
09:20	-	09:50	00:30	Adv. Girls B	Free Skate	14 to 20