

Interland Cup 2023

Time table

Thursday October 19th

Start	End	Event	Note
08:45		Rink opens	
09:00	10:45	The Netherlands	Training with LP music
10:45	13:45	Germany	Training with LP music
13:45	15:15	Great Britain	Training with LP music
15:15	15:45	Denmark	Training with LP music
15:45	17:45	Switzerland	Training with LP music
13:00		Draw of the skating order	On the Event Manager computer

Friday October 20th

Start	End	Event	Note
07:45		Rink opens	
08:00	08:30	Espoir Ladies	9 Ladies Training with SP music
08:30	09:15	Cadet Ladies & Men	13 Ladies + 1 Man Training with SP music
09:15	09:30	Youth Ladies & Men	4 Ladies + 1 Man Training with SP music
09:30	10:10	Junior Ladies	12 Ladies Training with SP music
10:10	10:45	Senior Ladies & Men	9 Ladies + 2 Men Training with SP music
09:00		Nations meeting	
10:00		Officials Meeting	
11:00	11:50	Espoir Ladies Short Program	9 competitors 2 warm-up groups (5/4)
12:00	12:30	Break	
12:30	14:00	Mini Ladies Long Program	14 competitors 2 warm-up groups (7/7)
14:00	14:20	Mini Men Long Program	2 competitors 1 warm-up group
14:20	15:50	Cadet Ladies Short Program	13 competitors 3 warm-up groups (5/4/4)
15:50	16:05	Cadet Men Short Program	1 competitor 1 warm-up group

16:05	16:15	Break		
16:15	16:45	Youth Ladies Short Program	4 competitors	1 warm-up group
16:45	17:00	Youth Men Short Program	1 competitor	1 warm-up group
Followed by		Opening Ceremony		
		Break		
18:30	19:30	Junior Ladies Short Program	12 competitors	2 warm-up groups (6/6)
19:30	20:40	Senior Ladies Short Program	9 competitors	2 warm-up groups (5/4)
20:40	21:30	Senior Men Short Program	1 competitor	1 warm-up group

Saturday October 21st

Start	End	Event	Note
07:30		Rink opens	
08:30	09:40	Espoir Ladies Long Program	9 competitors 2 warm-up groups (5/4)
09:40	10:45	Tots Ladies Long Program	10 competitors 2 warm-up groups (5/5)
10:45	10:55	Break	
10:55	12:55	Cadet Ladies Long Program	13 competitors 3 warm-up groups (5/4/4)
12:55	13:10	Cadet Men Long Program	1 competitor 1 warm-up group
13:10	14:00	Break	
14:00	14:45	Youth Ladies Long Program	4 competitors 1 warm-up group
14:45	15:00	Youth Men Long Program	1 competitor 1 warm-up group
15:00	17:00	Junior Ladies Long Program	12 competitors 3 warm-up groups (4/4/4)
17:00	18:00	Break	
18:00	19:30	Senior Ladies Long Program	9 competitors 2 warm-up groups (5/4)
19:30	19:45	Senior Men Long Program	1 competitor 1 warm-up group
Followed by		Medal and closing ceremony	