

# Interland Cup 2023

Time table **VERSION 4**

# 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		<i>Draw of the skating order</i>	<i>On the Event Manager computer</i>

# Friday October 20th

Start	End	Event	Note
07:45		Rink opens	
		Training with SP music, based on the warm-up groups	
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		<i>Nations meeting</i>	
10:00		<i>Officials Meeting</i>	
<b>11:00</b>	<b>11:50</b>	<b>Espoir Ladies Short Program</b>	9 competitors 2 warm-up groups (5/4)
12:00	12:30	Break	
<b>12:30</b>	<b>14:00</b>	<b>Mini Ladies Long Program</b>	14 competitors 2 warm-up groups (7/7)
<b>14:00</b>	<b>14:20</b>	<b>Mini Men Long Program</b>	2 competitors 1 warm-up group
<b>14:20</b>	<b>15:50</b>	<b>Cadet Ladies Short Program</b>	13 competitors 3 warm-up groups (5/4/4)

15:50	16:05	<b>Cadet Men Short Program</b>	1 competitor	1 warm-up group
16:05	16:15	Break		
16:15	16:45	<b>Youth Ladies Short Program</b>	4 competitors	1 warm-up group
16:45	17:00	<b>Youth Men Short Program</b>	1 competitor	1 warm-up group
Followed by		<b>Opening Ceremony</b>		
		Break		
18:30	19:30	<b>Junior Ladies Short Program</b>	12 competitors	2 warm-up groups (6/6)
19:30	20:40	<b>Senior Ladies Short Program</b>	9 competitors	2 warm-up groups (5/4)
20:40	21:30	<b>Senior Men Short Program</b>	2 competitors	1 warm-up group

## Saturday October 21st

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