



 **ARTISTIC SKATING**

Samtgemeinde Harsefeld

TUESDAY, 03/09/2019

Training Day of Junior & Senior

08.00 - 09.00 Junior: Figures Ladies & Men - SIDE RINK 1
Senior Figures Ladies & Men - SIDE RINK 2

09.00 - 09.25 Junior: Pairs **

09.25 - 09.50 Senior: Pairs **

09.50 - 15.10 long programme training by nations in order of draw: 5-7 skaters in each group
- 40 min. per group. **

15.10 - 15.25 Cleaning of the Rink

15.25 - 16.10 Junior: Figures Ladies & Men - SIDE RINK 1
Senior Figures Ladies & Men - SIDE RINK 2

16.10 - 16.40 Junior: Couples Dance Free Dance OR Style Dance O

16.40 - 17.05 Senior: Couples Dance Free Dance OR Style Dance Gr.1 O

17.05 - 17.30 Senior: Couples Dance Free Dance OR Style Dance Gr.2 O

17.30 - 17.55 Junior: Free OR Style Dance Solo Dance Ladies Gr.1 O

17.55 - 18.20 Junior: Free OR Style Dance Solo Dance Ladies Gr.2 O

18.20 - 18.45 Junior: Free OR Style Dance Solo Dance Ladies Gr.3 O

18.45 - 19.15 Junior: Free OR Style Dance Solo Dance Men O

19.15 - 19.30 Cleaning of the Rink

19.30 - 19.55 Senior: Free OR Style Dance Solo Dance Ladies Gr.1 O

19.55 - 20.20 Senior: Free OR Style Dance Solo Dance Ladies Gr.2 O

20.20 - 20.45 Senior: Free OR Style Dance Solo Dance Ladies Gr.3 O

20.45 - 21.10 Senior: Free OR Style Dance Solo Dance Men Gr.1 O

21.10 - 21.35 Senior: Free OR Style Dance Solo Dance Men Gr.2 O

Cleaning of the Rink

**** = Training with music Short programme OR Long Programme.**

O = Training with music Free Dance OR Style Dance.



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WEDNESDAY, 04/09/2019

PANEL 1 - SIDE RINK 1

08.00 - 08.20 Junior: Figures Ladies & Men (20 min. of training in two groups)

08.20 Competition Junior : Figures Ladies & Men (exp.12+3) - End near 11.00

PANEL 2 - SIDE RINK 2

08.00 - 08.20 Senior : Figures Ladies & Men (20 min. of training in two groups)

08.20 Competition Senior: Figures Ladies (exp.11+5) - End near 11.05

NOTE: In both Panel/Competitions Figures will be follow: First Figure ladies followed from first figure Men, etc. etc.

Between First and Second Figure will have the training in two groups of 10 min. each

**Follow by Medal ceremony: Junior: Figure Ladies - Junior: Figure Men
Senior: Figure Ladies - Senior: Figure Men**

11.45 - 12.05	Junior: Style dance Ladies	*
12.05 - 12.25	Junior: Style dance Ladies	*
12.25 - 12.45	Junior: Style dance Ladies	*
12.45 - 13.10	Junior: Style Dance Men	*
13.10 - 13.30	Junior: Pairs Short Programme	*
13.30 - 13.55	Senior: Couples Dance Style Dance	*
13.55 - 14.20	Senior: Couples Dance Style Dance	*

14.20 - 14.35 Cleaning of the rink

14.35 - 14.50	Senior: Pairs Short Programme	XX
14.50 - 15.05	Junior: Couples Dance Style Dance	XX
15.05 - 15.20	Senior: Style Dance Ladies	XX (1 to 6 from SD draw)
15.20 - 15.35	Senior: Style Dance Ladies	XX (7 to 12 from SD draw)
15.35 - 15.50	Senior: Style Dance Ladies	XX (13 to 18 from SD draw)
15.50 - 16.05	Senior: Style Dance Men	XX
16.05 - 16.20	Senior: Style Dance Men	XX
16.20 - 16.35	Junior: Ladies	XX (1 to 8 from SP draw)
16.35 - 16.50	Junior: Ladies	XX (9 to 15 from SP draw)
16.50 - 17.05	Junior: Men	XX (all of SP)
17.05 - 17.20	Senior: Ladies	XX (1 to 8 from SP draw)
17.20 - 17.35	Senior: Ladies	XX (9-15 from SP draw)
17.35 - 17.50	Senior: Men	XX (all of SP)

17.50 - 18.05 Cleaning of the rink

18.05 Competition Junior: Solo Dance Style Dance Ladies (exp.14) 1h35

Follow (near 19.40) Competition Junior: Solo Dance Style Dance Men (exp.6) 0h40

Follow (near 20.20) Competition Junior: short programme Pairs (exp.3) 0h30

Follow (near 20.50) Competition Senior: Dance Couples Style Dance (exp.7) 1h00

* = Training WITH music / divided from order of skating /XX = Training WITHOUT music - divided from order of skating
End of each categories draw will take place for the long programme/Free dance.



 **ARTISTIC SKATING**

Samtgemeinde Harsefeld

THURSDAY, 05/09/2019

08.00 - 08.25	Junior: Short Programme Ladies	*
08.25 - 08.50	Junior: Short Programme Ladies	*
08.50 - 09.15	Junior: Short Programme Ladies	*
09.15 - 09.40	Junior: Short Programme Men	*
09.40 - 10.05	Senior: Style dance Ladies	*
10.05 - 10.30	Senior: Style dance Ladies	*
10.30 - 10.55	Senior: Style dance Ladies	*
10.55 - 11.20	Senior: Style Dance Men	*
11.20 - 11.40	Senior: Style Dance Men	*
11.40 - 12.05	Junior: Couples Dance Style Dance	*
12.05 - 12.25	Senior: Pairs Short Programme	*
12.25 - 12.50	Senior: Short programme Ladies	*
12.50 - 13.15	Senior: Short programme Ladies	*
13.15 - 13.40	Senior: Short programme Ladies	*

13.40 - 13.55 Cleaning of the rink 15 min.

13.55 *Competition Junior: short programme Ladies (exp.15) 1h45*

Follow (near 15.40) Competition Junior: Short Programme Men (exp.6) 0h40

Follow (near 16.20) Competition Junior: Dance Couples Style Dance (exp.5) 0h45

Follow (near 17.05) Competition Senior: Solo Dance Style Dance Ladies (exp.18) 2h00

Follow (near 19.05 - 19.20) Cleaning of the rink 15 min.

Follow (near 19.20) Competition Senior: Solo Dance Style Dance Men (exp.11) 1h15

Follow (near 20.35) Competition Senior: Short programme Pairs (exp.2) 0h20

Follow (near 20.55) Competition Senior: Short programme Ladies (exp.15) 1h40

End of the day 22.35

* = Training WITH music / divided from order of skating

End of each categories draw will take place for the long programme/Free dance.



ARTISTIC SKATING

Samtgemeinde Harsefeld

FRIDAY, 06/09/2019

08.00 - 08.35	Junior: Long programme Men	*
08.35 - 09.05	Junior: Long programme Ladies	*
09.05 - 09.35	Junior: Long programme Ladies	*
09.35 - 10.05	Junior: Long programme Ladies	*
10.05 - 10.30	Junior: Pairs Long Programme	*
10.30 - 10.55	Junior: Free Solo dance Ladies	*
10.55 - 11.20	Junior: Free Solo dance Ladies	*
11.20 - 11.45	Junior: Free Solo dance Ladies	*
11.45 - 12.15	Junior: Free Solo dance Men	*
12.15 - 12.35	Senior: Short Programme Men	*
12.35 - 12.55	Senior: Short programme Men	*
12.55 - 13.20	Senior: Couples Dance Free dance	*
13.20 - 13.45	Senior: Couples Dance Free dance	*
13.45 - 14.00	Cleaning of the rink 15 min.	

14.00 Competition Junior: Long Programme Men (exp.6) 1h05

Follow (near 15.05) Competition Junior: Long programme Ladies (exp.15) 2h30

Follow (near 17.35) Competition Junior: Long Programme Pairs (exp.3) 0h35

Follow (near 18.10) Competition Junior: Free Solo dance Ladies (exp.14) 1h50

Follow (near 20.00 - 20.15) Cleaning of the rink 15 min.

Follow (near 20.15) Competition Junior: Free Solo dance Men (exp.6) 0h50

Follow (near 21.05) Competition Senior: Short Programme Men (exp.8) 0h55

Follow (near 22.00) Competition Senior: Couples Dance Free Dance (exp.7) 1h10

Follow by Medal ceremony: Junior: Free skating Ladies
(near 23.10) Junior : Free Men

Senior: Couples Dance

Junior: Pairs

Junior: Solo Dance Ladies

Junior: Solo Dance Men

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End of each categories draw will take place for the long programme/Free dance.



 **ARTISTIC SKATING**

Samtgemeinde Harsefeld

SATURDAY, 07/09/2019

08.00 - 08.30	Senior: Long programme Ladies	*
08.30 - 09.00	Senior: Long programme Ladies	*
09.00 - 09.30	Senior: Long programme Ladies	*
09.30 - 10.00	Senior: Free Solo Dance Ladies	*
10.00 - 10.30	Senior: Free Solo Dance Ladies	*
10.30 - 11.00	Senior: Free Solo Dance Ladies	*
11.00 - 11.25	Senior: Pairs Long Programme	*
11.25 - 11.55	Junior: Couples Dance Free dance	*
11.55 - 12.20	Senior: Long programme Men	*
12.20 - 12.45	Senior: Long programme Men	*
12.45 - 13.15	Senior: Free Solo Dance Men	*
13.15 - 13.45	Senior: Free Solo Dance Men	*
13.45 - 14.00	Cleaning of the rink 20 min	

14.00 Competition Senior: Long programme Ladies (exp.15) 2h25
 Follow (near **16.25**) Competition Senior: Free Solo dance Ladies (exp.18) 2h20
 Follow (near 18.45 - 19.00) Cleaning of the rink 15 min.

Follow (near 19.00) Competition Senior: Pairs Long Programme (exp.2) 0h25
 Follow (near 19.25) Competition Junior: Couples Dance Free Dance (exp.5) 0h55
 Follow (near 20.20) Competition Senior: Long programme Men (exp.8) 1h20
 Follow (near 21.40) Competition Senior: Free Solo dance Men (exp.11) 1h25

Follow by Medal Ceremony : Senior : Free Ladies
 (near 23.05) Senior : Free Men
 Senior : Pairs
 Junior : Couples Dance
 Senior : Solo Dance Ladies
 Senior : Solo Dance Men

End of the day 23.45

* = Training with music - divided from order of skating

!!! Changes to the programme are possible !!!