NRW Trophy 2023 International Competition



Sunday, November 19th, 2023

| <u>Main Rink</u> | |
|-------------------|--------------------|
| 07:10 - 07:50 00: | 40 Senior Women FP |
| 07:50 - 08:30 00: | 40 Senior Women FP |
| 08:30 - 08:40 00: | 10 Ice Resurfacing |
| 08:40 - 09:20 00: | 40 Senior Men FP |
| 09:20 - 09:30 00: | 10 Ice Resurfacing |

| Competition | | | |
|-------------|--------------------------------------|---------|----|
| 09:30 | Junior Ice Dance Victory Ceremony | off ice | FD |
| 11:25 | Junior Women Victory Ceremony | off ice | FP |
| 16:15 | Senior Women Victory Ceremony | off ice | FP |
| 18:05 | Senior Men Victory Ceremony | | FP |

| Practice R | ink | | | | |
|------------|-------|-------|------------------|---------|----|
| 06:45 - | 07:25 | 00:40 | Junior Ice Dance | St. No. | FD |
| 07:25 - | 07:35 | 00:10 | Ice Resurfacing | | |
| 07:35 - | 08:15 | 00:40 | Junior Ice Dance | St. No. | FD |
| 08:15 - | 08:55 | 00:40 | Junior Ice Dance | St. No. | FD |
| 08:55 - | 09:05 | 00:10 | Ice Resurfacing | | |
| 09:05 - | 09:40 | 00:35 | Junior Women | St. No | SP |
| 09:40 - | 10:15 | 00:35 | Junior Women | St. No | SP |
| 10:15 - | 10:25 | 00:10 | Ice Resurfacing | | |
| 10:25 - | 11:00 | 00:35 | Junior Women | St. No | SP |
| 11:00 - | 11:35 | 00:35 | Junior Women | St. No | SP |
| 11:35 - | 11:45 | 00:10 | Ice Resurfacing | | |
| 11:45 - | 12:20 | 00:35 | Junior Women | St. No | SP |
| 12:20 - | 12:55 | 00:35 | Junior Women | St. No | SP |

| Round | Table Discussion | | |
|-------|------------------|--|--|
| 12:00 | Junior Ice Dance | | |
| 13:00 | Senior Ice Dance | | |
| tba. | Junior Women | | |
| tba. | Senior Women | | |
| tba. | Senior Men | | |
| | | | |