

32nd Masters' Allround Games 2024



Enschede | The Netherlands

1st, 2nd and 3rd March, 2024

OFFICIAL TRAINING MAG2024

Thursday 29th February:

14:00-14:45h: Official training Women and Men 65+

14:45-15:15: **Ice cleaning**

15:15-16:00h: Official training Men 30-60

Friday 1st March:

10:00-10:45h: Official training Women and Men 65+

10:45-11:15: **Ice cleaning**

11:15-12:00h: Official training Men 30-60

Test starts

During the official training on Friday the official starters (Marco Hesselink and Michel Boelsma) will be there for you, so that you can do some test starts.

TRAINING RULES OFFICIAL TRAINING 29th February and 1st March:

- Enter the rink from the inner area
- Normal laps on the inner lane of the competition track
- Overtake on the right side of the skater
- Starts and sliding starts as close as possible to the outside of the track
- Straight up skating (cool down) as close as possible to the inner field