

| PROGRAMMA GARA                                                 |          |         |       |          |         |             | Domenica, 08 Gennaio 2023 |          |          |
|----------------------------------------------------------------|----------|---------|-------|----------|---------|-------------|---------------------------|----------|----------|
| GARA: Campionati Italiani Junior Sprint e Mass Start 2022/2023 |          |         |       |          |         |             |                           |          |          |
| LUOGO: - Collalbo Renon (BZ) – Ritten Arena                    |          |         |       |          |         |             |                           |          |          |
| Ora d'inizio: 09:00                                            |          |         |       |          |         |             |                           |          |          |
| Category                                                       | Distance | Total   |       |          |         | Time        |                           | Planning |          |
|                                                                |          | Skaters | Pairs | Quartets | Time    | competition | icecleaning               | start    | end      |
| Warmup                                                         |          |         |       |          |         |             | 00:40:00                  | 08:00:00 | 08:40:00 |
| Ice preparation                                                |          |         |       |          |         |             | 00:20:00                  | 08:40:00 | 09:00:00 |
| Jun D W                                                        | 300m     | 20      | 10    |          | 0.01.30 | 0.15.00     |                           | 09:00:00 | 09:15:00 |
| Jun D M                                                        | 300m     | 23      | 12    |          | 0.01.30 | 0.18.00     |                           | 09:15:00 | 09:33:00 |
| Change starter's position                                      |          |         |       |          |         |             | 00:08:00                  | 09:33:00 | 09:41:00 |
| Jun C W                                                        | 500m     | 15      |       | 4        | 0.02.00 | 0.08.00     |                           | 09:41:00 | 09:49:00 |
| Jun C M                                                        | 500m     | 18      | 1     | 4        | 0.02.00 | 0.10.00     |                           | 09:49:00 | 09:59:00 |
| Jun B W                                                        | 500m     | 10      | 1     | 2        | 0.02.00 | 0.06.00     |                           | 09:59:00 | 10:05:00 |
| Ice preparation                                                |          |         |       |          |         |             | 00:15:00                  | 10:05:00 | 10:20:00 |
| Jun B M                                                        | 500m     | 12      |       | 3        | 0.02.00 | 0.06.00     |                           | 10:20:00 | 10:26:00 |
| Jun A W                                                        | 500m     | 7       |       | 2        | 0.02.00 | 0.04.00     |                           | 10:26:00 | 10:30:00 |
| Jun A M                                                        | 500m     | 12      |       | 3        | 0.02.00 | 0.06.00     |                           | 10:30:00 | 10:36:00 |
| Jun D W                                                        | 500m     | 20      |       | 5        | 0.02.00 | 0.10.00     |                           | 10:36:00 | 10:46:00 |
| Jun D M                                                        | 500m     | 23      |       | 6        | 0.02.00 | 0.12.00     |                           | 10:46:00 | 10:58:00 |
| Ice preparation and change starter's position                  |          |         |       |          |         |             | 00:15:00                  | 10:58:00 | 11:13:00 |
| Jun C W                                                        | 1000m    | 15      |       | 4        | 0.02.30 | 0.10.00     |                           | 11:13:00 | 11:23:00 |
| Jun C M                                                        | 1000m    | 18      | 1     | 4        | 0.02.30 | 0.12.30     |                           | 11:23:00 | 11:35:30 |
| Jun B W                                                        | 1000m    | 10      | 1     | 2        | 0.02.30 | 0.07.30     |                           | 11:35:30 | 11:43:00 |
| Ice preparation                                                |          |         |       |          |         |             | 00:10:00                  | 11:43:00 | 11:53:00 |
| Jun B M                                                        | 1000m    | 12      |       | 3        | 0.02.30 | 0.07.30     |                           | 11:53:00 | 12:00:30 |
| Jun A W                                                        | 1000m    | 7       |       | 2        | 0.02.30 | 0.05.00     |                           | 12:00:30 | 12:05:30 |
| Jun A M                                                        | 1000m    | 12      |       | 3        | 0.02.30 | 0.07.30     |                           | 12:05:30 | 12:13:00 |
| Ice preparation for Mass Start Junior C/B/A                    |          |         |       |          |         |             | 00:15:00                  | 12:13:00 | 12:28:00 |
| Mass Start C W                                                 | 10 giri  | 12      |       | 1        | 0.10.00 | 0.10.00     |                           | 12:28:00 | 12:38:00 |
| cange category                                                 |          |         |       |          |         |             | 00:05:00                  | 12:38:00 | 12:43:00 |
| Mass Start C M                                                 | 10 giri  | 16      |       | 1        | 0.10.00 | 0.10.00     |                           | 12:43:00 | 12:53:00 |
| cange category                                                 |          |         |       |          |         |             | 00:05:00                  | 12:53:00 | 12:58:00 |
| M Start A+B W                                                  | 10 giri  | 16      |       | 1        | 0.10.00 | 0.10.00     |                           | 12:58:00 | 13:08:00 |
| cange category                                                 |          |         |       |          |         |             | 00:05:00                  | 13:08:00 | 13:13:00 |
| M Start A+ B M                                                 | 10 giri  | 23      |       | 1        | 0.10.00 | 0.10.00     |                           | 13:13:00 | 13:23:00 |
| Prize Ceremony Junior C/B/A                                    |          |         |       |          |         |             | 00:20:00                  | 13:23:00 | 13:43:00 |

Orari di partenza delle batterie da considerarsi indicativi