

PROGRAMMA GARA	Sabato, 07 Gennaio 2023
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GARA: Campionati Italiani Junior Sprint e Mass Start 2022/2023

Category	Distance	Total				Time		Planning	
		SkatersSkate	Pairs	Quartets	Time	competition	icecleaning	start	end
Warmup							00:40:00	13:00:00	13:40:00
Ice preparation							00:20:00	13:40:00	14:00:00
Jun D W	300m	20	10		0.01.30	0.15.00		14:00:00	14:15:00
Jun D M	300m	23	12		0.01.30	0.18.00		14:15:00	14:33:00
Change starter's position							00:08:00	14:33:00	14:41:00
Jun C W	500m	15		4	0.02.00	0.08.00		14:41:00	14:49:00
Jun C M	500m	18	1	4	0.02.00	0.10.00		14:49:00	14:59:00
Jun B W	500m	10	1	2	0.02.00	0.10.00		14:59:00	15:09:00
Ice preparation							00:15:00	15:09:00	15:24:00
Jun B M	500m	12		3	0.02.00	0.06.00		15:24:00	15:30:00
Jun A W	500m	7		2	0.02.00	0.04.00		15:30:00	15:34:00
Jun A M	500m	12		3	0.02.00	0.06.00		15:34:00	15:40:00
Jun D W	500m	20		5	0.02.00	0.10.00		15:40:00	15:50:00
Jun D M	500m	23		6	0.02.00	0.12.00		15:50:00	16:02:00
Ice preparation and change starter's position							00:15:00	16:02:00	16:17:00
Jun C W	1000m	15		4	0.02.30	0.10.00		16:17:00	16:27:00
Jun C M	1000m	18	1	4	0.02.30	0.12.30		16:27:00	16:39:30
Jun B W	1000m	10	1	2	0.02.30	0.07.30		16:39:30	16:47:00
Ice preparation							00:10:00	16:47:00	16:57:00
Jun B M	1000m	12		3	0.02.30	0.07.30		16:57:00	17:04:30
Jun A W	1000m	7		2	0.02.30	0.05.00		17:04:30	17:09:30
Jun A M	1000m	12		3	0.02.30	0.07.30		17:09:30	17:17:00

Orari di partenza delle batterie da considerarsi indicativi