

Saturday 05.07.2024

09:00-09:50	Element Check Group A
09:50-10:40	Element Check Group B
10:50-11:40	Element Check Group C
11:40-12:30	Free Skating Session
12:40-13:30	Free Skating Session
13:30-14:20	Elements Group A
14:30-15:20	Elements Group B
15:20-16:10	Elements Group C
16:20-17:10	Free Skating Session
17:10-18:00	Free Skating Session

Sun. 06.07.2024

08:50-09:40	Skating Skills Group C
09:40-10:30	Skating Skills Group A
10:40-11:30	Skating Skills Group B
11:45-12:45	Lunch and travel home

Saturday Off-Ice Lifts Nutrition

individual	Group B		
individual	Group C		
10:30-11:15	Group A		
12:00-13:30	Lunch		
		14:45-15:45	Group A Nutrition
		16:00 - 18:00	Group A Cooking
		18:00-19:00	Group B+C Nutrition
18:00-19:30	Dinner		

Sunday Off-Ice Lifts Nutrition

08:40-09:25	Group A	08:00-10:00	Group B Cooking
		10:00-12:00	Group C Cooking