PROGRAMMA GARA							Venerdì, 06 gennaio 2023	
GARA: Trofeo delle Regioni								
LUOGO: Baselga di Pinè - Ice Rink Pinè								
Ora d'inizio: ore 09:00								
Category	Distance	Total			Time		Planning	
		Skaters	**Pairs**	time	compet.	icecl.	start	end
WARM UP						0.40	**8.00**	**8.40**
Ice preparation						0.20	**8.40**	**9.00**
Junior E W	**100m**	**43**	***22***	0.01.00	**0.22.00**		**9.00**	**9.22**
Junior E M	**100m**	**26**	***13***	0.01.00	**0.13.00**		**9.22**	**9.35**
Junior F W	**100m**	**14**	***7***	0.01.00	**0.07.00**		**9.35**	**9.42**
Junior F M	**100m**	**18**	***9***	0.01.00	**0.09.00**		**9.42**	**9.51**
PICCOLE SCHEGGE						0.15	**9.51**	**10.06**
Ice preparation						0.15	**10.06**	**10.21**
Junior E W	**100m**	**43**	***22***	0.01.00	**0.22.00**		**10.21**	**10.43**
Junior E M	**100m**	**26**	***13***	0.01.00	**0.13.00**		**10.43**	**10.56**
Junior F W	**100m**	**14**	***7***	0.01.00	**0.07.00**		**10.56**	**11.03**
Junior F M	**100m**	**18**	***9***	0.01.00	**0.09.00**		**11.03**	**11.12**
Ice preparation						0.20	**11.12**	**11.32**
Junior E W	**500m**	**43**	***22***	0.02.00	**0.44.00**		**11.32**	**12.16**
Junior E M	**500m**	**26**	***13***	0.02.00	**0.26.00**		**12.16**	**12.42**
Ice preparation and change starter's position						0.15	**12.42**	**12.57**
Junior F W	**300m**	**14**	***7***	0.01.30	**0.10.30**		**12.57**	**13.07**
Junior F M	**300m**	**18**	***9***	0.01.30	**0.13.30**		**13.07**	**13.21**
PICCOLE SCHEGGE						0.15	**13.21**	**13.36**

Orari di partenza delle batterie da considerarsi indicativi