

Schedule Podium Training

Session 1:

16.00-16.15: Warming up
16.15-16.30: Round 1
16.30-16.45: Round 2
16.45-17.00: Round 3
17.00-17.15: Round 4

Session 2:

17.15-17.30: Warming up
17.30-17.45: Round 1
17.45-18.00: Round 2
18.00-18.15: Round 3
18.15-18.30: Round 4

Session 3:

18.30-18.45: Warming up
18.45-19.00: Round 1
19.00-19.15: Round 2
19.15-19.30: Round 3
19.30-19.45: Round 4

Session 4:

19.45-20.00: Warming up
20.00-20.15: Round 1
20.15-20.30: Round 2
20.30-20.45: Round 3
20.45-21.00: Round 4

Competition Schedule Saturday 3 May

Competition 1:

General Warming up: 8.10

Start competition: 8.20

End of competition: 10.50

Competition 2:

General Warming up: 11.15

Start competition: 11.25

End of competition: 13.55

Competition 3:

General Warming up: 14.15

Start competition: 14.25

End of competition: 16.55

Competition 4:

General Warming up: 17.20

Start competition: 17.30

End of competition: 20.00

Competition Schedule Sunday 4 May

Competition 1:

General Warming up: 8.30

Start competition: 8.40

End of competition: 11.10

Competition 2:

General Warming up: 11.30

Start competition: 11.40

End of competition: 14.10

Competition 3:

General Warming up: 14.30

Start competition: 14.40

End of competition: 17.10