

# Westfalen Cup 2023

## Trainingsplan für Kadernachweiswettbewerbe

### Samstag, 26.10.2023

#### Bahn 1 (Wettbewerbshalle)

|       |   |       |       |                           |       |
|-------|---|-------|-------|---------------------------|-------|
| 06:30 | - | 06:55 | 00:25 | Advanced Novice Mädchen A | Gr. 1 |
| 06:55 |   | 07:20 | 00:25 | Advanced Novice Mädchen A | Gr. 2 |
| 07:20 |   | 07:30 | 00:10 | Eisaufbereitung           |       |
| 07:30 |   | 07:55 | 00:25 | Advanced Novice Mädchen A | Gr. 3 |
| 07:55 |   | 08:20 | 00:25 | Advanced Novice Mädchen A | Gr. 4 |
| 08:20 |   | 08:30 | 00:10 | Eisaufbereitung           |       |

#### Bahn 2 (Trainingsbahn)

|       |   |       |       |                                    |       |
|-------|---|-------|-------|------------------------------------|-------|
| 07:00 | - | 07:25 | 00:25 | Advanced Novice Mädchen B          | Gr. 1 |
| 07:25 |   | 07:50 | 00:25 | Advanced Novice Mädchen B          | Gr. 2 |
| 07:50 |   | 08:00 | 00:10 | Eisaufbereitung                    |       |
| 08:00 |   | 08:25 | 00:25 | Advanced Novice Mädchen B          | Gr. 3 |
| 08:25 |   | 08:50 | 00:25 | Advanced Novice Mädchen B          | Gr. 4 |
| 08:50 |   | 09:00 | 00:10 | Eisaufbereitung                    |       |
| 09:00 |   | 09:25 | 00:25 | Advanced Novice Jungen             | Gr. 1 |
| 09:25 |   | 09:50 | 00:25 | Advanced Novice Jungen             | Gr. 2 |
| 09:50 |   | 10:00 | 00:10 | Eisaufbereitung                    |       |
| 10:00 |   | 10:25 | 00:25 | Junioren Herren                    |       |
| 10:25 |   | 10:50 | 00:25 | Junioren Damen                     | Gr. 1 |
| 10:50 |   | 11:00 | 00:10 | Eisaufbereitung                    |       |
| 11:00 |   | 11:25 | 00:25 | Junioren Damen                     | Gr. 2 |
| 11:25 |   | 11:50 | 00:25 | Junioren Damen                     | Gr. 3 |
| 11:50 |   | 12:00 | 00:10 | Eisaufbereitung                    |       |
| 12:00 |   | 12:25 | 00:25 | Junioren Damen                     | Gr. 4 |
| 12:25 |   | 12:50 | 00:25 | Advanced Novice + Junioren Eistanz |       |
| 12:50 |   | 13:00 | 00:10 | Eisaufbereitung                    |       |

### Sonntag, 29.10.2023

#### Bahn 1 (Wettbewerbshalle)

|       |   |       |       |                           |       |
|-------|---|-------|-------|---------------------------|-------|
| 07:00 | - | 07:25 | 00:25 | Advanced Novice Mädchen B | Gr. 1 |
| 07:25 |   | 07:50 | 00:25 | Advanced Novice Mädchen B | Gr. 2 |
| 07:50 |   | 08:00 | 00:10 | Eisaufbereitung           |       |
| 08:00 |   | 08:25 | 00:25 | Advanced Novice Mädchen B | Gr. 3 |
| 08:25 |   | 08:50 | 00:25 | Advanced Novice Mädchen B | Gr. 4 |
| 08:50 |   | 09:00 | 00:10 | Eisaufbereitung           |       |

#### Bahn 2 (Trainingsbahn)

|       |   |       |       |                           |       |
|-------|---|-------|-------|---------------------------|-------|
| 07:25 | - | 07:50 | 00:25 | Advanced Novice Mädchen A | Gr. 1 |
| 07:50 |   | 08:15 | 00:25 | Advanced Novice Mädchen A | Gr. 2 |
| 08:15 |   | 08:25 | 00:10 | Eisaufbereitung           |       |
| 08:25 |   | 08:50 | 00:25 | Advanced Novice Mädchen A | Gr. 3 |
| 08:50 |   | 09:15 | 00:25 | Advanced Novice Mädchen A | Gr. 3 |
| 09:15 |   | 09:25 | 00:10 | Eisaufbereitung           |       |
| 09:25 |   | 09:50 | 00:25 | Advanced Novice Jungen    | Gr. 1 |
| 09:50 |   | 10:15 | 00:25 | Advanced Novice Jungen    | Gr. 2 |
| 10:15 |   | 10:25 | 00:10 | Eisaufbereitung           |       |
| 10:25 |   | 10:50 | 00:25 | Junioren Herren           |       |
| 10:50 |   | 11:15 | 00:25 | Junioren Damen            | Gr. 1 |
| 11:15 |   | 11:25 | 00:10 | Eisaufbereitung           |       |
| 11:25 |   | 11:50 | 00:25 | Junioren Damen            | Gr. 2 |
| 11:50 |   | 12:15 | 00:25 | Junioren Damen            | Gr. 3 |
| 12:15 |   | 12:25 | 00:10 | Eisaufbereitung           |       |
| 12:25 |   | 12:50 | 00:25 | Junioren Damen            | Gr. 4 |
| 12:50 |   | 13:00 | 00:10 | Eisaufbereitung           |       |