

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
CUBS UNDER 13 ÅR JENTER FRILØP
SATURDAY, 10 FEBRUARY 2024

9:00:00 - 9:04:00	Warm-Up Group 1
9:04:30 - 9:09:05	1
9:09:05 - 9:13:40	2
9:13:40 - 9:18:15	3
9:18:15 - 9:22:50	4
9:22:50 - 9:27:25	5
9:27:25 - 9:32:00	6
9:30:10 - 9:34:10	Warm-Up Group 2
9:34:40 - 9:39:15	7
9:39:15 - 9:43:50	8
9:43:50 - 9:48:25	9
9:48:25 - 9:53:00	10
9:53:00 - 9:57:35	11
9:57:35 - 10:02:10	12
10:02:10 - 10:06:45	13
10:04:55 - 10:08:55	Warm-Up Group 3
10:09:25 - 10:14:00	14
10:14:00 - 10:18:35	15
10:18:35 - 10:23:10	16
10:23:10 - 10:27:45	17
10:27:45 - 10:32:20	18
10:32:20 - 10:36:55	19
10:36:55 - 10:41:30	20

Warm-Up: 4:00 Duration of Skating: 2:15 +/-10 seconds Introduction: 0:30 Judging First: 1:50 Judging Last: 1:50

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
NOVICE JENTER KORTPROGRAM

SATURDAY, 10 FEBRUARY 2024

10:41:30 - 10:45:30	Warm-Up Group 1
10:46:00 - 10:51:00	1
10:51:00 - 10:56:00	2
10:56:00 - 11:01:00	3
11:01:00 - 11:06:00	4
11:06:00 - 11:11:00	5
11:11:00 - 11:16:00	6
11:16:00 - 11:21:00	7
11:21:00 - 11:26:00	8
11:26:00 - 12:06:00	Ice Resurfacing

Resurfacing: 40:00 Warm-Up: 4:00 Duration of Skating: 2:20 +/-10 seconds Introduction: 0:30 Judging First: 2:10 Judging Last: 2:10

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
NOVICE A JENTER KORTPROGRAM

SATURDAY, 10 FEBRUARY 2024

12:06:00 - 12:10:00	Warm-Up Group 1
12:10:30 - 12:15:30	1
12:15:30 - 12:20:30	2
12:20:30 - 12:25:30	3
12:25:30 - 12:30:30	4
12:30:30 - 12:35:30	5
12:35:30 - 12:40:30	6
12:40:30 - 12:45:30	7
12:43:20 - 12:47:20	Warm-Up Group 2
12:47:50 - 12:52:50	8
12:52:50 - 12:57:50	9
12:57:50 - 13:02:50	10
13:02:50 - 13:07:50	11
13:07:50 - 13:12:50	12
13:12:50 - 13:17:50	13
13:17:50 - 13:22:50	14
13:22:50 - 13:27:50	15

Warm-Up: 4:00 Duration of Skating: 2:20 +/-10 seconds Introduction: 0:30 Judging First: 2:10 Judging Last: 2:10

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
JUNIOR KVINNER KORTPROGRAM

SATURDAY, 10 FEBRUARY 2024

13:27:50 - 13:33:50	Warm-Up Group 1
13:34:20 - 13:39:50	1
13:39:50 - 13:45:20	2
13:45:20 - 13:50:50	3
13:50:50 - 13:56:20	4
13:56:20 - 14:11:20	Ice Resurfacing
14:11:20 - 14:17:20	Warm-Up Group 2
14:17:50 - 14:23:20	5
14:23:20 - 14:28:50	6
14:28:50 - 14:34:20	7
14:34:20 - 14:39:50	8

Resurfacing: 15:00 Warm-Up: 6:00 Duration of Skating: 2:40 +/-10 seconds Introduction: 0:30 Judging First: 2:20 Judging Last: 2:20

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
JUNIOR A KVINNER KORTPROGRAM

SATURDAY, 10 FEBRUARY 2024

14:39:50 - 14:45:50	Warm-Up Group 1
14:46:20 - 14:51:50	1
14:51:50 - 14:57:20	2
14:57:20 - 15:02:50	3
15:02:50 - 15:08:20	4
15:08:20 - 15:13:50	5
15:11:30 - 15:17:30	Warm-Up Group 2
15:18:00 - 15:23:30	6
15:23:30 - 15:29:00	7
15:29:00 - 15:34:30	8
15:34:30 - 15:40:00	9
15:40:00 - 15:45:30	10
15:45:30 - 16:00:30	Ice Resurfacing

Resurfacing: 15:00 Warm-Up: 6:00 Duration of Skating: 2:40 +/-10 seconds Introduction: 0:30 Judging First: 2:20 Judging Last: 2:20

NORGESCUP KUNSTLØP SSK

TIME SCHEDULE

SENIOR KVINNER KORTPROGRAM

SATURDAY, 10 FEBRUARY 2024

16:12:15 - 16:18:15	Warm-Up Group 1
16:18:45 - 16:24:15	1
16:24:15 - 16:29:45	2

Warm-Up: 6:00 Duration of Skating: 2:40 +/-10 seconds Introduction: 0:30 Judging First: 2:20 Judging Last: 2:20

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
DEBS A GUTTER KORTPROGRAM

SATURDAY, 10 FEBRUARY 2024

16:29:45 - 16:35:45	Warm-Up Group 1
16:36:15 - 16:41:10	1

Warm-Up: 6:00 Duration of Skating: 2:15 +/-10 seconds Introduction: 0:30 Judging First: 2:10 Judging Last: 2:10

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
NOVICE GUTTER KORTPROGRAM

SATURDAY, 10 FEBRUARY 2024

16:29:45 - 16:35:45	Warm-Up Group 1
16:41:10 - 16:46:10	1

Warm-Up: 6:00 Duration of Skating: 2:20 +/-10 seconds Introduction: 0:30 Judging First: 2:10 Judging Last: 2:10

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
SENIOR A MENN KORTPROGRAM

SATURDAY, 10 FEBRUARY 2024

16:29:46 - 16:35:46	Warm-Up Group 1
16:46:11 - 16:51:41	1

Warm-Up: 6:00 Duration of Skating: 2:40 +/-10 seconds Introduction: 0:30 Judging First: 2:20 Judging Last: 2:20

NORGESCUP KUNSTLØP SSK

TIME SCHEDULE

BASIC MENN FRILØP

SATURDAY, 10 FEBRUARY 2024

16:29:47 - 16:35:47	Warm-Up Group 1
16:51:42 - 16:56:32	1

Warm-Up: 6:00 Duration of Skating: 2:30 +/-10 seconds Introduction: 0:30 Judging First: 1:50 Judging Last: 1:50

NORGES CUP KUNSTLØP SSK

TIME SCHEDULE

OPPVISNING FRILØP

SATURDAY, 10 FEBRUARY 2024

16:56:32 - 17:00:32	Warm-Up Group 1
17:01:02 - 17:05:37	1
17:05:37 - 17:10:12	2
17:10:12 - 17:14:47	3

Warm-Up: 4:00 Duration of Skating: 2:15 +/-10 seconds Introduction: 0:30 Judging First: 1:50 Judging Last: 1:50

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
CUBS OVER 13 ÅR JENTER FRILØP
SUNDAY, 11 FEBRUARY 2024

8:30:00 - 8:34:00	Warm-Up Group 1
8:34:30 - 8:39:05	1
8:39:05 - 8:43:40	2
8:43:40 - 8:48:15	3
8:48:15 - 8:52:50	4
8:52:50 - 8:57:25	5
8:55:35 - 8:59:35	Warm-Up Group 2
9:00:05 - 9:04:40	6
9:04:40 - 9:09:15	7
9:09:15 - 9:13:50	8
9:13:50 - 9:18:25	9
9:18:25 - 9:23:00	10
9:23:00 - 9:27:35	11
9:25:45 - 9:29:45	Warm-Up Group 3
9:30:15 - 9:34:50	12
9:34:50 - 9:39:25	13
9:39:25 - 9:44:00	14
9:44:00 - 9:48:35	15
9:48:35 - 9:53:10	16
9:53:10 - 9:57:45	17

Warm-Up: 4:00 Duration of Skating: 2:15 +/-10 seconds Introduction: 0:30 Judging First: 1:50 Judging Last: 1:50

NORGESCUP KUNSTLØP SSK

TIME SCHEDULE

CUBS GUTTER FRILØP

SUNDAY, 11 FEBRUARY 2024

9:25:45 - 9:29:45	Warm-Up Group 1
9:57:45 - 10:02:20	1

Warm-Up: 4:00 Duration of Skating: 2:15 +/-10 seconds Introduction: 0:30 Judging First: 1:50 Judging Last: 1:50

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
NOVICE JENTER FRILØP

SUNDAY, 11 FEBRUARY 2024

10:02:20 - 10:07:20	Warm-Up Group 1
10:07:50 - 10:13:30	1
10:13:30 - 10:19:10	2
10:19:10 - 10:24:50	3
10:24:50 - 10:30:30	4
10:30:30 - 10:36:10	5
10:36:10 - 10:41:50	6
10:41:50 - 10:47:30	7
10:47:30 - 10:53:10	8
10:53:10 - 11:08:10	Ice Resurfacing

Resurfacing: 15:00 Warm-Up: 5:00 Duration of Skating: 3:00 +/-10 seconds Introduction: 0:30 Judging First: 2:10 Judging Last: 2:10

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
NOVICE A JENTER FRILØP
SUNDAY, 11 FEBRUARY 2024

11:08:10 - 11:13:10	Warm-Up Group 1
11:13:40 - 11:19:20	1
11:19:20 - 11:25:00	2
11:25:00 - 11:30:40	3
11:30:40 - 11:36:20	4
11:36:20 - 11:42:00	5
11:42:00 - 11:47:40	6
11:47:40 - 11:53:20	7
11:51:10 - 11:56:10	Warm-Up Group 2
11:56:40 - 12:02:20	8
12:02:20 - 12:08:00	9
12:08:00 - 12:13:40	10
12:13:40 - 12:19:20	11
12:19:20 - 12:25:00	12
12:25:00 - 12:30:40	13
12:30:40 - 12:36:20	14
12:36:20 - 12:42:00	15
12:42:00 - 13:12:00	Ice Resurfacing

Resurfacing: 30:00 Warm-Up: 5:00 Duration of Skating: 3:00 +/-10 seconds Introduction: 0:30 Judging First: 2:10 Judging Last: 2:10

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
JUNIOR KVINNER FRILØP

SUNDAY, 11 FEBRUARY 2024

13:12:00 - 13:18:00	Warm-Up Group 1
13:18:30 - 13:24:50	1
13:24:50 - 13:31:10	2
13:31:10 - 13:37:30	3
13:37:30 - 13:43:50	4
13:41:30 - 13:47:30	Warm-Up Group 2
13:48:00 - 13:54:20	5
13:54:20 - 14:00:40	6
14:00:40 - 14:07:00	7
14:07:00 - 14:13:20	8

Warm-Up: 6:00 Duration of Skating: 3:30 +/-10 seconds Introduction: 0:30 Judging First: 2:20 Judging Last: 2:20

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
JUNIOR A KVINNER FRILØP
SUNDAY, 11 FEBRUARY 2024

14:13:20 - 14:19:20	Warm-Up Group 1
14:19:50 - 14:26:10	1
14:26:10 - 14:32:30	2
14:32:30 - 14:38:50	3
14:38:50 - 14:45:10	4
14:45:10 - 14:51:30	5
14:51:30 - 15:06:30	Ice Resurfacing
15:06:30 - 15:12:30	Warm-Up Group 2
15:13:00 - 15:19:20	6
15:19:20 - 15:25:40	7
15:25:40 - 15:32:00	8
15:32:00 - 15:38:20	9
15:38:20 - 15:44:40	10

Resurfacing: 15:00 Warm-Up: 6:00 Duration of Skating: 3:30 +/-10 seconds Introduction: 0:30 Judging First: 2:20 Judging Last: 2:20

NORGESCUP KUNSTLØP SSK
TIME SCHEDULE
SENIOR KVINNER FRILØP

SUNDAY, 11 FEBRUARY 2024

15:42:20 - 15:48:20	Warm-Up Group 1
15:48:50 - 15:55:40	1
15:55:40 - 16:02:30	2

Warm-Up: 6:00 Duration of Skating: 4:00 +/-10 seconds Introduction: 0:30 Judging First: 2:20 Judging Last: 2:20

NORGESCUP KUNSTLØP SSK

TIME SCHEDULE

DEBS A GUTTER FRILØP

SUNDAY, 11 FEBRUARY 2024

16:02:30 - 16:08:30	Warm-Up Group 1
16:09:00 - 16:14:40	1

Warm-Up: 6:00 Duration of Skating: 3:00 +/-10 seconds Introduction: 0:30 Judging First: 2:10 Judging Last: 2:10

NORGESCUP KUNSTLØP SSK

TIME SCHEDULE

NOVICE GUTTER FRILØP

SUNDAY, 11 FEBRUARY 2024

16:02:31 - 16:08:31	Warm-Up Group 1
16:14:41 - 16:19:41	1

Warm-Up: 6:00 Duration of Skating: 2:20 +/-10 seconds Introduction: 0:30 Judging First: 2:10 Judging Last: 2:10

NORGESCUP KUNSTLØP SSK

TIME SCHEDULE

SENIOR A MENN FRILØP

SUNDAY, 11 FEBRUARY 2024

16:02:32 - 16:08:32	Warm-Up Group 1
16:19:42 - 16:26:32	1

Warm-Up: 6:00 Duration of Skating: 4:00 +/-10 seconds Introduction: 0:30 Judging First: 2:20 Judging Last: 2:20