

## The 19th M-Wave Speed Skating Competition

Day 1

Thursday 11 Feb.2021

as of 26 Jan. 2021

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Ice training (for MW)				1 x 30'00	30'00		7:10	7:40
Ice preparation						25'00	7:40	8:05
Warm up (for MW)				1 x 30'00	30'00		8:05	8:35
Ice preparation						25'00	8:35	9:00
Ladies	MW	1500m	40	10 q x 04'00	40'00		9:00	9:40
		(Flower giving - L1500m)						

Day 2

Friday 12 Feb.2021

as of 26 Jan. 2021

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Ice training (for MW)				1 x 30'00	30'00		7:10	7:40
Ice preparation						25'00	7:40	8:05
Warm up (for MW)				1 x 30'00	30'00		8:05	8:35
Ice preparation						25'00	8:35	9:00
Men	MW	1500m	104	9 q x 03'40	33'00		9:00	9:33
Ice preparation (race lanes)						15'00	9:33	9:48
Men	MW	1500m		9 q x 03'40	33'00		9:48	10:21
Ice preparation (race lanes)						15'00	10:21	10:36
Men	MW	1500m		8 q x 03'30	28'00		10:36	11:04
		(Flower giving - M1500m)						
SCHEDULE WITH ALL RESERVED								

## The 19th M-Wave Speed Skating Competition

Day 3

Saturday 13 Feb.2021

as of 26 Jan. 2021

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
<i>Ice training (for MW)</i>				1 x 30'00	30'00		7:10	7:40
<i>Ice preparation</i>						25'00	7:40	8:05
<i>Warm up (for MW)</i>				1 x 30'00	30'00		8:05	8:35
<i>Ice preparation</i>						25'00	8:35	9:00
<i>Ladies</i>	<i>MW</i>	<i>500m</i>	53	18 p x 01'45	32'00		9:00	9:32
<i>Ice preparation (race lanes)</i>						15'00	9:32	9:47
<i>Ladies</i>	<i>MW</i>	<i>500m</i>		9 p x 01'45	16'00		9:47	10:03
<i>Change system</i>						05'00	10:03	10:08
<i>Men</i>	<i>MW</i>	<i>500m</i>	84	8 p x 01'45	14'00		10:08	10:22
<i>Ice preparation (race lanes)</i>		<i>(Flower giving - L500m)</i>				15'00	10:22	10:37
<i>Men</i>	<i>MW</i>	<i>500m</i>		17 p x 01'45	30'00		10:37	11:07
<i>Ice preparation (race lanes)</i>						15'00	11:07	11:22
<i>Men</i>	<i>MW</i>	<i>500m</i>		17 p x 01'45	30'00		11:22	11:52
		<i>(Flower giving - M500m)</i>						
SCHEDULE WITH ALL RESERVED								

## The 19th M-Wave Speed Skating Competition

Day 4

Sunday 14 Feb.2021

as of 26 Jan. 2021

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Warm up (for Long distances)				1 x 30'00	30'00		7:05	7:35
Ice preparation						30'00	7:35	8:05
Ladies	MW	3000m	27	7 q x 06'10	43'00		8:05	8:48
Ice preparation		(Flower giving - L3000m)				22'00	8:48	9:10
Men	MW	3000m	45	6 q x 05'50	35'00		9:10	9:45
Ice preparation (race lanes)						15'00	9:45	10:00
Men	MW	3000m		5 q x 05'40	28'00		10:00	10:28
Ice preparation (race lanes)		(Flower giving - M3000m)				15'00	10:28	10:43
Men	MW	5000m	25	4 q x 08'20	33'00		10:43	11:16
Ice preparation						22'00	11:16	11:38
Men	MW	5000m		3 q x 08'20	25'00		11:38	12:03
Warm up (for Sprint distances)		(Flower giving - M5000m)		1 x 30'00	30'00		12:03	12:33
Ice preparation						22'00	12:33	12:55
Ladies	MW	1000m	69	12 q x 02'50	34'00		12:55	13:29
Ice preparation (race lanes)						15'00	13:29	13:44
Ladies	MW	1000m		6 q x 02'50	17'00		13:44	14:01
Change system						05'00	14:01	14:06
Men	MW	1000m	116	5 q x 02'40	13'00		14:06	14:19
Ice preparation (race lanes)		(Flower giving - L1000m)				15'00	14:19	14:34
Men	MW	1000m		12 q x 02'40	32'00		14:34	15:06
Ice preparation						22'00	15:06	15:28
Men	MW	1000m		12 q x 02'40	32'00		15:28	16:00
		(Flower giving - M1000m)						

SCHEDULE WITH ALL RESERVED