

Stockholm Trophy - dag 1									
Cmp	Rnd	Category	Distance	No of skaters	Series x time	Time		Planning	
						Compet.	Iceprep.	Start	End
		Uppvärmning Stockholm Trophy					00:40	09:00	09:40
		Lagledarmöte Stockholm Trophy					00:15	09:15	09:30
		Ispreparering					00:20	09:40	10:00
StTr	R1	Junior F	100	1	1 x 0'45	00:01		10:00	10:01
StTr	R1	Junior E, D, C, B, Senior	500	58	29 x 2'00	00:58		10:01	10:59
		Flytt av start					00:10	10:59	11:09
StTr	R2	Junior F, E, D	300	14	7 x 1'15	00:09		11:09	11:18
		Ispreparering					00:20	11:18	11:38
StTr	R2	Junior B, Senior	1500	31	16 x 4'00	01:04		11:38	12:42
		Flytt av start och mål					00:10	12:42	12:52
StTr	R2	Junior C	1000	14	7 x 3'00	00:21		12:52	13:13
Sprint-SM - dag 1									
Cmp	Rnd	Category	Distance	No of skaters	Series x time	Time		Planning	
						Compet.	Iceprep.	Start	End
		Uppvärmning SM					00:30	13:15	13:45
		Lagledarmöte SM					00:20	13:15	13:35
		Ispreparering					00:20	13:45	14:05
SM	R1	Ladies Junior A	500	5	3 x 1'30	00:05		14:05	14:10
SM	R1	Men Junior A	500	3	2 x 1'30	00:03		14:10	14:13
SM	R1	Ladies Senior	500	5	3 x 1'30	00:05		14:13	14:18
SM	R1	Men Senior	500	8	4 x 1'30	00:06		14:18	14:24
		Ispreparering					00:20	14:24	14:44
SM	R2	Ladies Junior A	1000	5	3 x 2'30	00:08		14:44	14:52
SM	R2	Men Junior A	1000	3	2 x 2'30	00:05		14:52	14:57
SM	R2	Ladies Senior	1000	5	3 x 2'30	00:08		14:57	15:05
SM	R2	Men Senior	1000	8	4 x 2'30	00:10		15:05	15:15

Stockholm Trophy - dag 2									
Cmp	Rnd	Category	Distance	No of skaters	Series x time	Time		Planning	
						Compet.	Iceprep.	Start	End
		Uppvärmning Stockholm Trophy					00:40	09:00	09:40
		Lagledarmöte Stockholm Trophy					00:15	09:15	09:30
		Ispreparering					00:20	09:40	10:00
StTr	R3	Junior F	100	1	1 x 0'45	00:01		10:00	10:01
StTr	R3	Junior E, D, C	500	27	14 x 2'00	00:28		10:01	10:29
		Flytt av start och mål					00:10	10:29	10:39
StTr	R3	Junior B, Senior	1000	31	16 x 2'30	00:40		10:39	11:19
		Ispreparering					00:20	11:19	11:39
StTr	R4	Junior D	1000	9	5 x 3'00	00:15		11:39	11:54
		Flytt av start och mål					00:10	11:54	12:04
StTr	R4	Junior F, E	300	5	3 x 1'15	00:04		12:04	12:08
		Ispreparering					00:20	12:08	12:28
StTr	R4	Junior C	1500	14	7 x 4'00	00:28		12:28	12:56
		Flytt av start					00:10	12:56	13:06
StTr	R4	Junior B, Senior (kvartett)	3000	31	8 x 6'30	00:52		13:06	13:58
		Paus					00:10	13:58	14:08
		Prisutdelning Stockholm Trophy					00:20	14:08	14:28
Sprint-SM - dag 2									
Cmp	Rnd	Category	Distance	No of skaters	Series x time	Time		Planning	
						Compet.	Iceprep.	Start	End
		Uppvärmning SM					00:30	14:00	14:30
		Lagledarmöte SM					00:20	14:00	14:20
		Ispreparering					00:20	14:30	14:50
SM	R3	Ladies Junior A	500	5	3 x 1'30	00:05		14:50	14:55
SM	R3	Men Junior A	500	3	2 x 1'30	00:03		14:55	14:58
SM	R3	Ladies Senior	500	5	3 x 1'30	00:05		14:58	15:03
SM	R3	Men Senior	500	8	4 x 1'30	00:06		15:03	15:09
		Ispreparering					00:20	15:09	15:29
SM	R4	Ladies Junior A	1000	5	3 x 2'30	00:08		15:29	15:37
SM	R4	Men Junior A	1000	3	2 x 2'30	00:05		15:37	15:42
SM	R4	Ladies Senior	1000	5	3 x 2'30	00:08		15:42	15:50
SM	R4	Men Senior	1000	8	4 x 2'30	00:10		15:50	16:00
		Paus					00:10	16:00	16:10
		Prisutdelning SM					00:10	16:10	16:20