

# The Nordics & the Nordics Open @RIG 2023

	Wednesday February 1st			Thursday February 2nd			Friday February 3rd			Saturday February 4th			Sunday February 5th			
	Main	Practice	Off ice	Main	Practice	Off ice	Main	Practice	Off ice	Main	Practice	Off ice	Main	Practice	Off ice	
06:30																06:30
07:00													SM 07:00 F			07:00
07:30													30' 07:30 *			07:30
08:00				JW 08:00 S	NG 08:00 S		JM 08:00 S						SW 07:30 S 30' 08:00 *			08:00
08:30				30' 08:30 *	30' 08:30 *		30' 08:30 *		08:30							08:30
09:00									Nordic Meeting				SM 08:50 S 30' 09:20 *	JW 09:00 F 30' 09:30 *		09:00
09:30	Unofficial Practices			JW 09:20 S 30' 09:50 *	NB 09:20 S 30' *			NG 09:00 F 30' 09:30 *							09:30	
10:00																10:00
10:30																10:30
11:00																11:00
11:30									11:00 Coaches Seminar							11:30
12:00													30' 11:40 *			12:00
12:30				NG 12:00 S			JM 12:30 S						SW 12:00 S			12:30
13:00													JM 12:30 F 30' 13:00 *			13:00
13:30																13:30
14:00													SM 13:40 S			14:00
14:30				NB 13:50 S			NG 13:50 F									14:30
15:00													JW 14:40 F			15:00
15:30				OC												15:30
16:00				JW 15:00 S												16:00
16:30																16:30
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21:30																21:30
22:00																22:00



- SM Senior Men
- SW Senior Women
- JM Junior Men
- JW Junior Women
- NB Novice Boys
- NG Novice Girls
  
- S Short Program
- F Free Skating
- Main Main Rink
- Practice Practice Rink
- VC Victory Ceremony
- OC Opening Ceremony
- Ice Resurfacing
- Practice group change
- \* Starting order
- DR Draw
- STO Starting order
- IJM Initial Judges Meeting
- TPM Technical Panel Meeting
- RTD Round Table Discussion
- TPR Technical Panel Review
- TLM Team Leader Meeting