

# The Nordics & the Nordics Open @RIG 2023

|       | Wednesday<br>February 1st |          |         | Thursday<br>February 2nd |             |          | Friday<br>February 3rd |                 |         | Saturday<br>February 4th |             |         | Sunday<br>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 |                           |          |         |                          |             |          |                        |                 |         | SW 07:00                 |             |         | SM 07:00               |          |         | 07:00 |
| 07:30 |                           |          |         |                          |             |          |                        |                 |         | S 30' 07:30              |             |         | F 30' 07:30            |          |         | 07:30 |
| 08:00 |                           |          |         | JW 08:00                 | NG 08:00    |          | JM 08:00               |                 |         |                          |             |         |                        |          |         | 08:00 |
| 08:30 |                           |          |         | S 30' 08:30              | S 30' 08:30 |          | S 30' 08:30            |                 |         |                          |             |         |                        |          |         | 08:30 |
| 09:00 |                           |          |         |                          | NB 09:00    |          |                        |                 |         | SM 08:50                 | JW 09:00    |         |                        |          |         | 09:00 |
| 09:30 | Unofficial Practices      |          |         | S 30' 09:20              | S 30' *     |          |                        | NG 09:00        |         | S 30' 09:20              | F 30' *     |         |                        |          |         | 09:30 |
| 10:00 |                           |          |         |                          |             |          |                        | F 30' 09:30     |         |                          |             |         |                        |          |         | 10:00 |
| 10:30 |                           |          |         |                          |             |          |                        | NB 10:00        |         |                          |             |         |                        |          |         | 10:30 |
| 11:00 |                           |          |         |                          |             |          |                        | F 30' *         |         |                          |             |         |                        |          |         | 11:00 |
| 11:30 |                           |          |         |                          |             |          |                        | 10:45           |         |                          |             |         |                        |          |         | 11:30 |
| 12:00 |                           |          |         |                          |             |          |                        | Coaches Seminar |         |                          |             |         |                        |          |         | 12:00 |
| 12:30 |                           |          |         | NG 12:00                 |             |          | JM 12:30               |                 |         | SW 12:00                 | JM 11:50    |         | SM 12:00               |          |         | 12:30 |
| 13:00 |                           |          |         | S                        |             |          | S                      |                 |         | S                        | F 30' 12:20 |         | F                      |          |         | 13:00 |
| 13:30 |                           |          |         |                          |             |          |                        |                 |         |                          |             |         |                        |          |         | 13:30 |
| 14:00 |                           |          |         |                          |             | DR 13:30 |                        |                 |         |                          |             |         |                        |          |         | 14:00 |
| 14:30 |                           |          |         |                          |             | STO JM   |                        |                 |         |                          |             |         |                        |          |         | 14:30 |
| 15:00 |                           |          |         | NB 13:50                 |             |          | NG 13:50               |                 |         | SM 13:50                 |             |         |                        |          |         | 15:00 |
| 15:30 |                           |          |         | S                        |             |          | F                      |                 |         | S                        |             |         |                        |          |         | 15:30 |
| 16:00 |                           |          |         |                          |             |          |                        |                 |         |                          |             |         |                        |          |         | 16:00 |
| 16:30 | Unofficial Practices      |          |         | OC                       |             |          |                        |                 |         |                          |             |         |                        |          |         | 16:30 |
| 17:00 |                           |          |         | JW 15:00                 |             |          |                        |                 |         | JW 15:00                 |             |         |                        |          |         | 17:00 |
| 17:30 |                           |          |         | S                        |             |          |                        |                 |         | F                        |             |         |                        |          |         | 17:30 |
| 18:00 |                           |          |         |                          |             |          |                        |                 |         |                          |             |         |                        |          |         | 18:00 |
| 18:30 |                           |          |         |                          |             |          |                        |                 |         |                          |             |         |                        |          |         | 18:30 |
| 19:00 |                           |          |         |                          |             |          |                        |                 |         |                          |             |         |                        |          |         | 19:00 |
| 19:30 |                           |          |         |                          |             |          |                        |                 |         |                          |             |         |                        |          |         | 19:30 |
| 20:00 |                           |          |         |                          |             |          |                        |                 |         |                          |             |         |                        |          |         | 20:00 |
| 20:30 |                           |          |         |                          |             |          |                        |                 |         |                          |             |         |                        |          |         | 20:30 |
| 21:00 |                           |          |         |                          |             |          |                        |                 |         |                          |             |         |                        |          |         | 21:00 |
| 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
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- 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