



**ARTISTIC SKATING
WORLD CUP**
2022 – PAREDES



30 May

08:00 – 08:40 - Training Solo Dance: Compulsory Cadets Ladies 2x

08:40 – 09:20 – Training Solo Dance: Compulsory Cadets Men 2x

09:20 – 10:00 – Training Solo Dance: Compulsory Youth Ladies 2x

10:00 – 10:20 – Training Solo Dance: Compulsory Youth Men 1x

10:20 – 11:50 – Training Free: Cadet Ladies 3x

11:50 – 12:50 – Training Free: Cadet Men 2x

Break

13:00 – 15:55 – Competition Cadet Solo Dance Compulsory

15:55 – 18:45 – Competition Youth Solo Dance Compulsory

18:45 – 21:55 – Competition Cadet Short

22:00 – 23:10 – Training Free: Youth Ladies 2x

23:10 – 23:45 – Training Free: Youth Men 1x

31 May

08:30 – 09:30 – Training Solo Dance Free Dance: Cadet Ladies 2x

09:30 – 10:30 – training Solo Dance Free Dance: Cadet Men 2x

10:30 – 11:30 – Training Solo Dance Free Dance: Youth Ladies 2x

11:30 – 12:00 – Training Solo Dance Free Dance: Youth Men 1x

Break

12:15 – 13:45 – Competition Solo Dance Cadet Free Dance

13:45 – 16:00 – Competition Solo Dance Youth Free Dance

Break

16:20 – 18:00 – Competition Youth Short Program

18:00 – 22:15 – Competition Cadet Long Program

Award Ceremony

Break

23:00 – 23:30 – Training Pairs: Senior 1x



**ARTISTIC SKATING
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1 June

08:00 – 09:30 – Training Junior Ladies Solo Dance 2x

09:30 – 10:00 – Training Junior Men Solo Dance 1x

10:00 – 12:00 – Training Senior Ladies Solo Dance 4x

12:00 – 13:00 – Training Senior Men Solo Dance 2x

Break

13:15 – 13:45 – Competition Senior Pairs Short Program

13:45 – 16:15 – Competition Youth Long Program

16:15 – 18:15 – Competition Solo Dance Junior Style Dance

Award Ceremony

Break

18:45 – 21:30 – Competition Solo Dance Senior Style Dance

Award Ceremony

21:45 – 22:15 – Training Cadet Pairs

22:25 – 22:45 – Training Youth Pairs

2 June

10:00 – 12:30 - Competition Solo Dance Junior Free Dance

Break

14:00 – 14:30 - Competition Cadet Pairs Short Program

14:30 – 15:00 - Competition Youth Pairs Short Program

15:00 – 15:30 - Competition Senior Pairs Long Program

15:30 – 19:15 - Competition Solo Dance Senior Free Dance

Award Ceremony

Break

20:00 – 21:20 - Training: Junior Ladies Free 2x

21:20 – 22:40 - Training: Junior Men Free 2x

22:40 – 00:00 - Training: Senior Ladies Free 2x

00:00 – 00:40 - Training: Senior Men Free 1x



**ARTISTIC SKATING
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3 June

11:00 – 11:30 – Training: Cadet Couple Dance Compulsory

11:30 – 12:00 – Training: Youth Couple Dance Compulsory

12:00 – 12:30 – Training: Junior Couple Dance

12:30 – 13:00 – training: Senior Couple Dance

Break

13:00 – 13:45 – Competition Cadet and Youth Couple Dance Compulsory

13:45 – 14:15 – Competition Junior Couple Dance Style Dance

14:15 – 14:45 – Competition Senior Couple Dance Style Dance

14:45 – 15:15 – Competition Cadet Pairs Long Program

15:15 – 15:45 – Competition Youth Pairs Long Program

Award Ceremony

Break

16:15 – 18:00 – Competition Junior Short Program

18:00 – 20:00 – Competition Senior Short Program

Award Ceremony

4 June

12:00 – 12:30 – Training: Cadet Couple Dance Free Dance

12:30 – 13:30 – Training: Youth Couple Dance Free Dance

13:00 – 15:45 – Competition Junior Long Program

15:45 – 16:10 – Competition Cadet Couple Dance Free Dance

16:10 – 16:20 – Competition Youth Couple Dance Free Dance

Break

16:35 – 17:00 – Competition Junior Couple Dance Free Dance

17:00 – 17:40 – Competition Senior Couple Dance Free Dance

17:40 – 20:30 – Competition Senior Long Program

Award Ceremony

Note:



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Junior and Senior Solo Dance and Couple Dance – Training choose between Style Dance or Free Dance

Cadet, Youth, Junior and Senior Freeskating and Pairs – Training choose between Short or Long Program