



## IBSF - International training period / PyeongChang

Date	Day	Time	End	BS Grp. 1	Time	End	BS Grp. 2	Time	End	SN Grp. 1	Time	End	SN Grp. 2
21.10.2017	sat	17:00		TCM	17:00		TCM	16:00		TCM	16:00		TCM
21.10.2017	sat	09:00	16:00	Track Walk / Sled P/Warm up Area	09:00	16:00	Track Walk / Sled P/Warm up Area	09:00	16:00	Track Walk / Sled P/Warm up Area	09:00	16:00	Track Walk / Sled P/Warm up Area
22.10.2017	sun	14:30	15:30	Track Walk / Prep.	14:30	15:30	Track Walk / Prep.	07:30	08:15	Track Walk / Prep.	11:00	11:45	Track Walk / Prep.
22.10.2017	sun	15:45	17:30	2 TR	18:00	22:00	2 TR	08:30	11:00	2TR	12:00	14:30	2 TR
23.10.2017	mon	14:30	15:30	Track Walk / Prep.	14:30	15:30	Track Walk / Prep.	11:00	11:45	Track Walk / Prep.	07:30	08:15	Track Walk / Prep.
23.10.2017	mon	18:00	22:00	2 TR	15:45	17:30	2 TR	12:00	14:30	2 TR	08:30	11:00	2 TR
24.10.2017	tue	14:30	15:30	Track Walk	14:30	15:30	Track Walk	07:30	08:15	Track Walk	11:00	11:45	Track Walk
24.10.2017	tue	15:45	17:30	2 TR	18:00	22:00	2 TR	08:30	11:00	2 TR	12:00	14:30	2 TR
25.10.2017	wed	09:00	17:00	Track Walk / Sled P/Warm up Area	09:00	17:00	Track Walk / Sled P/Warm up Area	09:00	17:00	Track Walk / Sled P/Warm up Area	09:00	17:00	Track Walk / Sled P/Warm up Area
25.10.2017	wed			No TR			No TR			No TR			No TR
26.10.2017	thu	14:30	15:30	Track Walk / Prep.	14:30	15:30	Track Walk / Prep.	11:00	11:45	Track Walk / Prep.	07:30	08:15	Track Walk / Prep.
26.10.2017	thu	18:00	22:00	2 TR	15:45	17:30	2 TR	12:00	14:30	2 TR	08:30	11:00	2 TR
27.10.2017	fri	14:30	15:30	Track Walk / Prep.	14:30	15:30	Track Walk / Prep.	07:30	08:15	Track Walk / Prep.	11:00	11:45	Track Walk / Prep.
27.10.2017	fri	15:45	17:30	2 TR	18:00	22:00	2 TR	08:30	11:00	2 TR	12:00	14:30	2 TR
28.10.2017	sat			Track Walk / Prep.	14:30	15:30	Track Walk	11:00	11:45	Track Walk / Prep.	07:30	08:15	Track Walk / Prep.
28.10.2017	sat			reserve	15:45	19:00	2 TR	12:00	14:30	2 TR	08:30	11:00	2 TR
29.10.2017	sun			Travel Day									
												<b>status</b>	<b>16.05.17</b>

Transport Hotel - Track - Hotel must be guaranteed.

Training Groups will be drawn at 1st Team Captain's Meeting in Group 1 or 2

training-runs from both groups only for women.

Track Walk / Prep. / Warm up Area : in the period a track walk and the use of the Warm up area at Start is possible - at the same time the track will be prepared

Sled P: Access to sled containers in venue for preparation is guaranteed.

All training times are subject to change!

TR: Training Runs

In the period 21th October to 29th October 2017 only training-runs approved by the IBSF are allowed on the track.