

COMPETITION SCHEDULE

WORLD CHAMPIONSHIPS 2010



| Date | Day | Military time | Standard Time | Competition | Place |
|--------|-----------|---------------|---------------------|---|-----------------|
| 04.aug | Wednesday | 19.00 - 21.00 | | Opening ceremony | Vestlandshallen |
| | | | | | |
| 05.aug | Thursday | 07.00 | 7:00 AM | Arena opens | Vestlandshallen |
| | | 09.00 - 12.45 | 9:00 am - 12:45 pm | Compulsories Jr Women/ Short Program Sr women | Vestlandshallen |
| | | 12.45 - 13.00 | 12:45 pm - 1:00 pm | Break | Vestlandshallen |
| | | 13.00 - 14.20 | 1:00 pm - 2:20 pm | Compulsories Jr Men/Short Program Sr Men | Vestlandshallen |
| | | 14.20 - 15.30 | 2:20 pm - 3:30 pm | Lunch/warm up Jr/Sr Pairs | Vestlandshallen |
| | | 15.40 - 18.10 | 3:40 pm - 6:10 pm | Preliminary Competition Jr/Sr Pairs | Vestlandshallen |
| | | 18.30 - 20.00 | 6:30 pm - 8:00 pm | Arena open for practice | Vestlandshallen |
| | | | | | |
| 06.aug | Friday | 07.00 | 7:00 AM | Arena opens | Vestlandshallen |
| | | 08.35 - 08.45 | 8:35 am - 8:45 am | Warm-up Jr/Sr Women Freestyle, 1 group | Vestlandshallen |
| | | 09.00 - 11.30 | 9:00 am - 11:30 am | Preliminary freestyle Jr/Sr Women, 1 group | Vestlandshallen |
| | | 11.30 - 11.40 | 11:30 am - 11:40 am | Warm up Jr/Sr Women Freestyle, 2 group | Vestlandshallen |
| | | 11.45 - 14.00 | 11:45 am - 2:00 pm | Preliminary freestyle Jr/Sr Women, 2 group | Vestlandshallen |
| | | 14.05 - 14.15 | 2:05 pm - 3:15 pm | Warm up Jr/Sr Women Freestyle, 3 group | Vestlandshallen |
| | | 14.20 - 16.35 | 2:20 pm - 4:45 pm | Preliminary freestyle Jr/Sr Women, 3 group | Vestlandshallen |
| | | 16.35 - 17.15 | 4:35 pm - 5:15 pm | Lunch/ Warm up Jr/Sr Men | Vestlandshallen |
| | | 17.15 - 19.25 | 5:15 pm - 7:25 pm | Preliminary freestyle Jr/Sr Men | Vestlandshallen |
| | | 20.00 - 21.00 | 8:00 pm - 9:00 pm | Arena open for practice | Vestlandshallen |
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|---------------|-----------------|---------------|---------------------|---|-----------------|
| 07.aug | Saturday | 08.00 | 8:00am | Arena Opens | Vestlandshallen |
| | | 09.00 - 09.45 | 9:00 am - 9:45 am | Warm up teams | Vestlandshallen |
| | | 10.00 - 11.45 | 10:00 am - 11:45 am | Preliminary Team Competition | Vestlandshallen |
| | | 11.45 - 12.30 | 11:45 am - 12:30 am | Lunch/warm-up JR/Sr Women semi-finals, 1 seed | Vestlandshallen |
| | | 12.30 - 13.40 | 12:30 am - 1:40 pm | Semi-finals Jr/Sr Women, 1 seed | Vestlandshallen |
| | | 13.45 - 13.55 | 1:45 pm - 1:55 pm | Warm up Jr/Sr Women, 2 seed | Vestlandshallen |
| | | 14.00 - 15.10 | 2:00 pm - 3:10 pm | Semi-finals Jr/Sr Women, 2 seed | Vestlandshallen |
| | | 15.15 - 15.25 | 3:15 pm - 3:25 pm | Warm up Jr/Sr Women, 3 seed | Vestlandshallen |
| | | 15.30 - 16.30 | 3:30 pm - 4:30 pm | Semi-Finals Jr/Sr Women, 3 seed | Vestlandshallen |
| | | 17.00 - 18.00 | 5:00 pm - 6:00 pm | Arena open for Practice | Vestlandshallen |
| | | 18.30 - 21.00 | 6:30 pm - 9:00 pm | Rehersal Closing ceremony | Vestlandshallen |
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| | | | | | |
| 08.aug | Sunday | 07.00 | 7:00 AM | Arena opens | Vestlandshallen |
| | | 08.00 - 09.00 | 8:00 am - 9:00 am | Floor open for practice | Vestlandshallen |
| | | 10.00 - 11.45 | 10:00 am - 11:45 am | Finals Jr/Sr Women Freestyle | Vestlandshallen |
| | | 11.45 - 12.00 | 11:45 am - 12:00 pm | Break | Vestlandshallen |
| | | 12.00 - 13.00 | 12:00 pm - 1:00 pm | Finals Jr/Sr Men Freestyle | Vestlandshallen |
| | | 13.00 - 13.30 | 1:00 pm - 1:30 pm | Break | Vestlandshallen |
| | | 13.30 - 14.30 | 1:30 pm - 2:30 pm | Finals Jr/Sr Pairs | Vestlandshallen |
| | | 14.30 - 15.00 | 2: 30 pm - 3:00 pm | Lunch/prepare for award ceremony | Vestlandshallen |
| | | 15.00 - 16.00 | 3:00 pm - 4:00 pm | Award ceremony Jr/sr Women/Men/Pairs | Vestlandshallen |
| | | 16.00 - 17.00 | 4:00 pm - 5:00 pm | Finals Team | Vestlandshallen |
| | | 17.00 - 17.30 | 5:00 pm - 5:30 pm | Break/Preparation for award/closing ceremony | Vestlandshallen |
| | | 17.30 - 19.30 | 5:30 pm - 7:30 pm | Award ceremony teams/World Cup/Closing ceremony | Vestlandshallen |
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