

2018/19 Utah Olympic Oval 400m Ice Training Schedule

HIGH PERFORMANCE ICE (HPI)

Monday - Wednesday 9am-11am "A" ice time standards apply

Monday - Wednesday 3pm-5pm "A/B" ice time standards apply

Thursday 3pm-5pm "A/B" ice time standards apply

Friday 9am-11am "A" ice time standards apply

Saturday 10am –noon "A/B" ice time standards apply

- High Performance ice sessions are \$12.00 per practice (A/B) for US skaters and \$15.00 for International skaters. FAST team drop in fee \$20.00

OPEN SPEED SESSIONS

Monday, Wednesday & Friday 5:30pm-7pm "Open Speed" No time standards apply, Tuesday & Friday Mornings 7-8:30am **AS SCHEDULED**,

Saturday 8am-9:30am "Open ice" No time standards apply

- OPEN ice is \$10.00 for US skaters and \$12.00 for International skaters per practice. Oval Speed Skating Club drop in fee \$12.00

All private coaches must purchase a \$5.00 coaching pass per session or purchase a \$100.00 Annual Facility Coaching Pass.

*****No training ice available on Sundays*****

Current "A" & "B" ice time standards:

MEN	LADIES
500m 39.00/45.00	500m 42.00/49.00
1000m 1.17.00/1.29.00	1000m 1.24.00/1.37.00
1500m 1.57.00/2.15.00	1500m 2.10.00/2.30.00
5000m 7.02.00/7.25.50	3000m 4.30.00/5.10.00

High Performance Ice Time Standards: Times must have been achieved in previous or current season for specific HPI session access. Previous season's times may **ONLY** be used up until the first time trial, where after current time standards must be skated for specific HPI session access.

Any skater not having a current time standard on record or their current time is slower than the stated times above must skate the OPEN ice sessions.

Running Track usage \$4.00 during normal business hours

2018-19 Metric Time Trial Dates-Sept 29, Oct 13 & 27, Nov 24, Dec 1 & 15, Jan 19, Feb 9 & 16 (e mail Dparra@uolf.org for more information)

