2019/20 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:

<table>
<thead>
<tr>
<th></th>
<th>MEN</th>
<th>LADIES</th>
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<tbody>
<tr>
<td>500m</td>
<td>39.00/45.00</td>
<td>42.00/49.00</td>
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<tr>
<td>1000m</td>
<td>1.17.00/1.29.00</td>
<td>1.24.00/1.37.00</td>
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<tr>
<td>1500m</td>
<td>1.57.00/2.15.00</td>
<td>2.10.00/2.30.00</td>
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<tr>
<td>5000m</td>
<td>7.02.00/7.25.50</td>
<td>4.30.00/5.10.00</td>
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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

2019-20 Metric Time Trial Dates-Sept 21, Oct 5, 12 & 19, Nov 16 & 23, Dec 21, Jan 18, Feb 29 (e mail Dparra@uolf.org for more information)
see Guest Services attendant for any upcoming cancelled or adjusted sessions.