

## 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:

<b>MEN</b>	<b>LADIES</b>
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  
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](mailto:Dparra@uolf.org) for more information)

