2020/21 Utah Olympic Oval 400m Ice Training Schedule

HIGH PERFORMANCE ICE (HPI)

Monday - Wednesday 9:30am-11:30am (Current US National & FAST Teams ONLY)
Monday - Wednesday 3pm-5pm "A/B" Training Ice - Time standards apply
Thursday 3pm-5pm "A/B" Training Ice - Time standards apply
Friday 9am-11am (Current US National & FAST Teams ONLY)
Saturday 10am – noon “A/B” Training 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, Call prior for current schedule
Saturday 8am-9:30am "Open ice“ No time standards apply

- OPEN SPEED ice is $10.00 for US skaters and $12.00 for International skaters per practice. Approved 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:

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<tr>
<th>MENS</th>
<th>LADIES</th>
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<tbody>
<tr>
<td>500m 39.00/45.00</td>
<td>500m 42.00/49.00</td>
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<tr>
<td>1000m 1.17.00/1.29.00</td>
<td>1000m 1.24.00/1.37.00</td>
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<tr>
<td>1500m 1.57.00/2.15.00</td>
<td>1500m 2.10.00/2.30.00</td>
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<tr>
<td>5000m 7.02.00/7.25.50</td>
<td>3000m 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 SPEED ice sessions.

Running Track usage $4.00 during normal business hours
2020-21 Metric Time Trial Dates-Due to COVID – 19, all time trial dates have been put on hold. (e mail Dparra@uolf.org for more information)

See Guest Services attendant for any upcoming cancelled or adjusted sessions.