

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:

| 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 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.