

12:00:00 AM

Time	AFAS Volunteer House	OC Office	IBIS Hotel	VU Sports Centre	Athletes Lounge	Café JAAP	Competition Area	Spectators Area
8.00 AM							Official Training 7.30 - 8.45	
9.00 AM		OC Meeting 9.00 - 9.45					Public Training 9.20 - 11.20	
10:00:00 AM		Super Volunteer Briefing 9.45-10.30	Super Volunteer Briefing 10.15 - 11.00					
11:00:00 AM	Volunteer Check In 10.30 - 11.00							
12:00:00 AM				Lunch 12.00 - 15.00	Lunch 12.00 - 15.00		Official Training & Warm-Up 11.40 - 12.25	
1:00:00 PM								3000M Ladies 12.50 - 13.25
2:00:00 PM							5000M Men 13.45 - 14.25	Medal Ceremony 5000M
3:00:00 PM							500M Ladies 14.45 - 15.10	Medal Ceremony 500M L
4:00:00 PM							500M Men 15.30 - 15.55	Medal Ceremony 500M M
5:00:00 PM		CTI Meeting 17.00 - 18.00				Post Competition Drinks 16.30 - 18.30	KNSB Training 16.50 - 17.55	
6:00:00 PM								KNSB Training 18.15 - 19.20
7:00:00 PM			Dinner 18.00 - 20.30				Regular Training 19.40 - 20.40	
8:00:00 PM								
9:00:00 PM							Public Training 21:00 - 23:30	
10:00:00 PM								
11:00:00 PM								