

SOCHI 2014 OLYMPIC WINTER GAMES



Adler-Arena Scating Center Speed Skating



	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:30	19:00	19:30	19:45	20:00		
Thursday 30.01																						Training 16:30-17:40					Training 18:00-19:10								
Friday 31.01		Training 10:00-11:10			Training 11:30-12:40			Training 13:00-14:10															Training 16:30-17:40					Training 18:00-19:10							
Saturday 01.02		Training 10:00-11:10			Training 11:30-12:40			Training 13:00-14:10															Training 16:30-17:40					Training 18:00-19:10							
Sunday 02.02		Training 10:00-11:10			Training 11:30-12:40			Training 13:00-14:10															Training 16:30-17:40					Training 18:00-19:10							
Monday 03.02		Training 10:00-11:10			Training 11:30-12:40			Training Competition 13:00-16:00															Training 16:30-17:40					Training 18:00-19:10							
Tuesday 04.02		Training 10:00-11:10			Training 11:30-12:40			Training 13:00-14:10															Training 16:30-17:40					Training 18:00-19:10							
Wednesday 05.02		Training 10:00-11:10			Training 11:30-12:40			Training Competition 13:00-16:00															Training 16:30-17:40					Training 18:00-19:10							
Thursday 06.02		Training 10:00-11:10			Training 11:30-12:40			Training 13:00-14:10												General Rehearsal 16:00-19:00															
Friday 07.02		Training 10:00-11:10			Training 11:30-12:40			Training (Men 5000m) 13:00-14:10																											
Saturday 08.02		Training 10:00-11:10			Training (Ladies 3000m) 11:30-12:40			Competition Warm Up 13:00-14:45										Men 5000m 15:30-18:00								Training 18:30-19:40									
Sunday 09.02		Training 10:00-11:10			Training (Men 500m) 11:30-12:40			Competition Warm Up 13:00-14:45										Ladies 3000m 15:30-17:15									Training 18:00-19:10								
Monday 10.02		Training 10:00-11:10			Training 11:30-12:40			Training (Ladies 500m) 13:00-14:10							Competition Warm Up 14:45-16:15								Men 500m 17:00-20:00												
Tuesday 11.02		Training 10:00-11:10			Training 11:30-12:40			Training (Men 1000m) 13:00-14:10					Competition Warm Up 14:30-16:00									Ladies 500m 16:45-19:45													
Wednesday 12.02		Training 10:00-11:10			Training 11:30-12:40			Training (Ladies 1000m) 13:00-14:10										Competition Warm Up 15:45-17:15									Men 1000m 18:00-19:30								
Thursday 13.02		Training 10:00-11:10			Training 11:30-12:40			Training 13:00-14:10												Competition Warm Up 15:45-17:15									Ladies 1000m 18:00-19:30						
Friday 14.02		Training 10:00-11:10			Training 11:30-12:40			Training (Men 1500m) 13:00-14:10														Training 16:30-17:40					Training 18:00-19:10								
Saturday 15.02		Training 10:00-11:10			Training 11:30-12:40			Training (Ladies 1500m) 13:00-14:10									Competition Warm Up 15:15-16:45									Men 1500m 17:30-19:00									
Sunday 16.02		Training 10:00-11:10			Training 11:30-12:40			Training 13:00-14:10										Competition Warm Up 15:45-17:15										Ladies 1500m 18:00-19:30							
Monday 17.02		Training 10:00-11:10			Training 11:30-12:40			Training (Men 10000m) 13:00-14:10														Training 16:30-17:40					Training 18:00-19:10								
Tuesday 18.02		Training 10:00-11:10			Training 11:30-12:40			Training (Ladies 5000m) 13:00-14:10					Competition Warm Up 14:45-16:15										Men 10000m 17:00-19:45												
Wednesday 19.02		Training 10:00-11:10			Training 11:30-12:40			Training 13:00-14:10										Competition Warm Up 15:15-16:45									Ladies 5000m 17:30-19:00								
Thursday 20.02		Training 10:00-11:10			Training 11:30-12:40													Training (Team Pursuit) 15:30-17:00																	
Friday 21.02		Training 10:00-11:10			Training 11:30-12:40													Competition Warm Up 15:35-17:05								Ladies/Men Team Pursuit 17:30-19:30									
Saturday 22.02		Training 10:00-11:10			Training 11:30-12:40													Competition Warm Up 15:35-17:05								Ladies/Men Team Pursuit 17:30-19:30									
Sunday 23.02																																			

The Olympic Villages officially open on Thursday, January 30. Training times are subject to change.

Open Training

Training Competition

Competition Warm Up

Training for Competitors
of the Next Day Event (Trial Starts)

General Rehearsal
(OBS and Sochi 2014)

Competition