

FEDERATIA ROMANA DE PATINAJ

CUPA „ROMANIEI”

05 – 08/03/2009

BUZAU

PROGRAMUL COMPETITIEI

JOI, 05/03/2009

- 15.00 – 19.00 – antrenamente oficiale (cite 30 minute pentru fiecare categorie)
- 20.00 – Sedinta tehnica de tragere la sorti – Hotel „TINERETULUI”

VINERI, 06/03/2009

- **09.30 – 10.45 – REFACEREA GHETII**
- 10.00 – 10.05 – incalzire COPII fete grupa I (9 fete) – *Moves in the Field*
- **10.05 – 10.45 – CONCURS**
- 10.45 – 10.50 – incalzire COPII fete grupa a II-a + baieti (7 + 2) – *Moves in the Field*
- **10.50 – 11.30 – CONCURS**
- 11.30 – 11.35 – incalzire CADETI fete gr.I (6) – *Moves in the Field*
- **11.35 – 12.05 – CONCURS**
- 12.05 – 12.10 – incalzire CADETI fete gr. a II-a + baieti (3 +4)– *Moves in the Field*
- **12.10 – 13.00 – CONCURS**
- **13.10 – 13.15 – TRAGERE LA SORTI**
- **13.00 – 13.15 – REFACEREA GHETII**

- **13.15 – 15.15 – ANTRENAMENTE JUNIORI + SENIORI**

- 15.30 – 15.35 – incalzire NOVICE fete (8)
- **15.35 – 16.10 – CONCURS**
- 16.10 – 16.15 – incalzire NOVICE baieti (7)
- **16.15 – 16.45 – CONCURS**
- **17.00 – TRAGERE LA SORTI**
- **17.00 – 20.00 – Antrenamente oficiale Program Liber (copii + cadeti) si Program Scurt (Novice), cite 20 minute pentru fiecare categorie**

SIMBATA, 07/03/2009

- **09.45 – 10.00 – REFACEREA GHETII**
- 10.00 – 10.06 – incalzire COPII fete grupa I (6) – *Program Liber*
- **10.06 – 10.36 – CONCURS**
- 10.36 – 10.42 – incalzire COPII fete grupa a II-a (6) – *Program Liber*
- **10.42 – 11.10 – CONCURS**
- 11.10 – 11.16 – incalzire COPII fete gr. a III-a + baieti (4 + 2) – *Program Liber*
- **11.16 – 11.46 – CONCURS**
- 11.46 – 11.52 – incalzire CADETI fete gr. I (6) – *Program Liber*
- **11.52 – 12.25 – CONCURS**
- 12.25 – 12.31 – incalzire CADETI fete + baieti (3 + 4) – *Program Liber*
- **12.31 – 13.15 – CONCURS**
- **13.15 – 15.30 - PAUZA**
- **15.00 – 15.30 – REFACEREA GHETII**
- 15.30 – 15.36 – incalzire NOVICE fete grupa I (4) – *Program Scurt*
- **15.36 – 16.00 – CONCURS**
- 16.00 – 16.06 – incalzire NOVICE fete grupa a II-a (4) – *Program Scurt*
- **16.06 – 16.30 – CONCURS**
- 16.30 – 16.36 – incalzire NOVICE baieti (7) – *Program Scurt*
- **16.36 – 17.10 - CONCURS**
- **17.10 – 17.30 – REFACEREA GHETII**
- 17.30 – 17.36 – incalzire JUNIORI fete + baieti (5 + 2) – *Program Scurt*
- **17.36 – 18.10 – CONCURS**
- 18.10 – 18.16 – incalzire SENIORI fete + baieti (3) – *Program Scurt*
- **18.16 – 18.35 – CONCURS**
- **18.45 – TRAGERE LA SORTI**
- **19.00 – 20.40 – ANTRENAMENTE OFICIALE (20' pentru fiecare categorie)**

DUMINICA, 08/03/2009

- **09.30 – 10.00 – REFACEREA GHETII**
- 10.00 – 10.06 – incalzire NOVICE fete grupa I (4) – *Program Liber*
- **10.06 – 10.30 – CONCURS**
- 10.30 – 10.36 – incalzire NOVICE fete grupa a II-a (4) – *Program Liber*
- **10.36 – 11.10 – CONCURS**
- 11.10 – 11.16 – incalzire NOVICE baieti (7) – *Program Liber*
- **11.16 – 11.50 - CONCURS**
- **11.50 – 12.05 – REFACEREA GHETII**
- 12.05 – 12.11 – incalzire JUNIORI fete + baieti – (5 + 2) *Program Liber*
- **12.11 – 13.00 – CONCURS**
- 13.00 – 13.06 – incalzire SENIORI fete + baieti – *Program Liber*
- **13.06 – 13.30 – CONCURS**
- **14.15 - FESTIVITATEA DE PREMIERE**

COMITETUL DE ORGANIZARE

