

# Training and Race Schedule – Week 1

22 January 2023 to 29 January 2023

Date	2-man Bobsleigh	Women's Monobob	Men's Skeleton	Women's Skeleton
Sunday, 22.01.2023			8.30am Training (3 runs)	1pm Training (3 runs)
Monday, 23.01.2023			1pm Training (3 runs)	8.30am Training (3 runs)
Tuesday, 24.01.2023	8.30am Training (3 runs)	1pm Training (3 runs)		
Wednesday, 25.01.2023	1pm Training (3 runs)	8.30am Training (3 runs)		
Thursday, 26.01.2023			9am Race Heat 1 Race Heat 2	1.30pm Race Heat 1 Race Heat 2
Friday, 27.01.2023			9am Race Heat 3 Race Heat 4	1.30pm Race Heat 3 Race Heat 4
Saturday, 28.01.2023	1pm Race Heat 1 Race Heat 2	9am Race Heat 1 Race Heat 2		
Sunday, 29.01.2023	1.15pm Race Heat 3 Race Heat 4	10am Race Heat 3 Race Heat 4	8am Team Event	8am Team Event

# Training and Race Schedule – Week 2

## 30 January 2023 to 5 February 2023

Date	4-man Bobsleigh	2-woman Bobsleigh	Para Sport
Monday, 30.01.2023			8.30am Training (3 runs)
Tuesday, 31.01.2023	1.30pm Training (2 runs)	10.30am Training (2 runs)	8.30am Training (2 runs)
Wednesday, 01.02.2023	1pm Training (3 runs)	9am Training (3 runs)	
Thursday, 02.02.2023	1pm Training (1 run)	12.30pm Training (1 run)	9am Race Heat 1 Race Heat 2
Friday, 03.02.2023		1pm Race Heat 1 Race Heat 2	9am Race Heat 3 Race Heat 4
Saturday, 04.02.2023	1pm Race Heat 1 Race Heat 2	9am Race Heat 3 Race Heat 4	
Sunday, 05.02.2023	1pm Race Heat 3 Race Heat 4		