

<b>Friday</b>							
		Race Seq.		Skaters	Races	# on line	Advancement
<b>8:00</b>	<b>Coaches Meeting</b>						
<b>8:30</b>	Warm up / Échauffement		Women / Femme Warmup 1	15			
8:40	Warm up / Échauffement		Women / Femme Warmup 2	15			
8:50	Warm up / Échauffement		Women / Femme Warmup 3	15			
9:00	Warm up / Échauffement		Men / Homme Warmup 1	20			
9:10	Warm up / Échauffement		Men / Homme Warmup 2	20			
9:20	Warm up / Échauffement		Men / Homme Warmup 3	20			
<b>9:30</b>	Ice resurfacing / Glace						
<b>9:50</b>	Heat 1500m-1	1	Women / Femme Group A	23	3 races	7/8/8	2+2
10:05	Heat 1500m-1	2	Women / Femme Group B	22	3 races	7/7/8	2+2
10:20	Heat 1500m-1	3	Men / Homme Group A	30	4 races	7/7/8/8	1+4
10:40	Heat 1500m-1	4	Men / Homme Group B	30	4 races	7/7/8/8	1+4
11:00	Ice resurfacing / Glace						
11:20	Final 1500m-1	5	Women / Femme Group A	23	3 races	8/8/7	
11:35	Final 1500m-1	6	Women / Femme Group B	22	3 races	8/8/6	
11:50	Final 1500m-1	7	Men / Homme Group A	30	4 races	8/8/8/6	
12:10	Final 1500m-1	8	Men / Homme Group B	30	4 races	8/8/8/6	
12:30	Ice resurfacing / Glace / Lunch / Dîner						
13:15	Heat 500m-1	9	Women / Femme Group A	15	3 races	5/5/5	1+2
13:24	Heat 500m-1	10	Women / Femme Group B	15	3 races	5/5/5	1+2
13:33	Heat 500m-1	11	Women / Femme Group C	15	3 races	5/5/5	1+2
13:42	Heat 500m-1	12	Men / Homme Group A	20	4 races	5/5/5/5	1+1
13:54	Heat 500m-1	13	Men / Homme Group B	20	4 races	5/5/5/5	1+1
14:06	Heat 500m-1	14	Men / Homme Group C	20	4 races	5/5/5/5	1+1
14:18	Ice resurfacing / Glace						
14:38	Final 500m-1	15	Women / Femme Group A	15	3 races	5/5/5	
14:47	Final 500m-1	16	Women / Femme Group B	15	3 races	5/5/5	
14:56	Final 500m-1	17	Women / Femme Group C	15	3 races	5/5/5	
15:05	Ice resurfacing / Glace						
15:20	Final 500m-1	18	Men / Homme Group A	20	4 races	5/5/5/5	
15:32	Final 500m-1	19	Men / Homme Group B	20	4 races	5/5/5/5	
15:44	Final 500m-1	20	Men / Homme Group C	20	4 races	5/5/5/5	
<b>15:56</b>	<b>END approximatif</b>						

**Saturday**

		Race Seq.		Skaters	Races	# on line	Advancement
8:00	Warm up / Échauffement		Women / Femme Warmup 1	15			
8:10	Warm up / Échauffement		Women / Femme Warmup 2	15			
8:20	Warm up / Échauffement		Women / Femme Warmup 3	15			
8:30	Warm up / Échauffement		Men / Homme Warmup 1	20			
8:40	Warm up / Échauffement		Men / Homme Warmup 2	20			
8:50	Warm up / Échauffement		Men / Homme Warmup 3	20			
9:00	Ice resurfacing / Glace						
9:20	Heat 500m-2	21	Women / Femme Group A	15	3 races	5/5/5	1+2
9:29	Heat 500m-2	22	Women / Femme Group B	15	3 races	5/5/5	1+2
9:38	Heat 500m-2	23	Women / Femme Group C	15	3 races	5/5/5	1+2
9:47	Heat 500m-2	24	Men / Homme Group A	20	4 races	5/5/5/5	1+1
9:59	Heat 500m-2	25	Men / Homme Group B	20	4 races	5/5/5/5	1+1
10:11	Heat 500m-2	26	Men / Homme Group C	20	4 races	5/5/5/5	1+1
10:23	Ice resurfacing / Glace						
10:43	Final 500m-2	27	Women / Femme Group A	15	3 races	5/5/5	
10:52	Final 500m-2	28	Women / Femme Group B	15	3 races	5/5/5	
11:01	Final 500m-2	29	Women / Femme Group C	15	3 races	5/5/5	
11:10	Ice resurfacing / Glace						
11:30	Final 500m-2	30	Men / Homme Group A	20	4 races	5/5/5/5	
11:42	Final 500m-2	31	Men / Homme Group B	20	4 races	5/5/5/5	
11:54	Final 500m-2	32	Men / Homme Group C	20	4 races	5/5/5/5	
12:06	Ice resurfacing / Glace / Lunch / Dîner						
12:51	Heat 1500m-2	33	Women / Femme Group A	24	3 races	8/8/8	2+2
13:06	Heat 1500m-2	34	Women / Femme Group B	21	3 races	7/7/7	2+1
13:21	Heat 1500m-2	35	Men / Homme Group A	32	4 races	8/8/8/8	1+4
13:41	Heat 1500m-2	36	Men / Homme Group B	28	4 races	7/7/7/7	1+3
14:01	Ice resurfacing / Glace						
14:16	Final 1500m-2	37	Women / Femme Group A	24	3 races	8/8/8	
14:31	Final 1500m-2	38	Women / Femme Group B	21	3 races	7/7/7	
14:46	Final 1500m-2	39	Men / Homme Group A	32	4 races	8/8/8/8	
15:06	Final 1500m-2	40	Men / Homme Group B	28	4 races	7/7/7/7	
15:26	<b>END approximatif</b>						

<b>Sunday / Dimanche</b>							
		Race Seq.		Skaters	Races	# on line	Advancement
8:00	Warm up / Échauffement		Women / Femme Warmup 1	15			
8:10	Warm up / Échauffement		Women / Femme Warmup 2	15			
8:20	Warm up / Échauffement		Women / Femme Warmup 3	15			
8:30	Warm up / Échauffement		Men / Homme Warmup 1	20			
8:40	Warm up / Échauffement		Men / Homme Warmup 2	20			
8:50	Warm up / Échauffement		Men / Homme Warmup 3	20			
9:00	Ice resurfacing / Glace						
9:20	Heat 1000m	41	Women / Femme Open	45	9 races	5	1+6
9:56	Heat 1000m	42	Men / Homme Group A	20	4 races	5/5/5/5	2+2
10:12	Heat 1000m	43	Men / Homme Group B	20	4 races	5/5/5/5	2+2
10:28	Heat 1000m	44	Men / Homme Group C	20	4 races	5/5/5/5	2+2
10:44	Ice resurfacing / Glace						
11:04	Semi 1000m	45	Women / Femme Group A	15	3 races	5/5/5	1+2
11:16	Semi 1000m	46	Women / Femme Group B	15	3 races	5/5/5	1+2
11:28	Semi 1000m	47	Women / Femme Group C	15	3 races	5/5/5	1+2
11:40	Ice resurfacing / Glace						
11:55	Semi 1000m	48	Men / Homme Group A	20	4 races	5/5/5/5	2+1
12:11	Semi 1000m	49	Men / Homme Group B	20	4 races	5/5/5/5	2+1
12:27	Semi 1000m	50	Men / Homme Group C	20	4 races	5/5/5/5	2+1
12:43	Ice resurfacing / Glace / Lunch / Dîner						
13:28	Final 1000m	51	Women / Femme Group A	15	3 races	5/5/5	
13:40	Final 1000m	52	Women / Femme Group B	15	3 races	5/5/5	
13:52	Final 1000m	53	Women / Femme Group C	15	3 races	5/5/5	
14:04	Ice resurfacing / Glace						
14:19	Final 1000m	54	Men / Homme Group A	20	4 races	5/5/5/5	
14:35	Final 1000m	55	Men / Homme Group B	20	4 races	5/5/5/5	
14:51	Final 1000m	56	Men / Homme Group C	20	4 races	5/5/5/5	
15:07	<b>END approximatif</b>						