

Olympic Oval Finale/Canada Cup 5
March 16 – 19, 2023
Olympic Oval, Calgary
Draft Schedule #1

Thursday, March 16

08:30 *Warmup – Women*

09:00 *Warmup - Men*

09:30 **Zamboni** - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

10:00 Women 500m Pr 1 – 25
Zamboni - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

11:00* Men 500m Pr 1 – 22
Zamboni - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

11:55* Men 500m Pr 23 – 44
WARMUP – 1000m – Officials Lunch

12:55 **Zamboni** - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

13:20 Women 1000m Pr 1 - 24
Zamboni - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

14:40* Men 1000m Qt 1 - 21
Zamboni - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

*- Estimated Restart Times

16:30-18:00 Training

No trains of more than 2 skaters during racing
No accelerations through start turn
Rest on inside of warmup lane
Skaters must have their own armbands



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Friday, March 17 – St. Patrick’s Day

08:30 *Warmup – Men*

09:30 **Zamboni** - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

10:00 Men 5000m Qt 1 - 7
Zamboni - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

11:20* Men 5000m Qt 8 - 15
Warmup – Women – Officials Lunch

13:00 **Zamboni** - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

13:25 Women 500m Pr 1 - 23
Zamboni - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

14:30* Women 3000m Qt 1- 10

16:00-18:00 Training

*- Estimated Restart Times

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No accelerations through start turn
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Saturday, March 18

07:30 *Warmup – Men*

08:00 *Warmup - Women*

08:30 **Zamboni** - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

09:00 Men 500m Pr 1 – 25
Zamboni - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

10:00* Men 500m Pr 26 – 45
Zamboni - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

10:55* Women 1000m Qt 1 - 12
WARMUP– Officials Lunch

12:10 **Zamboni** - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

12:35 Men 1000m Qt 1 - 23
Zamboni - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

13:45* Women 5000m Qt 1 - 4
Zamboni - All Skaters must leave the ice
No Skaters on ice while Zamboni is on.

14:45 Men 10000m Qt 1 - 4

*- Estimated Restart Times

16:30 Training

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Sunday, March 19

08:30	Warmup – Women			
09:00	Warmup - Men			
09:30	Zamboni - All Skaters must leave the ice No Skaters on ice while Zamboni is on.			
10:00	Women	1500m	Qt 1 - 14	
	Zamboni - All Skaters must leave the ice No Skaters on ice while Zamboni is on.			
11:05*	Men	1500m	Qt 1 - 15	
	Zamboni - All Skaters must leave the ice No Skaters on ice while Zamboni is on.			
12:15*	Men	1500m	Qt 16 - 24	
	WARMUP – Mass Start – Officials Lunch			
13:20	Zamboni - All Skaters must leave the ice No Skaters on ice while Zamboni is on.			
13:45	Women	Mass Start	Race 1	16 laps
	Women	Mass Start	Race 2	10 laps
14:30*	Men	Mass Start	Race 1	16 laps
	Men	Mass Start	Race 2	10 laps
	Men	Mass Start	Race 3	10 laps
	Zamboni - All Skaters must leave the ice No Skaters on ice while Zamboni is on.			
15:30*	Women	Team Sprint		
	Men	Team Sprint		

*- Estimated Restart Times

No trains of more than 2 skaters during racing
No accelerations through start turn
Rest on inside of warmup lane
Skaters must have their own armbands

