

# 2023 Canada Cup 4 / Olympic Oval Grand Prix

## March 10-12, 2023

### Draft Schedule #1

#### Friday, March 10

07:30	Warmup – Women		
08:00	Warmup – Men		
08:30	Zamboni - All Skaters must leave the ice		
09:00	<b>Women</b>	<b>500m</b>	<b>Pair 1 – 34</b>
	Zamboni - All Skaters must leave the ice		
10:05*	<b>Men</b>	<b>500m</b>	<b>Pair 1 – 22</b>
	Zamboni - All Skaters must leave the ice		
10:55*	<b>Men</b>	<b>500m</b>	<b>Pair 23 – 45</b>
	<b>Officials Lunch - Warmup</b>		
12:10	Zamboni - All Skaters must leave the ice		
12:30	<b>Women</b>	<b>1500m</b>	<b>Quartet 1 - 17</b>
	Zamboni - All Skaters must leave the ice		
13:50*	<b>Men</b>	<b>1500m</b>	<b>Quartet 1 – 12</b>
	Zamboni - All Skaters must leave the ice		
14:55*	<b>Men</b>	<b>1500m</b>	<b>Quartet 13 – 23</b>

\* - Estimated restart times

#### ARMBANDS NEEDED FOR ALL DISTANCES

No skating in trains of more than two skaters.

No accelerations on the start turn.

Rest on the inside of the warmup lane.

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**Saturday, March 11**

<b>07:30</b>	Warmup – Women		
<b>08:00</b>	Warmup – Men		
<b>08:30</b>	Zamboni - All Skaters must leave the ice		
<b>09:00</b>	<b>Women</b>	<b>1000m</b>	<b>Qt 1 - 15</b>
	Zamboni - All Skaters must leave the ice		
<b>10:10*</b>	<b>Men</b>	<b>1000m</b>	<b>Qt 1 - 15</b>
	Zamboni - All Skaters must leave the ice		
<b>11:15*</b>	<b>Men</b>	<b>1000m</b>	<b>Qt 16 - 23</b>
	Officials Lunch and Warmup		
<b>12:35</b>	Zamboni - All Skaters must leave the ice		
<b>12:55</b>	<b>Women</b>	<b>3000m</b>	<b>Qt 1 - 12</b>
	Zamboni - All Skaters must leave the ice		
<b>14:25*</b>	<b>Men</b>	<b>5000m</b>	<b>Qt 1 - 7</b>
	Zamboni - All Skaters must leave the ice		
<b>15:40*</b>	<b>Men</b>	<b>5000m</b>	<b>Qt 8 - 14</b>

\* - Estimated restart times

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**Sunday, March 12**

<b>07:30</b>	Warmup – Women		
<b>08:00</b>	Warmup – Men		
<b>08:30</b>	Zamboni - All Skaters must leave the ice		
<b>09:00</b>	<b>Women</b>	<b>500m</b>	<b>Pair 1 – 31</b>
	Zamboni - All Skaters must leave the ice		
<b>10:00*</b>	<b>Men</b>	<b>500m</b>	<b>Pair 1 – 25</b>
	Zamboni - All Skaters must leave the ice		
<b>10:55*</b>	<b>Men</b>	<b>500m</b>	<b>Pair 26 – 50</b>
	<b>Officials Lunch</b>		
<b>12:10</b>	Zamboni - All Skaters must leave the ice		
<b>12:30</b>	<b>Women</b>	<b>1000m</b>	<b>Qt 1 - 16</b>
	Zamboni - All Skaters must leave the ice		
	<b>Equipment Check for Mass Start</b>		
<b>13:45*</b>	<b>Men</b>	<b>1000m</b>	<b>Qt 1 – 25</b>
	Zamboni - All Skaters must leave the ice		
	<b>Equipment Check for Mass Start</b>		
<b>15:30</b>	<b>Women Mass Start</b>	<b>Race 1 – 2</b>	
<b>16:00</b>	<b>Men Mass Start</b>	<b>Race 1 – 3</b>	

**ARMBANDS NEEDED FOR ALL DISTANCES**

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**No accelerations on the start turn.**

**Rest on the inside of the warmup lane.**