

Saturday / Samedi

| | | Race Series | Skaters | Races | Advancement |
|--------------|---|---|---------|---------|-------------|
| 7:30 | Coaches Meeting - Oval Boardroom | | | | |
| 8:00 | Warm up / Échauffement | Women / Femme Group 1 | 20 | | |
| 8:10 | Warm up / Échauffement | Women / Femme Group 2 | 20 | | |
| 8:20 | Warm up / Échauffement | Men / Homme Group 1 | 20 | | |
| 8:30 | Warm up / Échauffement | Men / Homme Group 2 | 20 | | |
| 8:40 | Ice resurfacing / Glace | | | | |
| 9:00 | Open-Prelim 1500m | 1 Women / Femme | 40 | 5 races | 4+4* |
| | Open-Prelim 1500m | 2 Men / Homme | 40 | 5 races | 4+4* |
| 9:52 | Ice resurfacing / Glace | | | | |
| 10:12 | Semi 1500m | 3 Women / Femme Top A-B-C | 24 | 3 races | 2+2* |
| | Semi 1500m | 4 Women / Femme Bottom D-E | 16 | 2 races | 3+2* |
| | Semi 1500m | 5 Men / Homme Top A-B-C | 24 | 3 races | 2+2* |
| | Semi 1500m | 6 Men / Homme Bottom D-E | 16 | 2 races | 3+2* |
| 11:06 | Ice resurfacing / Glace | | | | |
| 11:26 | Final 1500m | 7 Women / Femme Top A | 8 | 1 races | |
| | | <i>On ice awards / Cérémonie sur la glace</i> | | | |
| | Final 1500m | 7 Women / Femme Top B-C | 16 | 2 races | |
| | Final 1500m | 8 Women / Femme Bottom D-E | 16 | 2 races | |
| | Final 1500m | 9 Men / Homme Top A | 8 | 1 races | |
| | | <i>On ice awards / Cérémonie sur la glace</i> | | | |
| | Final 1500m | 9 Men / Homme Top B-C | 16 | 2 races | |
| | Final 1500m | 10 Men / Homme Bottom D-E | 16 | 2 races | |
| 12:30 | Ice resurfacing / Glace / Lunch / Dîner | | | | |
| 13:15 | Open-Prelim 500m | 11 Women / Femme | 40 | 8 races | 2+4* |
| | Open-Prelim 500m | 12 Men / Homme | 40 | 8 races | 2+4* |
| 13:59 | Ice resurfacing / Glace | | | | |
| 14:19 | Quarter 500m | 13 Women / Femme Top A-B-C-D | 20 | 4 races | 2+2* |
| | Quarter 500m | 14 Women / Femme Bottom E-F-G-H | 20 | 4 races | 2+2* |
| | Quarter 500m | 15 Men / Homme Top A-B-C-D | 20 | 4 races | 2+2* |
| | Quarter 500m | 16 Men / Homme Bottom E-F-G-H | 20 | 4 races | 2+2* |
| 15:03 | Ice resurfacing / Glace | | | | |
| 15:23 | Semi 500m | 17 Women / Femme Top A-B, C-D | 20 | 4 races | 2+1* |
| | Semi 500m | 18 Women / Femme Bottom E-F, G-H | 20 | 4 races | 2+1* |
| | Semi 500m | 19 Men / Homme Top A-B, C-D | 20 | 4 races | 2+1* |
| | Semi 500m | 20 Men / Homme Bottom E-F, G-H | 20 | 4 races | 2+1* |
| 16:07 | Ice resurfacing / Glace | | | | |
| 16:27 | Final 500m | 21 Women / Femme Top A | 5 | 1 races | |
| | | <i>On ice awards / Cérémonie sur la glace</i> | | | |
| | Final 500m | 21 Women / Femme Top B-C-D | 15 | 3 races | |
| | Final 500m | 22 Women / Femme Bottom E-F-G-H | 20 | 4 races | |
| | Final 500m | 23 Men / Homme Top A | 5 | 1 races | |
| | | <i>On ice awards / Cérémonie sur la glace</i> | | | |
| | Final 500m | 23 Men / Homme Top B-C-D | 15 | 3 races | |
| | Final 500m | 24 Men / Homme Bottom E-F-G-H | 20 | 4 races | |
| 17:21 | END approximatif | | | | |

* Races with 1 skater will be combined with the preceding race

| Sunday / Dimanche *NO On-Ice Warm Up - *Pas D' Échauffement Sur la Glace | | | | | | |
|---|---|---|---------|---------|-------------|--|
| | | Race Series | Skaters | Races | Advancement | |
| 8:30 | Open-Prelim 1000m | 25 Women / Femme | 40 | 8 races | 2+4* | |
| | Open-Prelim 1000m | 26 Men / Homme | 40 | 8 races | 2+4* | |
| 9:38 | Ice resurfacing / Glace | | | | | |
| 9:58 | Quarter 1000m | 27 Women / Femme Top A-B-C-D | 20 | 4 races | 2+2* | |
| | Quarter 1000m | 28 Women / Femme Bottom E-F-G-H | 20 | 4 races | 2+2* | |
| | Quarter 1000m | 29 Men / Homme Top A-B-C-D | 20 | 4 races | 2+2* | |
| | Quarter 1000m | 30 Men / Homme Bottom E-F-G-H | 20 | 4 races | 2+2* | |
| 11:06 | Ice resurfacing / Glace | | | | | |
| 11:26 | Semi 1000m | 31 Women / Femme Top A-B, C-D | 20 | 4 races | 2+1* | |
| | Semi 1000m | 32 Women / Femme Bottom E-F, G-H | 20 | 4 races | 2+1* | |
| | Semi 1000m | 33 Men / Homme Top A-B, C-D | 20 | 4 races | 2+1* | |
| | Semi 1000m | 34 Men / Homme Bottom E-F, G-H | 20 | 4 races | 2+1* | |
| 12:34 | Ice resurfacing / Glace / Lunch / Dîner | | | | | |
| 13:19 | Final 1000m | 35 Women / Femme Top A | 5 | 1 races | | |
| | | <i>On ice awards / Cérémonie sur la glace</i> | | | | |
| | Final 1000m | 35 Women / Femme Top B-C-D | 15 | 3 races | | |
| | Final 1000m | 36 Women / Femme Bottom E-F-G-H | 20 | 4 races | | |
| | Final 1000m | 37 Men / Homme Top A | 5 | 1 races | | |
| | | <i>On ice awards / Cérémonie sur la glace</i> | | | | |
| | Final 1000m | 37 Men / Homme Top B-C-D | 15 | 3 races | | |
| | Final 1000m | 38 Men / Homme Bottom E-F-G-H | 20 | 4 races | | |
| 14:37 | Ice resurfacing / Glace | | | | | |
| 14:57 | 3000m Relay | 39 Women / Femme | 32 | 2 races | | |
| | 3000m Relay | 40 Men / Homme | 32 | 2 races | | |
| 15:23 | END approximatif | | | | | |

* Races with 1 skater will be combined with the preceding race