

Canadian Long Track Championships
Olympic Oval, Calgary
October 5 - 8, 2023
Draft Schedule 2

Thursday, October 5

08:30 **Warmup**

09:30 **Zamboni**

10:00 **Women 500m #1 (Selection) Pr 1 – 15**

Zamboni - All Skaters must leave the ice.
No skaters allowed on ice until Zamboni is off

10:40 **Men 500m #1 (Selection) Pr 1 – 15**

Warmup – 25'

11:30 Zamboni - All Skaters must leave the ice.
No skaters allowed on ice until Zamboni is off

11:50 **Women 3000m Pr 1 – 12**

Zamboni - All Skaters must leave the ice.
No skaters allowed on ice until Zamboni is off

13:00 **Men 5000m Pr 1 – 6**

Zamboni - All Skaters must leave the ice.
No skaters allowed on ice until Zamboni is off

14:00 **Men 5000m Pr 7 - 12**

Zamboni - All Skaters must leave the ice.
No skaters allowed on ice until Zamboni is off

15:00 **Training**

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Friday, October 6

- 08:30** **Warmup**
- 09:30** **Zamboni**
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- 10:00** **Women 1000m #1 (Selection) Pr 1 – 15**
Zamboni - All Skaters must leave the ice.
No skaters allowed on ice until Zamboni is off
- 10:50** **Men 1000m #1(Selection) Pr 1 –15**
Warmup – 25'
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- 11:50** Zamboni - All Skaters must leave the ice.
No skaters allowed on ice until Zamboni is off
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- 12:15** **Women 5000m Pr 1 – 6**
Zamboni - All Skaters must leave the ice.
No skaters allowed on ice until Zamboni is off
- 13:25** **Men 10000m Pr 1 –3**
Zamboni - All Skaters must leave the ice.
No skaters allowed on ice until Zamboni is off
- 14:25** **Men 10000m Pr 4 –6**
Zamboni - All Skaters must leave the ice.
No skaters allowed on ice until Zamboni is off
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- 15:30** **Training**

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Saturday, October 7

08:30 Warmup

09:30 Zamboni

10:00 Women 500m #2 Pr 1 – 15

Zamboni - All Skaters must leave the ice.

1st 3 pairs allowed on ice when Zamboni is in outer lane

10:40 Men 500m #2 Pr 1 – 15

Zamboni - All Skaters must leave the ice.

No skaters allowed on ice until Zamboni is off

11:30 Women 1500m Pr 1 – 15

Zamboni - All Skaters must leave the ice.

No skaters allowed on ice until Zamboni is off

12:30 Men 1500m Pr 1 – 15

Zamboni - All Skaters must leave the ice.

No skaters allowed on ice until Zamboni is off

13:45 Training

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Sunday, October 8

08:30 **Warmup**

09:30 **Zamboni**

10:00 **Women 1000m #2 Pr 1 – 15**

Zamboni - All Skaters must leave the ice.
No skaters allowed on ice until Zamboni is off

10:50 **Men 1000m #2 Pr 1 – 15**

Warmup – 15'

Zamboni - All Skaters must leave the ice.
No skaters allowed on ice until Zamboni is off

12:15 **Women Mass Start**

12:30 **Men Mass Start**