



**LONG TRACK  
CHAMPIONSHIPS  
CHAMPIONNATS  
LONGUE PISTE**

CALGARY 2023



**Download Sportity App for all current competition information - Password CLTC2023**

**Wednesday/Mercredi - October 4**

19:00 Coaches meeting                      Oval Boardroom

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**Thursday/Jeudi - October 5**

8:30	Warm up / Échauffement	Women / Femmes		
9:00	Warm up / Échauffement	Men / Hommes		
9:30	Ice resurfacing / Glace**		Skaters / Patineurs	Number of Pairs / Nombre de Paire
10:00	500m #1*	Women / Femmes	25	Pair / Paire 1 - 13
	Ice resurfacing / Glace**			
10:40	500m #1*	Men / Hommes	28	Pair / Paire 1 - 14
	25' Warm up / Échauffement			
11:30	500m Women and Men Medal Ceremony / Cérémonie des Médaille			
11:40	Ice resurfacing / Glace**			
12:05	3000m*	Women / Femmes	22	Pair / Paire 1 - 11
	3000m Women Medal Ceremony / Cérémonie des Médaille			
	Ice resurfacing / Glace**			
13:30	5000m*	Men / Hommes	12	Pair / Paire 1 - 6
	Ice resurfacing / Glace**			
14:30	5000m*	Men / Hommes	12	Pair / Paire 7 - 12
	5000m Men Medal Ceremony / Cérémonie des Médaille			
<b>15:20</b>	<b>END / FIN approximatif</b>			
	Ice resurfacing / Glace			
15:45	Training			

\* Team Selection Event

\*\* Ice Resurfacing / Glace - No skaters allowed on ice until Zamboni is off.

No trains of more than 2 skaters together.

No accelerations on the start turn and through the start area.



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**Friday / Vendredi - October 6**

8:30	Warm up / Échauffement	Women / Femmes		
9:00	Warm up / Échauffement	Men / Hommes		
9:30	Ice resurfacing / Glace**		Skaters / Patineurs	Number of Pairs / Nombre de Paire
10:00	1000m #1*	Women / Femmes	29	Pair / Paire 1 - 15
	Ice resurfacing / Glace**			
10:55	1000m #1*	Men / Hommes	30	Pair / Paire 1 - 15
	<i>Results verification and medal ceremony setup (5 minutes)</i> <i>1000m Women and Men Medal Ceremony / Cérémonie des Médaille</i>			
	25' Warm up / Échauffement			
12:10	Ice resurfacing / Glace**			
12:35	5000m*	Women / Femmes	9	Pair / Paire 1 - 5
	<i>Results verification and medal ceremony setup (5 minutes)</i> <i>5000m Women Medal Ceremony / Cérémonie des Médaille</i>			
	Ice resurfacing / Glace**			
14:00	10000m*	Men / Hommes	5	Pair / Paire 1 - 3
	Ice resurfacing / Glace**			
15:10	10000m*	Men / Hommes	6	Pair / Paire 4 - 6
	<i>Results verification and medal ceremony setup (5 minutes)</i> <i>10000m Men Medal Ceremony / Cérémonie des Médaille</i>			
<b>16:00</b>	<b>END / FIN approximatif</b>			
	Ice resurfacing / Glace			
16:30	Training			

\* Team Selection Event

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All skaters must provide their own armbands.



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**Saturday / Samedi - October 7**

*Revised October 6 16:50*

8:30	Warm up / Échauffement	Women / Femmes		
9:00	Warm up / Échauffement	Men / Hommes		
9:30	Ice resurfacing / Glace**		Skaters / Patineurs	Number of Pairs / Nombre de Paire
10:00	500m #2	Women / Femmes	25	Pair / Paire 1 - 13
	Ice resurfacing / Glace**			
10:40	500m #2	Men / Hommes	20	Pair / Paire 1 - 10
	Ice resurfacing / Glace**			
11:20	1500m*	Women / Femmes	29	Pair / Paire 1 - 15
	Ice resurfacing / Glace**			
12:30	1500m*	Men / Hommes	29	Pair / Paire 1 - 15
	<i>Results verification and medal ceremony setup (5 minutes)</i>			
	<i>1500m Women and Men Medal Ceremony / Cérémonie des Médaille</i>			
<b>13:30</b>	<b>END / FIN approximatif</b>			
	Ice resurfacing / Glace			
14:00	Training			

\* Team Selection Event

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**Sunday / Dimanche - October 8**

8:15-9:45	Equipment Check (infield) / Contrôle des lames		
8:30	Warm up / Échauffement	Women / Femmes	
9:00	Warm up / Échauffement	Men / Hommes	
9:30	Ice resurfacing / Glace**		Skaters / Patineurs      Number of Pairs / Nombre de Paire
10:00	1000m #2	Women / Femmes	30      Pair / Paire 1 - 15
	Ice resurfacing / Glace**		
10:45	1000m #2	Men / Hommes	30      Pair / Paire 1 - 15
	15' Warm up / Échauffement	Equipment Check (infield) / Contrôle des lames	
	Ice resurfacing / Glace**		
12:00	Mass Start*	Women / Femmes	23
12:30	Mass Start*	Men / Hommes	24
	<i>Results verification and medal ceremony setup (10 minutes)</i>		
	<i>Mass Start Women and Men Medal Ceremony / Cérémonie des Médaille</i>		

**13:15 END / FIN approximatif**

\* Team Selection Event

\*\* Ice Resurfacing / Glace - No skaters allowed on ice until Zamboni is off.

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