



Thursday	y, March	7		
07:30	Warmup – Women			
08:00	Warmup – Me	en		
08:30	Zamboni - All Skaters must leave the ice			
09:00	Women	500m (1)	Pair 1 – 28	
	Zamboni - All Skaters must leave the ice Canada Cup Final Awards Ceremony – Women 500m (1)			
10:00*	Men	500m (1)	Pair 1 – 22	
	Zamboni - All Skaters must leave the ice			
10:50*	Men	500m (1)	Pair 23 – 44	
	Canada Cup Final Awards Ceremony – Men 500m (1) Officials Lunch - Warmup			
12:05	Zamboni - All	Skaters must leave the	e ice	
12:30	Women	3000m	Quartet 1 - 10	
	Zamboni - All	Skaters must leave the	e ice	
	Canada Cup Final Awards Ceremony – Women 3000m			
13:50*	Men	5000m	Quartet 1 – 7	
	Zamboni - All Skaters must leave the ice			
15:10*	Men	5000m	Quartet 8 – 14	
	Masters Men	3000m	Out of Competition	

\* Estimated restart times

No skating in trains of more than two skaters. No accelerations on the start turn. Rest on the inside of the warmup lane.

### Skaters must use their own armbands





Friday, N 07:30 08:00 08:30	Warmup – Wo Warmup – Me		leave the ice	
09:00		1000m (1) Skaters must I Final Awards		men 1000m (1)
10:30*	<b>Men</b> Zamboni - All	<b>1000m (1)</b> Skaters must		
11:30*	-	1000m (1) Final Awards ch - Warmup	Pair 25 – 47 Ceremony – Mer	n 1000m (1)
12:50	Zamboni - All Skaters must leave the ice			
13:15		5000m Skaters must I Final Awards	Quartet 1 - 3 leave the ice Ceremony – Wo	men 5000m
14:00*	<b>Men</b> Zamboni - All	10000m Skaters must	Quartet 1 – 3 leave the ice	
15:00*	Men Canada Cup	10000m Final Awards	Quartet 4 – 5 Ceremony – Me	n 5000m and 10000m

\* Estimated restart times

No skating in trains of more than two skaters. No accelerations on the start turn. Rest on the inside of the warmup lane.

#### Skaters must use their own armbands





Saturday	y, March 9	)		
07:30 08:00 08:30	Warmup – Women Warmup – Men Zamboni - All Skaters must leave the ice			
09:00		500m (2) Skaters must leave the Final Awards Cerem	<b>Pair 1 – 29</b> e ice ony – Women 500m (2)	
10:00*	<b>Men</b> Zamboni - All	<b>500m (2)</b> Skaters must leave the	<b>Pair 1 – 25</b> e ice	
10:55*	Men 500m (2) Pair 26 – 49 Canada Cup Final Awards Ceremony – Men 500m (2) Officials Lunch - Warmup			
12:05	Zamboni - All Skaters must leave the ice			
12:30		1500m Skaters must leave the Final Awards Cerem	Quartet 1 - 15 e ice ony – Women 1500m	
13:40*	<b>Men</b> Zamboni - All	<b>1500m</b> Skaters must leave the	<b>Quartet 1 – 15</b> e ice	
14:45*	Men Canada Cup	1500m Final Awards Cerem	Quartet 16 – 25 ony – Men 1500m	

\* Estimated restart times

No skating in trains of more than two skaters. No accelerations on the start turn. Rest on the inside of the warmup lane.

### Skaters must use their own armbands





Sunday, 07:30 08:00 08:30	March 10 Warmup – Women Warmup – Men Zamboni - All Skaters must leave the ice			
09:00		1000m (2) l Skaters must leave th Final Awards Cerem	<b>Pair 1 – 30</b> e ice <b>iony – Women 1000m (2)</b>	
10:30*	<b>Men</b> Zamboni - Al	1000m (2) l Skaters must leave th	<b>Pair 1 – 24</b> e ice	
11:30*		1000m (2) ach - Warmup Final Awards Cerem	Pair 25 – 48 1009 – Men 1000m (2)	
12:50	Zamboni - All Skaters must leave the ice			
13:15	<b>Women</b> Zamboni - Al	<b>Mass Start</b> l Skaters must leave th	Senior Junior e ice	
14:00	Men Canada Cup	Mass Start Final Awards Cerem	Senior Junior Jony – Women and Men Mass Start	

\* Estimated restart times

No skating in trains of more than two skaters. No accelerations on the start turn. Rest on the inside of the warmup lane.

### Skaters must use their own armbands