



SHORT TRACK
CANADA CUP JUNIOR FINAL
COUPE CANADA FINALE JUNIORS
COURTE PISTE
 RICHMOND 2024

DOWNLOAD SPORTITY APP FOR ALL CURRENT COMPETITION INFORMATION - PASSWORD STCCJF24

THURSDAY/JEUDI - MARCH 21, 2024

NOTE: CONTACT NICOLE GARRIDO AT NGARRIDO@RICHMONDOVAL.CA TO BOOK YOUR TRAINING TIME.

15:00	3:00 PM	TRAINING ICE - SESSION 1	QUEBEC 1
15:50	3:50 PM	ICE RESURFACING / GLACE	
16:00	4:00 PM	TRAINING ICE - SESSION 2	QUEBEC 2
16:50	4:50 PM	ICE RESURFACING / GLACE	
17:00	5:00 PM	TRAINING ICE - SESSION 3	QUEBEC 3, ONTARIO, NEW BRUNSWICK
17:50	5:50 PM	ICE RESURFACING / GLACE	
18:00	6:00 PM	TRAINING ICE - SESSION 4	ALBERTA, BRITISH COLUMBIA
18:50	6:50 PM	ICE RESURFACING / GLACE	
19:00	7:00 PM	TRAINING ICE - SESSION 5	QUEBEC 4
19:50	7:50 PM		



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FRIDAY / VENDREDI - MARCH 22, 2024

TIME	DESCRIPTION	RACE SERIES	SHATERS	RACES	# ON LINE	ADVANCEMENT
8:00	8:00 AM	COACHES MEETING / RÉUNION DES ENTRAÎNEURS				
8:30	8:30 AM	WARM UP / ÉCHAUFFEMENT	30			
8:40	8:40 AM	WARM UP / ÉCHAUFFEMENT	24			
8:50	8:50 AM	WARM UP / ÉCHAUFFEMENT	30			
9:00	9:00 AM	WARM UP / ÉCHAUFFEMENT	30			
9:10		ICE RESURFACING / GLACE				
9:40		HEAT / QUAL 1500M	30	4 RACES / VAGUES	7/7/8/8	1+4
10:01		HEAT / QUAL 1500M	24	3 RACES / VAGUES	8/8/8	1+5
10:17		HEAT / QUAL 1500M	30	4 RACES / VAGUES	7/7/8/8	1+4
10:38		HEAT / QUAL 1500M	30	4 RACES / VAGUES	7/7/8/8	1+4
10:59		ICE RESURFACING / GLACE				
11:19		FINAL / FINALE 1500M (A-D)	30	4 RACES / VAGUES	8/8/8/6	
11:40		FINAL / FINALE 1500M (A-D)	24	3 RACES / VAGUES	8/8/8	
11:56		FINAL / FINALE 1500M (A-D)	30	4 RACES / VAGUES	8/8/8/6	
12:17		FINAL / FINALE 1500M (A-D)	30	4 RACES / VAGUES	8/8/8/6	
12:38		ICE RESURFACING / GLACE				
13:23		HEAT / QUAL 500M	20	4 RACES / VAGUES	5	1+1
13:33		HEAT / QUAL 500M	20	4 RACES / VAGUES	5	1+1
13:43		HEAT / QUAL 500M	14	3 RACES / VAGUES	5/5/4	1+2
13:51		HEAT / QUAL 500M	20	4 RACES / VAGUES	5	1+1
14:01		HEAT / QUAL 500M	20	4 RACES / VAGUES	5	1+1
14:11		HEAT / QUAL 500M	20	4 RACES / VAGUES	5	1+1
14:21		ICE RESURFACING / GLACE				
14:41		FINAL / FINALE 500M (A-D)	20	4 RACES / VAGUES	5	
14:51		FINAL / FINALE 500M (A-D)	20	4 RACES / VAGUES	5	
15:01		FINAL / FINALE 500M (A-C)	14	3 RACES / VAGUES	5/5/4	
15:09		TRACK FLOOD / GLACE SÈCHE				
15:24		FINAL / FINALE 500M (A-D)	20	4 RACES / VAGUES	5	
15:34		FINAL / FINALE 500M (A-D)	20	4 RACES / VAGUES	5	
15:44		FINAL / FINALE 500M (A-D)	20	4 RACES / VAGUES	5	
15:54		END / FIN APPROXIMATIF				

* RACES WITH 1 SHATER WILL BE COMBINED WITH THE PRECEDING RACE



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SATURDAY / SAMEDI - MARCH 23, 2024

			RACE SERIES	SHATERS	RACES	# ON LINE	ADVANCEMENT
9:00	9:00 AM	HEAT / QUAL 500M-2	21 WOMEN / FEMMES GROUP A	20	4 RACES / VAGUES	5	1+1
9:10		HEAT / QUAL 500M-2	22 WOMEN / FEMMES GROUP B	20	4 RACES / VAGUES	5	1+1
9:20		HEAT / QUAL 500M-2	23 WOMEN / FEMMES GROUP C	14	3 RACES / VAGUES	5/5/4	1+2
9:28		HEAT / QUAL 500M-2	24 MEN / HOMMES GROUP A	20	4 RACES / VAGUES	5	1+1
9:38		HEAT / QUAL 500M-2	25 MEN / HOMMES GROUP B	20	4 RACES / VAGUES	5	1+1
9:48		HEAT / QUAL 500M-2	26 MEN / HOMMES GROUP C	20	4 RACES / VAGUES	5	1+1
9:58		ICE RESURFACING / GLACE	RACE SERIES	SHATERS	RACES	# ON LINE	ADVANCEMENT
10:18		FINAL / FINALE 500M-2 (A-D)	27 WOMEN / FEMMES GROUP A	20	4 RACES / VAGUES	5	
10:28		FINAL / FINALE 500M-2 (A-D)	28 WOMEN / FEMMES GROUP B	20	4 RACES / VAGUES	5	
10:38		FINAL / FINALE 500M-2 (A-C)	29 WOMEN / FEMMES GROUP C	14	3 RACES / VAGUES	5/5/4	
10:46		TRACK FLOOD / GLACE SÈCHE					
11:01		FINAL / FINALE 500M-2 (A-D)	30 MEN / HOMMES GROUP A	20	4 RACES / VAGUES	5	
11:11		FINAL / FINALE 500M-2 (A-D)	31 MEN / HOMMES GROUP B	20	4 RACES / VAGUES	5	
11:21		FINAL / FINALE 500M-2 (A-D)	32 MEN / HOMMES GROUP C	20	4 RACES / VAGUES	5	
11:31		ICE RESURFACING / GLACE	RACE SERIES LUNCH / DINER	SHATERS	RACES	# ON LINE	ADVANCEMENT
12:16		HEAT / QUAL 1500M-2	33 WOMEN / FEMMES GROUP A	32	4 RACES / VAGUES	8/8/8/8	1+4
12:37		HEAT / QUAL 1500M-2	34 WOMEN / FEMMES GROUP B	22	3 RACES / VAGUES	8/7/7	1+5
12:53		HEAT / QUAL 1500M-2	35 MEN / HOMMES GROUP A	32	4 RACES / VAGUES	8/8/8/8	1+4
13:14		HEAT / QUAL 1500M-2	36 MEN / HOMMES GROUP B	28	4 RACES / VAGUES	7/7/7/7	1+3
13:35		ICE RESURFACING / GLACE	RACE SERIES	SHATERS	RACES	# ON LINE	ADVANCEMENT
13:55		FINAL / FINALE 1500M-2 (A-D)	37 WOMEN / FEMMES GROUP A	32	4 RACES / VAGUES	8/8/8/8	
14:16		FINAL / FINALE 1500M-2 (A-D)	38 WOMEN / FEMMES GROUP B	22	3 RACES / VAGUES	8/8/6	
14:32		FINAL / FINALE 1500M-2 (A-D)	39 MEN / HOMMES GROUP A	32	4 RACES / VAGUES	8/8/8/8	
14:53		FINAL / FINALE 1500M-2 (A-D)	40 MEN / HOMMES GROUP B	28	4 RACES / VAGUES	7/7/7/7	
15:14		END / FIN APPROXIMATIF					

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SUNDAY / DIMANCHE - MARCH 24, 2024

			RACE SERIES	SHATERS	RACES	# ON LINE	ADVANCEMENT
9:00	9:00 AM	HEAT / QUAL 1000M	41 WOMEN / FEMMES GROUP A	20	4 RACES / VAGUES	5	2+2
9:14		HEAT / QUAL 1000M	42 WOMEN / FEMMES GROUP B	20	4 RACES / VAGUES	5	2+2
9:28		HEAT / QUAL 1000M	43 WOMEN / FEMMES GROUP C	15	3 RACES / VAGUES	5	2+4
9:39		HEAT / QUAL 1000M	44 MEN / HOMMES GROUP A	20	4 RACES / VAGUES	5	2+2
9:53		HEAT / QUAL 1000M	45 MEN / HOMMES GROUP B	20	4 RACES / VAGUES	5	2+2
10:07		HEAT / QUAL 1000M	46 MEN / HOMMES GROUP C	20	4 RACES / VAGUES	5	2+2
10:21		ICE RESURFACING / GLACE					
10:41		SEMI / DEMI 1000M	47 WOMEN / FEMMES GROUP A	20	4 RACES / VAGUES	5	2+1
10:55		SEMI / DEMI 1000M	48 WOMEN / FEMMES GROUP B	20	4 RACES / VAGUES	5	2+1
11:09		SEMI / DEMI 1000M	49 WOMEN / FEMMES GROUP C	10	2 RACES / VAGUES	5	2+1
11:16		SEMI / DEMI 1000M	50 MEN / HOMMES GROUP A	20	4 RACES / VAGUES	5	2+1
11:30		SEMI / DEMI 1000M	51 MEN / HOMMES GROUP B	20	4 RACES / VAGUES	5	2+1
11:44		SEMI / DEMI 1000M	52 MEN / HOMMES GROUP C	20	4 RACES / VAGUES	5	2+1
11:58		ICE RESURFACING / GLACE	RACE SERIES LUNCH / DINER	SHATERS	RACES	# ON LINE	ADVANCEMENT
12:43		FINAL / FINALE 1000M (A-D)	53 WOMEN / FEMMES GROUP A	20	4 RACES / VAGUES	5	



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12:57	FINAL / FINALE 1000M (A-D)	54	WOMEN / FEMMES GROUP B	20	4 RACES / VAGUES	5
13:11	FINAL / FINALE 1000M (A-C)	55	WOMEN / FEMMES GROUP C	15	3 RACES / VAGUES	5
13:22	TRACK FLOOD / GLACE SÈCHE					
13:37	FINAL / FINALE 1000M (A-D)	56	MEN / HOMMES GROUP A	20	4 RACES / VAGUES	5
13:51	FINAL / FINALE 1000M (A-D)	57	MEN / HOMMES GROUP B	20	4 RACES / VAGUES	5
14:05	FINAL / FINALE 1000M (A-D)	58	MEN / HOMMES GROUP C	20	4 RACES / VAGUES	5
14:19	<i>MEDAL CEREMONY / CÉRÉMONIE DE MÉDAILLES</i>					
14:29	END / FIN APPROXIMATIF					

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