



Canadian Junior Long Track Championships / Canada Cup #3

***** Schedule is still subject to change *****

Breaks and floods are not confirmed

Final schedule will be available at the coaches meeting

7:00 Warm up - Women
7:30 Warm up - Men
08:00-08:30 Track Flood

Start Time	Saturday Feb 3, 2018			
	Group	Distance	MS / OS	
8:30 AM	Women CJ	1000m	OS	
9:40 AM	Track Flood			
10:05 AM	Women CC	1000m	OS	
10:22 AM	Men CC#3	1000m	OS	
10:54 AM	Track Flood			
11:19 AM	Men CJC	1000m	OS	
12:43 PM	LUNCH / FLOOD			
1:28 PM	Women CJ	3000	OS	Quartets
3:16 PM	Track Flood			
3:41 PM	Men CJC&	5000	OS	Quartets
5:11 PM	Finish			

Awards at the banquet

Warm up - Men 7:00
Warm up - Ladies 7:30
Track Flood 08:00-08:30

Min/Race	Skaters	Time (in min)	Start Time	Sunday Feb 4, 2018			
				Group	Distance	MS / OS	
2.2	70	77	8:30 AM	Men CJC only	500m	OS	
			9:47 AM	Track Flood			
2.2	53	59.4	10:12 AM	Women CJC & CC3	500m	OS	
			11:11 AM	LUNCH / FLOOD			
9	69	153	11:56 AM	Men CJC& CC#3	1000m	OS	
			2:29 PM	Track Flood			
6	52	78	2:54 PM	Women CJC & CC3	1000m	OS	
15		30	4:12 PM	Men Mass Start	16 laps	MS	2 races
15		30	4:42 PM	Women Mass Start	16 laps	MS	2 races
			5:22 PM	Awards and Closing Ceremony			
			5:37 PM	Finish			