

**CanAm International
November 25 – 27, 2016
Olympic Oval, Calgary
Final Schedule**

Saturday, November 26

07:20	Warmup begins - CanAm Ladies		
07:50	Resurface – All Ladies must leave the ice		
08:05	Warmup – CanAm Men		
08:35	Resurface - All Men must leave the ice		
09:00	CanAm Ladies	1000m	Qts 1 - 20
	Resurface - All Skaters must leave the ice.		
	Next 2 qts only when Machines are in the Outer Lane		
10:20*	CanAm Men	1000m	Qt 1 – 23
	Warmup – 3000m/5000m – until 12:15		
12:10	Resurface - All Skaters must leave the ice.		
	Next 2 qts only when Machines are in the Outer Lane		
12:30	CanAm Ladies	3000m	Qt 1 - 14
	Resurface - All Skaters must leave the ice.		
	1st 2 qts only when Machines are in the Outer Lane		
14:30*	CanAm Men (Top seed)	5000m	Qt 1 – 7
	Resurface - All Skaters must leave the ice.		
	Next 2 qts only when Machines are in the Outer Lane		
15:45*	CanAm Men	5000m	Qt 8 - 15

***- Estimated Restart times**

No trains with more than 2 skaters together.
Rest on the inside of the warmup lane only.
No accelerations on the start turn and through the start area.
Return your armbands immediately after your race.