

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

Sunday, November 27

07:20	Warmup begins - CanAm Ladies		
07:50	Warmup ends – All Ladies must leave the ice Resurface		
08:05	Warmup – CanAm Men		
08:35	Resurface - All Men must leave the ice.		
09:00	CanAm Ladies	500m	Pr 1 - 34
	Resurface - All Skaters must leave the ice. Next 3 pairs only when Machines are in the Outer Lane		
10:10*	CanAm Ladies (Top seed)	500m	Pr 35 - 45
	CanAm Men (Top seed)	500m	Pr 1 – 20
	Resurface - All Skaters must leave the ice. Next 3 pairs only when Machines are in the Outer Lane		
11:15*	CanAm Men	500m	Pr 21 - 53
	Resurface - All Skaters must leave the ice. 1st 3 qts only when Machines are in the Outer Lane		
12:30	CanAm Ladies	1000m	Qt 1 - 23
	Resurface - All Skaters must leave the ice. 1st 3 qts only when Machines are in the Outer Lane		
13:50*	CanAm Men	1000m	Qt 1 – 27
	Mass Start Warmup – 10' Resurface - All Skaters must leave the ice.		
15:30*	Ladies - 1 – 16 laps		Mass Start
	Ladies – 2 – 10 laps		Mass Start
	Men - 1 – 16 laps		Mass Start
	Men - 2 – 10 laps		Mass Start

***- 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.