

**CanAm International
November 25 – 27, 2016
Olympic Oval, Calgary
Final Schedule #1**

Friday, November 25

07:20	Warmup begins - CanAm Men		
07:50	Warmup ends – All Men must leave the ice		
08:05	Warmup – CanAm Ladies		
08:35	Resurface - All Ladies must leave the ice.		
09:00	CanAm Men	500m	Pr 1 - 33
	Resurface - All Skaters must leave the ice.		
	Next 3 pairs only when Machines are in the Outer Lane		
10:10*	CanAm Men (Top seed)	500m	Pr 34 – 57
	CanAm Ladies	500m	Pr 1- 10
	Resurface - All Skaters must leave the ice.		
	1st 3 pairs only when Machines are in the Outer Lane		
11:20*	CanAm Ladies (Top Seed)	500m	Pr 11 - 44
	Resurface - All Skaters must leave the ice.		
	1st 2 qts only when Machines are in the Outer Lane		
13:00	CanAm Men (Top seed)	1500m	Qt 1 - 14
	Resurface - All Skaters must leave the ice.		
	Next 2 qts only when Machines are in the Outer Lane		
14:15*	CanAm Men	1500m	Qt 15 - 28
	Resurface - All Skaters must leave the ice.		
	1st 2 qts only when Machines are in the Outer Lane		
15:30*	CanAm Ladies	1500m	Qt 1 - 22
	Resurface - All Skaters must leave the ice.		
	1st 3 pairs only when Machines are in the Outer Lane		

***- 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.