

**2017 Canadian Single Distance Championships  
Canada Cup #2  
Olympic Oval, Calgary  
Final Schedule**

**January 4, 2017**

**07:30 Warmup**

**08:30** Zamboni - All Skaters must leave the ice.  
1<sup>st</sup> 3 pairs allowed on ice when Zamboni is in outer lane

**09:00** Men 500m Pr 1 – 28 Canada Cup  
Zamboni - All Skaters must leave the ice.  
1<sup>st</sup> 3 pairs allowed on ice when Zamboni is in outer lane

10:10\* Ladies 500m Pr 1 – 18 Canada Cup  
*Warmup – Canadian Championships after last pair finishes  
Officials Lunch*

**11:30** Zamboni - All Skaters must leave the ice.  
1<sup>st</sup> 3 pairs allowed on ice when Zamboni is in outer lane

**12:00** *Ladies 500m Pr 1 – 6 Canadian Championships  
2' break  
Men 500m Pr 1 – 11 Canadian Championships*  
Zamboni - All Skaters must leave the ice.  
1<sup>st</sup> 3 pairs allowed on ice when Zamboni is in outer lane  
*Medal Ceremony*

12:55\* Ladies 1000m Pr 1 – 17 Canada Cup  
*Warmup – Canadian Championships after last pair finishes*

13:50 Zamboni - All Skaters must leave the ice.  
1<sup>st</sup> 3 pairs allowed on ice when Zamboni is in outer lane

14:10\* Men 1000m Pr 1 – 25 Canada Cup  
Zamboni - All Skaters must leave the ice.  
1<sup>st</sup> 2 pairs allowed on ice when Zamboni is in outer lane

**15:30** *Ladies 5000m Pr 1 – 2 Canadian Championships  
Move Start*

**16:00** *Men 10000m Pr 1 - 2 Canadian Championships  
Medal Ceremony*

**Tentative 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.**