

**Olympic Oval Finale/Canada Cup 5**  
**March 16 – 19, 2023**  
**Olympic Oval, Calgary**  
**Final Schedule**

**Thursday, March 16**

**08:30**      *Warmup – Women*

**09:00**      *Warmup - Men*

**09:30**      **Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.

**10:00**      Women      500m      Pr 1 – 23  
**Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.

**11:00\***      Men      500m      Pr 1 – 22  
**Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.

**11:55\***      Men      500m      Pr 23 – 35  
**WARMUP – 1000m – Officials Lunch**

**12:55**      **Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.

**13:20**      Women      1000m      Pr 1 - 23  
**Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.

**14:40\***      Men      1000m      Qt 1 - 18  
**Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.

\*- Estimated Restart Times

16:30-18:00 Training

**No trains of more than 2 skaters during racing**  
**No accelerations through start turn**  
**Rest on inside of warmup lane**  
**Skaters must have their own armbands**



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**Friday, March 17 – St. Patrick’s Day**

**08:30**      *Warmup – Men*

**09:30**      **Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.

**10:00**      Men            5000m            Qt 1 - 6  
**Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.

**11:15\***      Men            5000m            Qt 7 - 11  
*Awards for Men 5000m*  
**Warmup – Women – Officials Lunch**

**12:45**      **Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.

**13:10**      Women        500m            Pr 1 – 16  
*Awards for Women 500m*  
**Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.

**14:20**      Women        3000m            Qt 1- 9  
*Awards for Women 3000m*

**16:00-18:00**      Training

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**Saturday, March 18**

<b>07:30</b>	<i>Warmup – Men</i>
<b>08:00</b>	<i>Warmup - Women</i>
<b>08:30</b>	<b>Zamboni</b> - All Skaters must leave the ice <b>No Skaters on ice</b> while Zamboni is on.
<b>09:00</b>	Men                    500m                    Pr 1 – 22 <b>Zamboni</b> - All Skaters must leave the ice <b>No Skaters on ice</b> while Zamboni is on.
<b>09:55*</b>	Men                    500m                    Pr 23 – 38 <b>Zamboni</b> - All Skaters must leave the ice <b>No Skaters on ice</b> while Zamboni is on. <b>AWARDS CEREMONY – Men 500m</b>
<b>10:50*</b>	Women                1000m                Qt 1 - 11 <b>WARMUP– Officials Lunch</b>
<b>12:00</b>	<b>Zamboni</b> - All Skaters must leave the ice <b>No Skaters on ice</b> while Zamboni is on.
<b>12:25</b>	Men                    1000m                Qt 1 - 20 <b>Zamboni</b> - All Skaters must leave the ice <b>No Skaters on ice</b> while Zamboni is on. <b>AWARDS CEREMONY – Men 1000m</b>
<b>13:35*</b>	Women                5000m                Qt 1 - 4 <b>Zamboni</b> - All Skaters must leave the ice <b>No Skaters on ice</b> while Zamboni is on. <b>AWARDS CEREMONY – Women 5000m</b>
<b>14:30*</b>	Men                    10000m                Qt 1 – 4 <b>AWARDS CEREMONY – Men 10000m</b>

\*- Estimated Restart Times

16:30            Training

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**Draft Schedule #1**

**Sunday, March 19**

**08:30**      *Warmup – Women*

**09:00**      *Warmup - Men*

**09:30**      **Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.

**10:00**      Women      1500m      Qt 1 - 14  
**Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.  
**AWARDS CEREMONY – Women 1500m**

**11:05\***      Men      1500m      Qt 1 - 15  
**Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.

**12:15\***      Men      1500m      Qt 16 – 24  
**AWARDS CEREMONY – Men 1500m**  
**WARMUP – Mass Start – Officials Lunch**

**13:20**      **Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.

**13:45**      Women      Mass Start      Race 1      16 laps  
Women      Mass Start      Race 2      10 laps

**14:30\***      Men      Mass Start      Race 1      16 laps  
Men      Mass Start      Race 2      10 laps  
Men      Mass Start      Race 3      10 laps  
**Zamboni** - All Skaters must leave the ice  
**No Skaters on ice** while Zamboni is on.  
**AWARDS CEREMONY – Women/Men Mass Start**

**15:30\***      Women      Team Sprint  
Men      Team Sprint  
**AWARDS CEREMONY – Women/Men Team Sprint**

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