Friday Time Trials
December 2, 2022
Olympic Oval, Calgary

Draft Schedule

07:30  Warmup
08:30  Zamboni - All Skaters must leave the ice.
      No Skaters allowed until Zamboni off the ice.

09:00  500m Pr 1 – 20
       Zamboni - All Skaters must leave the ice.
       No Skaters allowed until Zamboni off the ice.

09:50  5000m Pr 1
       3000m Qt 1 – 5
       Zamboni - All Skaters must leave the ice.
       No Skaters allowed until Zamboni off the ice.

10:50  1500m Pr 1 – 5
       Move Start and Finish

11:20  1000m Pr 1- 20

All Bold times are restart times. (We will not start before that time)
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.

ALL SKATERS MUST HAVE THEIR OWN ARMBAND.