

**2023 Olympic Oval Grand Prix
Canada Cup #4
March 10, 11, 12, 2023
Final Schedule**

Friday, March 10

07:30	Warmup – Women		
08:00	Warmup – Men		
08:30	Zamboni - All Skaters must leave the ice		
09:00	Women	500m	Pair 1 – 31
	Zamboni - All Skaters must leave the ice		
10:05*	Men	500m	Pair 1 – 23
	Zamboni - All Skaters must leave the ice		
10:55*	Men	500m	Pair 24 – 45
	Officials Lunch - Warmup		
12:05	Zamboni - All Skaters must leave the ice		
12:30	Women	1500m	Quartet 1 - 16
	Zamboni - All Skaters must leave the ice		
13:50*	Men	1500m	Quartet 1 – 12
	Zamboni - All Skaters must leave the ice		
14:55*	Men	1500m	Quartet 13 – 24

* - Estimated restart times

ARMBANDS NEEDED FOR ALL DISTANCES

No skating in trains of more than two skaters.

No accelerations on the start turn.

Rest on the inside of the warmup lane.

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Saturday, March 11

07:30	Warmup – Women		
08:00	Warmup – Men		
08:30	Zamboni - All Skaters must leave the ice		
09:00	Women	1000m	Qt 1 - 15
	Zamboni - All Skaters must leave the ice		
10:15*	Men	1000m	Qt 1 - 22
	Officials Lunch and Warmup		
12:05	Zamboni - All Skaters must leave the ice		
12:30	Women	3000m	Qt 1 - 11
	Zamboni - All Skaters must leave the ice		
14:00*	Men	5000m	Qt 1 - 7
	Zamboni - All Skaters must leave the ice		
15:15*	Men	5000m	Qt 8 - 14

* - Estimated restart times

ARMBANDS NEEDED FOR ALL DISTANCES

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No accelerations on the start turn.

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Final Schedule

Sunday, March 12

07:30	Warmup – Women		
08:00	Warmup – Men		
08:30	Zamboni - All Skaters must leave the ice		
09:00	Women	500m	Pair 1 – 30
	Zamboni - All Skaters must leave the ice		
10:00*	Men	500m	Pair 1 – 25
	Zamboni - All Skaters must leave the ice		
10:55*	Men	500m	Pair 26 – 48
	Officials Lunch/Warmup		
12:10	Zamboni - All Skaters must leave the ice		
12:35	Women	1000m	Qt 1 - 15
	Zamboni - All Skaters must leave the ice		
	Equipment Check for Mass Start		
13:30*	Men	1000m	Qt 1 – 24
	Zamboni - All Skaters must leave the ice		
	Equipment Check for Mass Start		
15:00	Women Mass Start	Race 1 – 2	
15:30	Men Mass Start	Race 1 – 3	

ARMBANDS NEEDED FOR ALL DISTANCES

No skating in trains of more than two skaters.

No accelerations on the start turn.

Rest on the inside of the warmup lane.