



SKATE-TEC Western Elite Circuit #3

February 22 and 23, 2020

Olympic Oval - Anneau Olympique



Saturday / Samedi

			Skaters	Races	# on line	Advancement
7:30	Coaches Meeting - Oval Lounge					
8:00	Warm up / Échauffement	Ladies / Femme Group A	21			
8:10	Warm up / Échauffement	Ladies / Femme Group B	15			
8:20	Warm up / Échauffement	Men / Homme Group A	21			
8:30	Warm up / Échauffement	Men / Homme Group B	21			
8:40	Warm up / Échauffement	Men / Homme Group C	13			
8:50	Ice resurfacing / Glace					
9:10	Heat 1500m	Open A Ladies	21	3 races	7	2+1
	Heat 1500m	Open B Ladies	15	3 races	5	2+1
	Heat 1500m	Open A Men	21	3 races	7	2+1
	Heat 1500m	Open B Men	21	3 races	7	2+1
	Heat 1500m	Open C Men	13	3 races	5/4/4	2+1
	Ice resurfacing / Glace					
	Final 1500m	Open A Ladies	21	3 races	7	
	Final 1500m	Open B Ladies	15	2 races	7/7/1	
	Final 1500m	Open A Men	21	3 races	7	
	Final 1500m	Open B Men	21	3 races	7	
	Final 1500m	Open C Men	13	2 races	7/6	
	Ice resurfacing / Glace / Lunch / Dîner					
	Heat 500m	Open A Ladies	16	4 races	4	1+0
	Heat 500m	Open B Ladies	20	4 races	5	1+0
	Heat 500m	Open A Men	15	3 races	5	1+1
	Heat 500m	Open B Men	15	3 races	5	1+1
	Heat 500m	Open C Men	15	3 races	5	1+1
	Heat 500m	Open D Men	10	2 races	5	1+2
	Ice resurfacing / Glace					
	Final 500m	Open A Ladies	16	4 races	4	
	Final 500m	Open B Ladies	20	5 races	4	
	Final 500m	Open A Men	15	4 races	4/4/4/3	
	Final 500m	Open B Men	15	4 races	4/4/4/3	
	Final 500m	Open C Men	15	4 races	4/4/4/3	
	Final 500m	Open D Men	10	3 races	4/4/2	
	Ice resurfacing / Glace					
	3000m Relay Heat	T2T Ladies		1 races		
	3000m Relay Heats	T2T Men		2 races		
	3000m Relay Finals	Jnr B and Up Ladies		2 races		
	3000m Relay Finals	Jnr B and Up Men		2 races		

15:08 END approximatif





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Sunday / Dimanche			Skaters	Races	# on line	Advancement
8:00	Warm up / Échauffement	Ladies / Femme Group A	20			
8:10	Warm up / Échauffement	Ladies / Femme Group B	16			
8:20	Warm up / Échauffement	Men / Homme Group A	20			
8:30	Warm up / Échauffement	Men / Homme Group B	20			
8:40	Warm up / Échauffement	Men / Homme Group C	15			
8:50	Ice resurfacing / Glace					
9:10	Heats 1000m	Open A Ladies	20	4 races	5	2+2
	Heats 1000m	Open B Ladies	16	4 races	4	2+2
	Heats 1000m	Open A Men	20	4 races	5	2+1
	Heats 1000m	Open B Men	20	4 races	5	2+1
	Heats 1000m	Open C Men	15	3 races	5	2+4
	Ice resurfacing / Glace					
	Semi 1000m	Open A Ladies	20	4 races	5	2+1
	Semi 1000m	Open B Ladies	16	4 races	5/5/3/3	2+1
	Semi 1000m	Open A Men	20	4 races	5	2+1
	Semi 1000m	Open B Men	20	4 races	5	2+1
	Semi 1000m	Open C Men	15	3 races	5	2+1 / 5+0
	Ice resurfacing / Glace / Lunch / Dîner					
	Final 1000m	Open A Ladies	20	4 races	5	
	Final 1000m	Open B Ladies	16	4 races	5/5/5/1	
	Final 1000m	Open A Men	20	4 races	5	
	Final 1000m	Open B Men	20	4 races	5	
	Final 1000m	Open C Men	15	3 races	5	
	Ice resurfacing / Glace					
	2000m Relays Finals	Jnr B and Up - Mixed Gender		3 races		
	3000m Relay Final	T2T Ladies		1 races		
	3000m Relay Final	T2T Men		2 races		
14:03	END approximatif					





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Saturday / Samedi

Time	Event	Category	Skaters	Races	# on line	Advancement	Time
7:30	Coaches Meeting - Oval Lounge						
8:00	Warm up / Échauffement	Ladies / Femme Group A	21				0:10
8:10	Warm up / Échauffement	Ladies / Femme Group B	15				0:10
8:20	Warm up / Échauffement	Men / Homme Group A	21				0:10
8:30	Warm up / Échauffement	Men / Homme Group B	21				0:10
8:40	Warm up / Échauffement	Men / Homme Group C	13				0:10
8:50	Ice resurfacing / Glace						0:20
9:10	Heat 1500m	Open A Ladies	21	3 races	7	2+1	0:12
9:22	Heat 1500m	Open B Ladies	15	3 races	5	2+1	0:12
9:35	Heat 1500m	Open A Men	21	3 races	7	2+1	0:12
9:48	Heat 1500m	Open B Men	21	3 races	7	2+1	0:12
10:01	Heat 1500m	Open C Men	13	3 races	5/4/4	2+1	0:12
10:13	Ice resurfacing / Glace						0:15
10:28	Final 1500m	Open A Ladies	21	3 races	7		0:12
10:41	Final 1500m	Open B Ladies	15	2 races	7/7/1		0:08
10:50	Final 1500m	Open A Men	21	3 races	7		0:12
11:02	Final 1500m	Open B Men	21	3 races	7		0:12
11:15	Final 1500m	Open C Men	13	2 races	7/6		0:08
11:24	Ice resurfacing / Glace / Lunch / Dîner						0:45
12:09	Heat 500m	Open A Ladies	16	4 races	4	1+0	0:10
12:19	Heat 500m	Open B Ladies	20	4 races	5	1+0	0:10
12:29	Heat 500m	Open A Men	15	3 races	5	1+1	0:07
12:36	Heat 500m	Open B Men	15	3 races	5	1+1	0:07
12:44	Heat 500m	Open C Men	15	3 races	5	1+1	0:07
12:51	Heat 500m	Open D Men	10	2 races	5	1+2	0:05
12:56	Ice resurfacing / Glace						0:15
13:11	Final 500m	Open A Ladies	16	4 races	4		0:10
13:21	Final 500m	Open B Ladies	20	5 races	4		0:12
13:34	Final 500m	Open A Men	15	4 races	4/4/4/3		0:10
13:44	Final 500m	Open B Men	15	4 races	4/4/4/3		0:10
13:54	Final 500m	Open C Men	15	4 races	4/4/4/3		0:10
14:04	Final 500m	Open D Men	10	3 races	4/4/2		0:07
14:11	Ice resurfacing / Glace						0:15
14:26	3000m Relay Heat	T2T Ladies		1 races			0:06
14:32	3000m Relay Heats	T2T Men		2 races			0:12
14:44	3000m Relay Finals	Jnr B and Up Ladies		2 races			0:12
14:56	3000m Relay Finals	Jnr B and Up Men		2 races			0:12
15:08	END approximatif						





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Sunday / Dimanche			Skaters	Races	# on line	Advancement	
8:00	Warm up / Échauffement	Ladies / Femme Group A	20				0:10
8:10	Warm up / Échauffement	Ladies / Femme Group B	16				0:10
8:20	Warm up / Échauffement	Men / Homme Group A	20				0:10
8:30	Warm up / Échauffement	Men / Homme Group B	20				0:10
8:40	Warm up / Échauffement	Men / Homme Group C	15				0:10
8:50	Ice resurfacing / Glace						0:20
9:10	Heats 1000m	Open A Ladies	20	4 races	5	2+2	0:13
9:23	Heats 1000m	Open B Ladies	16	4 races	4	2+2	0:13
9:36	Heats 1000m	Open A Men	20	4 races	5	2+1	0:13
9:49	Heats 1000m	Open B Men	20	4 races	5	2+1	0:13
10:02	Heats 1000m	Open C Men	15	3 races	5	2+4	0:09
10:11	Ice resurfacing / Glace						0:15
10:26	Semi 1000m	Open A Ladies	20	4 races	5	2+1	0:13
10:39	Semi 1000m	Open B Ladies	16	4 races	5/5/3/3	2+1	0:13
10:52	Semi 1000m	Open A Men	20	4 races	5	2+1	0:13
11:05	Semi 1000m	Open B Men	20	4 races	5	2+1	0:13
11:18	Semi 1000m	Open C Men	15	3 races	5	2+1 / 5+0	0:09
11:28	Ice resurfacing / Glace / Lunch / Dîner						0:45
12:13	Final 1000m	Open A Ladies	20	4 races	5		0:13
12:26	Final 1000m	Open B Ladies	16	4 races	5/5/5/1		0:13
12:39	Final 1000m	Open A Men	20	4 races	5		0:13
12:52	Final 1000m	Open B Men	20	4 races	5		0:13
13:05	Final 1000m	Open C Men	15	3 races	5		0:09
13:15	Ice resurfacing / Glace						0:15
13:30	2000m Relays Finals	Jnr B and Up - Mixed Gender		3 races			0:15
13:45	3000m Relay Final	T2T Ladies		1 races			0:06
13:51	3000m Relay Final	T2T Men		2 races			0:12
14:03	END approximatif						

