



SPEED SKATING

Includes Special Olympic Speed Skating



Pomeroy Sport Centre - East Rink

9324 96 St, Fort St. John



THURSDAY, FEBRUARY 20

Start	End	# Races	Event
10:00 AM	11:00 AM		Long Track 101 session (all BCSSA skaters)
10:00 AM	11:00 AM		Special Olympics Practice
11:15 AM	12:15 PM		Long Track Practice #1 (60 min), Short Track Practice A (30 min), Short Track Practice B (30 min)
1:00 PM	2:00 PM		Long Track Practice #2 (60 min), Short Track Practice C (30 min), Short Track Practice D (30 min)
1:00 PM	4:00 PM		Level 1 Official's Clinic and Orientation
2:00 PM	2:30 PM		Coaches and Officials Meeting

FRIDAY, FEBRUARY 21

Start	End	# Races	Event
9:00 AM	9:10 AM		Short Track Warm-up #1: Female top
9:10 AM	9:20 AM		Short Track Warm-up Male top
9:20 AM	9:30 AM		Short Track Warm-up #3: Male bottom
9:30 AM	9:40 AM		Special Olympics Warm-up
10:10 AM	10:25 AM	6	Male 400m heat
10:25 AM	10:38 AM	5	Female 400m heat
10:38 AM	10:41 AM	1	Special Olympics female 222m final
10:41 AM	10:46 AM	2	Special Olympics male 222m heat
11:06 AM	11:16 AM	4	Male 400m quarters
11:16 AM	11:21 AM	2	Female 400m semi-final top
11:21 AM	11:26 AM	2	Female 400m semi-final bottom
11:26 AM	11:29 AM	1	Special Olympics female 222m EX final
11:29 AM	1:15 PM	2	Special Olympics male 222m final
11:54 AM	11:59 AM	2	Male 400m semi-final top A/B
11:59 AM	12:04 PM	2	Male 400m semi-final top C/D
12:04 PM	12:09 PM	2	Male 400m semi-final bottom
12:54 PM	1:04 PM	4	Female 400m
1:04 PM	1:19 PM	6	Male 400m
1:19 PM	1:22 PM	1	Special Olympics female 333m final
1:22 PM	1:28 PM	2	Special Olympics male 333m heat
1:48 PM	2:03 PM	3	Female 1500m heat
2:03 PM	2:28 PM	5	Male 1500m heat
2:28 PM	2:31 PM	1	Special Olympics female 333m EX final
2:31 PM	2:37 PM	2	Special Olympics male 333m final
2:57 PM	3:13 PM	2	Female relay heat
3:13 PM	3:29 PM	2	Male relay heat
3:29 PM	3:33 PM	1	Special Olympics female 500m final
3:33 PM	3:41 PM	2	Special Olympics male 500m heat

3:41 PM

4:11 PM

Medal Presentations



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SATURDAY, FEBRUARY 22

Start	End	# Races	Event
9:00 AM	9:10 AM		Short Track Warm-up #1: Female
9:10 AM	9:20 AM		Short Track Warm-up #2: Male top
9:20 AM	9:30 AM		Short Track Warm-up #3: Male bottom
9:30 AM	9:40 AM		Special Olympics Warm-up
10:10 AM	10:14 AM	1	Special Olympics female 500m EX final
10:14 AM	10:22 AM	2	Special Olympics male 500m final
10:22 AM	10:37 AM	3	Female 1500m final
10:37 AM	11:02 AM	5	Male 1500m final
11:22 AM	11:27 AM	1	Special Olympics female 777m final
11:27 AM	11:37 AM	2	Special Olympics male 777m heat
11:37 AM	11:51 AM	2	Female 2000m points race final
11:51 AM	12:19 PM	4	Male 2000m points race final
1:04 PM	1:09 PM	3	Special Olympics female 777m EX final
1:09 PM	1:19 PM	2	Special Olympics male 777m final
1:19 PM	1:27 PM	2	Female relay final
1:27 PM	1:43 PM	5	Male relay final
1:43 PM	1:50 PM	2	Special Olympics female 1000m final
1:50 PM	1:57 PM	5	Special Olympics male 1000m final
2:00 PM	2:45 PM		Medal Presentations
2:45 PM			Long Track warm-up #1: Novice
3:00 PM			LT warm-up #2: Experienced
3:45 PM	4:45 PM	24 pairs	LT exhibition (seeding) 500m O/S

SUNDAY, FEBRUARY 23

Start	End	# Races	Event
8:30 AM	9:00 AM		Coaches Meeting and Draw
9:00 AM	9:15 AM		LT warm-up #1: Novice
9:15 AM	9:30 AM		LT warm-up #2: Experienced
10:00 AM	10:23 AM	9 pairs	Female 500m O/S
10:23 AM	11:01 AM	15 pairs	Male 500m O/S
11:26 AM	11:35 AM	1	Female 7-lap MS race
11:35 AM	11:53 AM	2	Male 7-lap MS race
11:53 AM	12:23 AM		Medal Presentations