

# Canadian Junior Short Track Championships

Calgary, AB -December 16-18, 2016

## SCHEDULE

\*\*\*\*\* PLEASE NOTE ALL TIMES ARE APPROXIMATE AND WILL BE ADJUSTED AS REQUIRED\*\*\*\*\*

Friday, December 16th

Start		Race	Event				Minutes Per Race	Time	
								Race	Resurface
13:00	13:00		Women Group 1	Warm up (A-B-C)				00:10	
	13:10		Women Group 2	Warm up (D-E-F)				00:10	
	13:20		Men group 1	Warm up (A-B-C)				00:10	
13:30	13:30		Men Group 2	Warm up (D-E-F)				00:10	
13:40	13:40		<b>Flood</b>						00:20
14:00	14:00	1	Women	1500m Heats	6 races	3+0	00:04:15	00:26	
	14:26	2	Men	1500m Heats	6 races	3+0	00:04:15	00:26	
14:52	14:52		<b>Break</b>						00:15
15:07	15:07	3	Women Top	1500m Semi	3 races	2+0	00:04:15	00:13	
	15:20	4	Women Bottom	1500m Semi	2 races	3+1	00:04:15	00:09	
	15:29	5	Men Top	1500m Semi	3 races	2+0	00:04:15	00:13	
	15:42	6	Men Bottom	1500m Semi	2 races	3+1	00:04:15	00:09	
15:51	15:51		<b>Flood</b>						00:15
16:06	16:06	7	Women Top	1500m Final	3 races		00:04:15	00:13	
	16:19	8	Women Bottom	1500m Final	2 races		00:04:15	00:09	
	16:28	9	Men Top	1500m Final	3 races		00:04:15	00:13	
	16:41	10	Men Bottom	1500m Final	2 races		00:04:15	00:09	
16:50	16:50		<b>END</b>						

## Saturday, December 17th

Start		Race	Event				Minutes Per Race	Time	
								Race	Resurface
10:00	10:00		Women Group 1	Warm up (A-B-C)				00:10	
10:10	10:10		Women Group 2	Warm up (D-E-F)				00:10	
10:20	10:20		Men group 1	Warm up (A-B-C)				00:10	
10:30	10:30		Men Group 2	Warm up (D-E-F)				00:10	
10:40	10:40		<b>Flood</b>						00:20
11:00	11:00	11	Women	500m Heats	8 races	2+0	00:02:30	00:20	
	11:20	12	Men	500m Heats	8 races	2+0	00:02:30	00:20	
11:40	11:40		<b>Flood</b>						00:15
11:55	11:55	13	Women Top	500m Quarter Final	4 races	2+0	00:02:30	00:10	
	12:05	14	Women Bottom	500m Quarter Final	4 races	2+0	00:02:30	00:10	
	12:15	15	Men Top	500m Quarter Final	4 races	2+0	00:02:30	00:10	
	12:25	16	Men Bottom	500m Quarter Final	4 races	2+0	00:02:30	00:10	
12:35	12:35		<b>Lunch</b>						00:45
13:20	13:20	17	Women Top	500m Semi	4 races	2+0	00:02:30	00:10	
	13:30	18	Women Bottom	500m Semi	4 races	2+0	00:02:30	00:10	
	13:40	19	Men Top	500m Semi	4 races	2+0	00:02:30	00:10	
	13:50	20	Men Bottom	500m Semi	4 races	2+0	00:02:30	00:10	
14:00	14:00		<b>Flood or Break</b>						00:15
14:15	14:15	21	Women Top	500m Final	4 races		00:02:30	00:10	
	14:25	22	Women Bottom	500m Final	4 races		00:02:30	00:10	
	14:35	23	Men Top	500m Final	4 races		00:02:30	00:10	
	14:45	24	Men Bottom	500m Final	4 races		00:02:30	00:10	
14:55	14:55		<b>END</b>						

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## SCHEDULE

Sunday, December 18th

Start		Race	Event				Minutes Per Race	Time	
								Race	Resurface
09:00	09:00		Women Group	Warm up (A-B-C)				00:10	
09:10	09:10		Women Group	Warm up (D-E-F)				00:10	
09:20	09:20		Men group 1	Warm up (A-B-C)				00:10	
09:30	09:30		Men Group 2	Warm up (D-E-F)				00:10	
09:40	09:40		<b>Flood</b>						00:20
	10:00	25	Women	1000m Heats	8 races	2+0	00:03:15	00:26	
	10:26	26	Men	1000m Heats	8 races	2+0	00:03:15	00:26	
10:52	10:52		<b>Flood</b>						00:20
	11:12	27	Women Top	1000m Quarter	4 races	2+0	00:03:15	00:13	
	11:25	28	Women Bottom	1000m Quarter	4 races	2+0	00:03:15	00:13	
	11:38	29	Men Top	1000m Quarter	4 races	2+0	00:03:15	00:13	
	11:51	30	Men Bottom	1000m Quarter	4 races	2+0	00:03:15	00:13	
12:04	12:04		<b>Flood/ Lunch</b>						00:45
	12:49	31	Women Top	1000 Semi Final	4 races	2+0	00:03:15	00:13	
	13:02	32	Women Bottom	1000 Semi Final	4 races	2+0	00:03:15	00:13	
	13:15	33	Men Top	1000 Semi Final	4 races	2+0	00:03:15	00:13	
	13:28	34	Men Bottom	1000 Semi Final	4 races	2+0	00:03:15	00:13	
13:41	13:41		<b>Flood</b>						00:20
	14:01	36	Women Bottom	1000m Final	4 races		00:03:15	00:13	
	14:14	38	Men Bottom	1000m Final	4 races		00:03:15	00:13	
	14:27	35	Women Top	1000m Final	4 races		00:03:15	00:13	
	14:40	37	Men Top	1000m Final	4 races		00:03:15	00:13	
14:53	14:53		<b>Flood</b>						00:20
	15:13	39	Women	1500m Super	2 races		00:04:15	00:09	
	15:22	40	Men	1500m Super	2 races		00:04:15	00:09	
	15:31		<b>Medal Ceremony for 1000m and Super 1500m and Flood</b>						00:30
	16:01	41	Mixed Relay B	Relay Final	1 races		00:07:00	00:07	
	16:08	42	Mixed Relay A	Relay Final	1 races		00:07:00	00:07	
16:15	16:15		<b>END</b>						