

**Canadian Senior Open Selections #2**  
**Sélections canadiennes ouvertes seniors #2**

**March 10-13 Mars**

**Aréna Maurice-Richard, Montréal, QC**

**SCHEDULE / HORAIRE**

Final 2016-03-08

**Thursday / Jeudi**

12:30	Warm up / Échauffement	Ladies / Femme Group A	33 skaters		0:10
12:40	Warm up / Échauffement	Ladies / Femme Group B			0:10
12:50	Warm up / Échauffement	Homme / Men Group A	37 skaters		0:10
13:00	Warm up / Échauffement	Homme / Men Group B			0:10
13:10	Ice resurfacing / Glace (full)				0:20
13:30	Preliminaires 1500m	Ladies / Femme	6 races	4+0	0:24
13:54	Preliminaires 1500m	Homme / Men	7 races	3+3	0:28
14:22	Ice resurfacing / Glace				0:20
14:42	Heat 1500m	Ladies / Femme	4 races	3+0	0:16
14:58	Heat 1500m	Homme / Men	4 races	3+0	0:16
15:14	Ice resurfacing / Glace (full) <b>BREAK / PAUSE</b>				0:45
15:59	Preliminaires 500m	Ladies / Femme	9 races	2+2	0:22
16:21	Preliminaires 500m	Homme / Men	10 races	2+0	0:25
16:46	Ice resurfacing / Glace				0:20
17:06	Heat 500m	Ladies / Femme	5 races	2+0	0:12
17:19	Heat 500m	Homme / Men	5 races	2+0	0:12
17:31	<b>END</b> approximatif				

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**Friday / Vendredi**

12:30	Warm up / Échauffement	Ladies / Femme	21 skaters		0:10
12:40	Warm up / Échauffement	Homme / Men	25 skaters		0:10
12:50	Ice resurfacing / Glace (full)				0:20
13:10	REP Heat 1500m	Ladies / Femme	4 races	3+0	0:16
13:26	REP Heat 1500m	Homme / Men	5 races	2+2	0:20
13:46	Ice resurfacing / Glace				0:20
14:06	REP Quarter 1500m	Ladies / Femme	2 races	3+0	0:08
14:14	REP Quarter 1500m	Homme / Men	2 races	3+0	0:08
14:22	Ice resurfacing / Glace				0:20
14:42	REP Finals 1500m (F-D)	Ladies / Femme	3 races		0:12
14:54	REP Finals 1500m (G-D)	Homme / Men	4 races		0:16
15:10	Ice resurfacing / Glace (full) <b>BREAK / PAUSE</b>				0:20
15:30	Warm up / Échauffement	Ladies / Femme	18 skaters		0:10
15:40	Warm up / Échauffement	Homme / Men	18 skaters		0:10
15:50	Ice resurfacing / Glace (full)				0:20
16:10	Semi final 1500m	Ladies / Femme	3 races	2+0	0:12
16:22	Semi final 1500m	Homme / Men	3 races	2+0	0:12
16:34	Ice resurfacing / Glace				0:20
16:54	Final 1500m (C-A)	Ladies / Femme	3 races		0:12
17:06	Final 1500m (C-A)	Homme / Men	3 races		0:12
17:18	<b>END</b> approximatif				

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**Saturday / Samedi**

12:30	Warm up / Échauffement	Ladies / Femme	23 skaters		0:10
12:40	Warm up / Échauffement	Homme / Men	27 skaters		0:10
12:50	Ice resurfacing / Glace (full)				0:20
13:10	REP Heat 500m	Ladies / Femme	6 races	2+0	0:15
13:25	REP Heat 500m	Homme / Men	7 races	1+5	0:17
13:42	Ice resurfacing / Glace				0:20
14:02	REP Quarter 500m	Ladies / Femme	3 races	2+0	0:07
14:10	REP Quarter 500m	Homme / Men	3 races	2+0	0:07
14:17	Ice resurfacing / Glace				0:20
14:37	REP Finals 500m (I-E)	Ladies / Femme	5 races		0:12
14:50	REP Finals 500m (J-E)	Homme / Men	6 races		0:15
15:05	Ice resurfacing / Glace (full) <b>BREAK / PAUSE</b>				0:20
15:25	Warm up / Échauffement	Ladies / Femme	16 skaters		0:10
15:35	Warm up / Échauffement	Homme / Men	16 skaters		0:10
15:45	Ice resurfacing / Glace				0:20
16:05	Quarter 500m	Ladies / Femme	4 races	2+0	0:10
16:15	Quarter 500m	Homme / Men	4 races	2+0	0:10
16:25	Ice resurfacing / Glace				0:20
16:45	Semi final 500m	Ladies / Femme	2 races	2+0	0:05
16:50	Semi final 500m	Homme / Men	2 races	2+0	0:05
16:55	Ice resurfacing / Glace				0:20
17:15	Final 500m (D-A)	Ladies / Femme	4 races		0:10
17:25	Final 500m (D-A)	Homme / Men	4 races		0:10
17:35	<b>END</b> approximatif				

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**Sunday / Dimanche**

9:00	Warm up / Échauffement	Ladies / Femme Group A	24 skaters		0:10
9:10	Warm up / Échauffement	Homme / Men Group A	27 skaters		0:10
9:20	Ice resurfacing / Glace (full)				0:20
9:40	REP Heat 1000m	Ladies / Femme	6 races	2+0	0:19
9:59	REP Heat 1000m	Homme / Men	7 races	1+5	0:22
10:22	Ice resurfacing / Glace				0:20
10:42	REP Quarter 1000m	Ladies / Femme	3 races	2+0	0:09
10:52	REP Quarter 1000m	Homme / Men	3 races	2+0	0:09
11:01	Ice resurfacing / Glace (full)				0:20
11:21	REP Finals 1000m (I-E)	Ladies / Femme	5 races		0:16
11:38	REP Finals 1000m (J-E)	Homme / Men	6 races		0:19
11:57	Ice resurfacing / Glace (full) <b>LUNCH</b>				0:45
12:42	Warm up / Échauffement	Ladies / Femme	16 skaters		0:10
12:52	Warm up / Échauffement	Homme / Men	16 skaters		0:10
13:02	Ice resurfacing / Glace				0:20
13:22	Quarter 1000m	Ladies / Femme	4 races	2+0	0:13
13:35	Quarter 1000m	Homme / Men	4 races	2+0	0:13
13:48	Ice resurfacing / Glace				0:20
14:08	Semi final 1000m	Ladies / Femme	2 races	2+0	0:06
14:15	Semi final 1000m	Homme / Men	2 races	2+0	0:06
14:21	Ice resurfacing / Glace				0:20
14:41	Final 1000m (D-A)	Ladies / Femme	4 races		0:13
14:54	Final 1000m (D-A)	Homme / Men	4 races		0:13
15:07	Ice resurfacing / Glace				0:20
15:27	Super Final 3000m (B-A)	Ladies / Femme	2 races		0:12
15:39	Super Final 3000m (B-A)	Homme / Men	2 races		0:12
15:51	Ice resurfacing / Glace				0:20
16:11	Final Relays 3000m (Exhibition)	Ladies / Femme	1 races		0:06
16:17	Final Relays 5000m (Exhibition)	Homme / Men	1 races		0:09
16:20	<b>END</b> approximatif				