

Alberta Open Indoor Long Track 2020

PRELIMINARY SCHEDULE: Calgary, AB - January 11-12, 2020

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

Friday, January 10

7:00 pm		Coaches Meeting OVAL LOUNGE & Helmet Cover Pickup	
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Saturday, January 11 - Active Start / FUNd / L2T

6:45		CSSA Helmet Cover Pick Up				
7:15		Chief Officials Meeting				
7:45	Division 1-2	Warm up				
7:55	Division 3-4	Warm up				
8:05		Ice Resurfacing				0:20
Start	Race	Event				Time
						Resurface
	1	Division 1 Ability	MS 500m Heat	3 races	2+1	
	2	Division 2 Ability	MS 500m Heat	3 races	2+1	
	3	Division 3 Ability	MS 500m Heat	3 races	2+1	
	4	Division 4 Ability	MS 500m Heat	2 races	2+3	
		Break (Ice Resurfacing if required)				0:20
	5	Division 1 Ability	MS 500m Final	3 races		
	6	Division 2 Ability	MS 500m Final	3 races		
	7	Division 3 Ability	MS 500m Final	3 races		
	8	Division 4 Ability	MS 500m Final	2 races		
		Ice Resurfacing				0:20
	9	Division 1 Ability	MS 100m Heat	3 races	2+1	
	10	Division 2 Ability	MS 100m Heat	3 races	2+1	
	11	Division 3 Ability	MS 100m Heat	3 races	2+1	
	12	Division 4 Ability	MS 100m Heat	2 races	2+3	
		Break (Ice Resurfacing if required)				0:20
	13	Division 1 Ability	MS 100m Final	3 races		
	14	Division 2 Ability	MS 100m Final	3 races		
	15	Division 3 Ability	MS 100m Final	3 races		
	16	Division 4 Ability	MS 100m Final	2 races		
11:01		Lunch (60 min) - start OPEN races 60 minutes after last Div 6 race.				

Saturday, January 11 - T2T / Open - JR/SR/Master

Start	Race	Event				Time
						Resurface
11:01		Open - JR/SR/Master	Warm up			
11:21		T2T	Warm up			
		Ice Resurfacing				0:20
12:01		Open - JR/SR/Master	OS 500m	15 pairs		
12:24	17	T2T2 Female (T2T13/14)	OS 500m	12 pairs		
	18	T2T2 Male (T2T14/15)	OS 500m	14 pairs		
		Ice Resurfacing				0:20
	19	T2T1 Female (T2T11/12)	OS 500m	17 pairs		
	20	T2T1 Male (T2T12/13)	OS 500m	18 pairs		
		Ice Resurfacing				0:20
		Open - JR/SR/Master	OS 1500m	8 quads		
	21	T2T2 Female (T2T13/14)	OS 1500m	6 quads		
	22	T2T2 Male (T2T14/15)	OS 1500m	7 quads		
		Ice Resurfacing				0:20
	23	T2T1 Female (T2T11/12)	MS 7 Lap Final	2 races		
	24	T2T1 Male (T2T12/13)	MS 7 Lap Final	2 races		
17:19		END OF DAY				

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Sunday, January 12 - Active Start / FUNd / L2T

Start	Race	Event				Time
						Resurface
8:00		Division 1-2	Warm up			
8:10		Division 3-4-5	Warm up			
8:20		Ice Resurfacing				0:20
8:40	25	Division 1 Ability	MS 300m Heat	3 races	2+1	
	26	Division 2 Ability	MS 300m Heat	3 races	2+1	
	27	Division 3 Ability	MS 300m Heat	3 races	2+1	
	28	Division 4 Ability	MS 300m Heat	2 races	3+1	
		Break (Ice Resurfacing if required)				0:20
	29	Division 1 Ability	MS 300m Final	3 races		
	30	Division 2 Ability	MS 300m Final	3 races		
	31	Division 3 Ability	MS 300m Final	3 races		
	32	Division 4 Ability	MS 300m Final	2 races		
		Ice Resurfacing				0:20
	33	Division 1 Ability	MS 3 Lap SF	1 races		
	34	Division 2 Ability	MS 3 Lap SF	1 races		
	35	Division 3 Ability	MS 2 Lap SF	1 races		
	36	Division 4 Ability	MS 2 Lap SF	1 races		
10:36		Lunch (40) - start T2T races 40 minutes after last Div 6 race.				
		Medal Ceremony for Ability Divisions				

Sunday, January 12 - T2T / Open - JR/SR/Master

Start	Race	Event				Time
						Resurface
10:36		T2T	Warm up			
10:56		Ice Resurfacing				0:20
	37	T2T1 Female (T2T11/12)	MS 300m Heat	6 races	1+0	
	38	T2T1 Male (T2T12/13)	MS 300m Heat	6 races	1+0	
	39	T2T2 Female (T2T13/14)	MS 300m Heat	4 races	1+2	
	40	T2T2 Male (T2T14/15)	MS 300m Heat	5 races	1+1	
		Ice Resurfacing				0:20
	41	T2T1 Female (T2T11/12)	MS 300m Final	6 races		
	42	T2T1 Male (T2T12/13)	MS 300m Final	6 races		
	43	T2T2 Female (T2T13/14)	MS 300m Final	4 races		
	44	T2T2 Male (T2T14/15)	MS 300m Final	5 races		
13:14		Open - JR/SR/Master	Warm up			
13:34		Ice Resurfacing				0:20
13:54		Open - JR/SR/Master	OS 1000m	7 quads		
		Ice Resurfacing				0:20
	45	T2T1 Female (T2T11/12)	MS 1500m Final	4 races		
	46	T2T1 Male (T2T12/13)	MS 1500m Final	6 races		
	47	T2T2 Female (T2T13/14)	MS 7 Lap Final	2 races		
	48	T2T2 Male (T2T14/15)	MS 7 Lap Final	2 races		
		Ice Resurfacing				0:20
16:15		Medal Ceremony for T2T Skaters				
16:15		Open - JR/SR/Master	OS 3000m	8 quads		
17:18		Medal Ceremony for JR/SR/Master				
17:18		END				