

RU FAST 2020

Calgary, AB - Saturday, March 7 - Sunday March 8, 2020

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

Friday, March 6, 2020 - Training to Train (T2T), Masters, and Open

7:15 PM **COACHES Meeting - Oval Lounge**

Saturday, March 7, 2020 - Training to Train (T2T), Masters, and Open

7:00 AM **Officials Meeting (Oval Lounge/Boardroom)**

Start	Race	Division / Group	Event	Number of Races	
7:30		Warm up T2T Male A	Warm up (32 Skaters)		
7:40		Warm up T2T Female A	Warm up (32 Skaters)		
7:50		Warm up T2T Male B	Warm up (28 Skaters)		
8:00		Warm up T2T Female B	Warm up (16 Skaters)		
8:10		Open, Masters	Warm up (19 skaters)		
8:20	1	Ice Preparation (only 1 Zamboni for both rinks)			
100m track	1	T2T 1 Male	200m Pursuits	8 races	0+4
100m track	2	T2T 1 Female	200m Pursuits	8 races	0+4
100m track	3	T2T 2 Male	200m Pursuits	8 races	0+4
100m track	4	T2T 2 Female	200m Pursuits	8 races	0+4
100m track	5	T2T 3 Male	200m Pursuits	8 races	0+4
100m track	6	T2T 3 Female	200m Pursuits	8 races	0+4
100m track	7	T2T 4 Male	200m Pursuits	6 races	0+4
111m track	8	Open	500m Heat	2 races	2+1
111m track	9	Masters	500m Heat	2 races	2+1
10:09	2	Ice Preparation (only 1 Zamboni for both rinks)			
100m track	10	T2T 1 Male	200m Final	4 races	
100m track	11	T2T 1 Female	200m Final	4 races	
100m track	12	T2T 2 Male	200m Final	4 races	
100m track	13	T2T 2 Female	200m Final	4 races	
100m track	14	T2T 3 Male	200m Final	4 races	
100m track	15	T2T 3 Female	200m Final	4 races	
100m track	16	T2T 4 Male	200m Final	3 races	
111m track	17	Open	500m Final	2 races	
111m track	18	Masters	500m Final	2 races	
11:30	3	Lunch & Ice Preparation			

Saturday, February 16, 2019 - Training to Train (T2T), Masters, and Open

Start	Race	Division / Group	Event	Number of Races	
100m track	19	T2T 13/14 Female (21 skaters)	3000m Points Final	3 races	
100m track	20	T2T 14/15 Male (21 skaters)	3000m Points Final	3 races	
100m track	21	T2T 11/12 Female (26 skaters)	2000m Points Final	4 races	
100m track	22	T2T 12/13 Male (38 skaters)	2000m Points Final	5 races	
111m track	23	Open	1500m SuperFinal	2 races	
111m track	24	Masters	1000m SuperFinal	2 races	
14:25	4	Ice Preparation			
100m track	25	T2T 1 Male	3000m Relays	1 races	
100m track	26	T2T 1 Female	3000m Relays	1 races	
100m track	27	T2T 2 Male	3000m Relays	1 races	
100m track	28	T2T 2 Female	3000m Relays	1 races	
100m track	29	T2T 3 Male	3000m Relays	1 races	

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100m track	30	T2T 3 Female	3000m Relays	1 races	
100m track	31	T2T 4 Male	3000m Relays	1 races	
15:50		END OF DAY			

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Sunday, March 8, 2020 - Training to Train (T2T), Masters, and Open

Start	Race	Division / Group	Event	Number of Races	
7:35		Warm up T2T Male A	Warm up (30 Skaters)		
7:45		Warm up T2T Female A	Warm up (24 Skaters)		
7:55		Warm up T2T Male B	Warm up (30 Skaters)		
8:05		Warm up T2T Female B	Warm up (24 Skaters)		
8:15	1	Ice Preparation			
100m track	32	T2T 1 Male	1500m Heat	5 races	1+1
100m track	33	T2T 1 Female	1500m Heat	4 races	1+2
100m track	34	T2T 2 Male	1500m Heat	5 races	1+1
100m track	35	T2T 2 Female	1500m Heat	4 races	1+2
9:59		Open, Masters	Warm up (19 skaters)		
10:09	2	Ice Preparation			
100m track	36	T2T 1 Male	400m Heat	4 races	1+0
100m track	37	T2T 1 Female	400m Heat	4 races	1+0
100m track	38	T2T 2 Male	400m Heat	4 races	1+0
100m track	39	T2T 2 Female	400m Heat	4 races	1+0
100m track	40	T2T 3 Male	400m Heat	4 races	1+0
100m track	41	T2T 3 Female	400m Heat	4 races	1+0
100m track	42	T2T 4 Male	400m Heat	3 races	1+1
111m track	43	Open	1000m Heat	2 races	2+1
111m track	44	Masters	777m Heat	2 races	2+1
11:50	3	Ice Preparation+ Lunch+Break for Paperwork			
100m track	45	T2T 1 Male	400m Final	4 races	
100m track	46	T2T 1 Female	400m Final	4 races	
100m track	47	T2T 2 Male	400m Final	4 races	
100m track	48	T2T 2 Female	400m Final	4 races	
100m track	49	T2T 3 Male	400m Final	4 races	
100m track	50	T2T 3 Female	400m Final	4 races	
100m track	51	T2T 4 Male	400m Final	3 races	
111m track	52	Open	1000m Final	2 races	
111m track	53	Masters	777m Final	2 races	
13:57	4	Ice Preparation (if necessary)			
100m track	54	T2T 1 Male	1500m Final	5 races	
100m track	55	T2T 1 Female	1500m Final	4 races	
100m track	56	T2T 2 Male	1500m Final	5 races	
100m track	57	T2T 2 Female	1500m Final	4 races	
111m track	58	Open	3000m Super Final	1 races	
111m track	59	Masters	1500m SuperFinal	2 races	
15:47		Medal Presentation T2T and OPEN			
		END OF COMPETITION - BE SURE TO RETURN HELMET COVERS!!!			
16:07		Clean-up and Chief Officials Competition review meeting			

NOTE: TIMES ARE ESTIMATES ONLY