

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

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

Saturday, March 7 - Learning to Train (L2T) / FUNd / ActiveStart

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

Start	Race	Division / Group	Event	Number of Races	
7:20		Div 1/2	Warm up (30 skaters)		
7:30		Div 3/4	Warm up (30 skaters)		
7:40		Div 5/6	Warm up (30 skaters)		
7:50		Div 7/8/9	Warm up (45 skaters)		
8:00		Ice Preparation (cart and water bin on rink)			
100m track	1	Division 1 (15 skaters)	300m Heat	3 races	1+2
	2	Division 2 (15 skaters)	300m Heat	3 races	1+2
	3	Division 3 (15 skaters)	300m Heat	3 races	1+2
	4	Division 4 (15 skaters)	300m Heat	3 races	1+2
	5	Division 5 (15 skaters)	300m Heat	3 races	1+2
	6	Division 6 (15 skaters)	300m Heat	3 races	1+2
	7	Division 7 (15 skaters)	300m Heat	3 races	1+2
	8	Division 8 (15 skaters)	300m Heat	3 races	1+2
	9	Division 9 (15 skaters)	200m Heat	3 races	1+2
9:21		Ice Preparation (if necessary)			
	10	Division 1 (15 skaters)	300m Final	3 races	
	11	Division 2 (15 skaters)	300m Final	3 races	
	12	Division 3 (15 skaters)	300m Final	3 races	
	13	Division 4 (15 skaters)	300m Final	3 races	
	14	Division 5 (15 skaters)	300m Final	3 races	
	15	Division 6 (15 skaters)	300m Final	3 races	
	16	Division 7 (15 skaters)	300m Final	3 races	
	17	Division 8 (15 skaters)	300m Final	3 races	
	18	Division 9 (15 skaters)	200m Final	3 races	
10:38		Ice Preparation (if necessary)			
	19	Division 1 (15 skaters)	200m Heat	3 races	1+2
	20	Division 2 (15 skaters)	200m Heat	3 races	1+2
	21	Division 3 (15 skaters)	200m Heat	3 races	1+2
	22	Division 4 (15 skaters)	200m Heat	3 races	1+2
	23	Division 5 (15 skaters)	200m Heat	3 races	1+2
	24	Division 6 (15 skaters)	200m Heat	3 races	1+2
	25	Division 7 (15 skaters)	200m Heat	3 races	1+2
	26	Division 8 (15 skaters)	200m Heat	3 races	1+2
	27	Division 9 (15 skaters)	100m Heat	3 races	1+2
11:40		Ice Preparation + Lunch + Break for Paperwork			
	28	Division 1 (15 skaters)	200m Final	3 races	
	29	Division 2 (15 skaters)	200m Final	3 races	
	30	Division 3 (15 skaters)	200m Final	3 races	
	31	Division 4 (15 skaters)	200m Final	3 races	
	32	Division 5 (15 skaters)	200m Final	3 races	
	33	Division 6 (15 skaters)	200m Final	3 races	
	34	Division 7 (15 skaters)	200m Final	3 races	
	35	Division 8 (15 skaters)	200m Final	3 races	
	36	Division 9 (15 skaters)	100m Final	3 races	
13:12		Ice Preparation (if necessary)			
		Division 1	2000m Relay	1 races	
		Division 2	2000m Relay	1 races	
		Division 3	2000m Relay	1 races	
		Division 4	2000m Relay	1 races	
		Division 5	2000m Relay	1 races	
		Division 6	2000m Relay	1 races	

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		Division 7	2000m Relay	1 races	
		Division 8	2000m Relay	1 races	
		Division 9	1000m Relay	1 races	
14:38		END OF DAY			

Sunday March 8, 2020 - Learning to Train / FUNd / ActiveStart

Start	Race	Division / Group	Event	Number of Races	
7:10		Div 1/2	Warm up		
7:20		Div 3/4	Warm up		
7:30		Div 5/6	Warm up		
7:40		Div 7/8/9	Warm up		
7:50		Ice Preparation (only 1 Zamboni for both rinks)			
100m	37	Division 1 (15 skaters)	400m Heat	3 races	1+2
	38	Division 2 (15 skaters)	400m Heat	3 races	1+2
	39	Division 3 (15 skaters)	400m Heat	3 races	1+2
	40	Division 4 (15 skaters)	400m Heat	3 races	1+2
	41	Division 5 (15 skaters)	400m Heat	3 races	1+2
	42	Division 6 (15 skaters)	400m Heat	3 races	1+2
	43	Division 7 (15 skaters)	400m Heat	3 races	1+2
	44	Division 8 (15 skaters)	400m Heat	3 races	1+2
	45	Division 9 (15 skaters)	300m Heat	3 races	1+2
9:10		Ice Preparation (if necessary)			
	46	Division 1 (15 skaters)	400m Final	3 races	
	47	Division 2 (15 skaters)	400m Final	3 races	
	48	Division 3 (15 skaters)	400m Final	3 races	
	49	Division 4 (15 skaters)	400m Final	3 races	
	50	Division 5 (15 skaters)	400m Final	3 races	
	51	Division 6 (15 skaters)	400m Final	3 races	
	52	Division 7 (15 skaters)	400m Final	3 races	
	53	Division 8 (15 skaters)	400m Final	3 races	
	54	Division 9 (15 skaters)	300m Final	3 races	
10:31		Ice Preparation (if necessary)			
	55	Division 1 (15 skaters)	800m Heat	3 races	1+2
	56	Division 2 (15 skaters)	800m Heat	3 races	1+2
	57	Division 3 (15 skaters)	800m Heat	3 races	1+2
	58	Division 4 (15 skaters)	800m Heat	3 races	1+2
11:48		Ice Preparation + Lunch + Break for Paperwork			
	59	Division 5 (15 skaters)	500m SuperFinal	3 races	
	60	Division 6 (15 skaters)	500m SuperFinal	3 races	
	61	Division 7 (15 skaters)	500m SuperFinal	3 races	
	62	Division 8 (15 skaters)	500m SuperFinal	3 races	
	63	Division 9 (15 skaters)	400m SuperFinal	3 races	
13:40		Ice Preparation (if necessary)			
	64	Division 1 (15 skaters)	800m Final	3 races	
	65	Division 2 (15 skaters)	800m Final	3 races	
	66	Division 3 (15 skaters)	800m Final	3 races	
	67	Division 4 (15 skaters)	800m Final	3 races	
14:56		Medal Presentation (Div 9 through Div 1)			
15:16		END OF COMPETITION - BE SURE TO RETURN HELMET COVERS!!!			
16:07		Clean-up and Chief's Competition review meeting			

NOTE: TIMES ARE ESTIMATES ONLY