

RU FAST 2019

Calgary, AB - Saturday, February 16 and Sunday February 17, 2019

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

Friday, February 15, 2019 - Training to Train (T2T), Masters, and Open (Page 1 of 3)

7:15 PM	COACHES Meeting			
Saturday, February 16, 2019 - Training to Train (T2T), Masters, and Open				
7:15 AM	Officials Meeting (Oval Lounge/Boardroom)			
Start	Division / Group	Event	Number of Races	
8:10	Warm up Male A	Warm up (32 Skaters)		
8:20	Warm up Female A	Warm up (32 Skaters)		
8:30	Warm up Male B	Warm up (29 Skaters)		
8:40	Warm up Female B	Warm up (16 Skaters)		
8:50	Open, Masters	Warm up (10 skaters)		
9:00	Ice Preparation (only 1 Zamboni for both rinks)			
100m track	T2T 1 Male	200m Pursuits	8 races	0+4
	T2T 1 Female	200m Pursuits	8 races	0+4
	T2T 2 Male	200m Pursuits	8 races	0+4
	T2T 2 Female	200m Pursuits	8 races	0+4
	T2T 3 Male	200m Pursuits	8 races	0+4
	T2T 3 Female total 48 female	200m Pursuits	8 races	0+4
	T2T 4 Male total 61 male	200m Pursuits	6 races	0+4
111m track	Open	500m Heat	2 races	2+0
111m track	Masters	500m Heat	1 races	
	Ice Preparation (only 1 Zamboni for both rinks)			
100m track	T2T 1 Male	200m Final	4 races	
	T2T 1 Female	200m Final	4 races	
	T2T 2 Male	200m Final	4 races	
	T2T 2 Female	200m Final	4 races	
	T2T 3 Male	200m Final	4 races	
	T2T 3 Female	200m Final	4 races	
	T2T 4 Male	200m Final	3 races	
111m track	Open	500m Final	2 races	
111m track	Masters	500m Final	1 races	
12:04	Lunch & Ice Preparation			

Saturday, February 16, 2019 - Training to Train (T2T), Masters, & Open (Page 2 of 3)

Start	Division / Group	Event	Number of Races	
100m track	T2T 13/14 Female (20 skaters)	3000m Points Final	3 races	
100m track	T2T 14/15 Male (15 skaters)	3000m Points Final	2 races	
100m track	T2T 11/12 Female (28 skaters)	2000m Points Final	5 races	
100m track	T2T 12/13 Male (46 skaters)	2000m Points Final	8 races	
Ice Preparation				
100m track	T2T 1 Male	3000m Relays	1 races	
100m track	T2T 1 Female	3000m Relays	1 races	
100m track	T2T 2 Male	3000m Relays	1 races	
100m track	T2T 2 Female	3000m Relays	1 races	
111m track	Open	1500m SuperFinal	1 races	
111m track	Masters	1000m SuperFinal	1 races	
15:32	END OF DAY			

Sunday, February 17, 2019 - Training to Train (T2T), Masters & Open (Page 3 of 3)

Start	Division / Group	Event	Number of Races	
7:10	Warm up Male A	Warm up (32 Skaters)		
7:20	Warm up Female A	Warm up (32 Skaters)		
7:30	Warm up Male B	Warm up (29 Skaters)		
7:40	Warm up Female B	Warm up (16 Skaters)		
7:50	Open, Masters	Warm up (10 Skaters)		
Ice Preparation				
100m track	T2T 1 Male	400m Heat	3 races	1+1
100m track	T2T 1 Female	400m Heat	3 races	1+1
100m track	T2T 2 Male	400m Heat	3 races	1+1
100m track	T2T 2 Female	400m Heat	3 races	1+1
100m track	T2T 3 Male	400m Heat	3 races	1+1
100m track	T2T 3 Female	400m Heat	3 races	1+1
100m track	T2T 4 Male	400m Heat	3 races	1+1
100m track	T2T 4 Female	400m Heat	3 races	1+1
100m track	T2T 5 Male	400m Heat	3 races	1+1
111m track	Open	1000m Heat	1 races	
111m track	Masters	777m Heat	1 races	
Ice Preparation (if necessary)				
100m track	T2T 1 Male	400m Final	3 races	
100m track	T2T 1 Female	400m Final	3 races	
100m track	T2T 2 Male	400m Final	3 races	
100m track	T2T 2 Female	400m Final	3 races	
100m track	T2T 3 Male	400m Final	3 races	
100m track	T2T 3 Female	400m Final	3 races	
100m track	T2T 4 Male	400m Final	3 races	
100m track	T2T 4 Female	400m Final	3 races	
100m track	T2T 5 Male	400m Final	3 races	
111m track	Open	1000m Final	1 races	
111m track	Masters	777m Final	1 races	
Ice Preparation+ Lunch+Break for Paperwork				
100m track	T2T Female	1500m Super Final	8 races	
100m track	T2T Male	1500m Super Final	10 races	
111m track	Open	3000m Super Final	1 races	
111m track	Masters	1500m SuperFinal	1 races	
Ice Preparation (if necessary)				
100m track	T2T 3 Male	3000m Relays	1 races	
100m track	T2T 3 Female	3000m Relays	1 races	
100m track	T2T 4 Male	3000m Relays	1 races	
Medal Presentation T2T and OPEN				
END OF COMPETITION - BE SURE TO RETURN HELMET COVERS!!!				
15:30	Clean-up and Chief Officials Competition review meeting			