

**CanAm International
December 1, 2, 3, 2023
Olympic Oval, Calgary
Draft Schedule #4**

Sunday, December 3

07:30	<i>Warmup – Women</i>		
08:00	<i>Warmup - Men</i>		
08:30	Zamboni - All Skaters must leave the ice Skaters allowed after Zamboni leaves the ice.		
09:00	Women	1000m	Qt 1 - 11
	Men	1000m	Qt 1 - 16
	Warmup		
10:35	Zamboni - All Skaters must leave the ice Skaters allowed after Zamboni leaves the ice.		
11:00	Men	3000m	Qt 1 – 6
	Women	3000m	Qt 1 – 10
	Officials Lunch		
	Zamboni - All Skaters must leave the ice Skaters allowed after Zamboni leaves the ice.		
12:55	Men	5000m	Qt 1 - 12

No trains of more than 2 skaters during racing

Rest on the inside of the warmup lane only.

No accelerations on the start turn and through the start area.

All Skaters are responsible for their own ARM BANDS.

