

2023 MB Long Track Provincials

Saturday Jan 14, 2023

Morning Schedule

- 9:00 AM All skaters should arrive
- 9:30 AM Warm-up 5-13 yr
- 10:00 AM Warm-up 14 +
- 10:30 AM Flood and Officials meeting

Start time	Event	Group	Distance	# skaters	# on line	# of races	
11:15 AM	1	1	500 m Heats	8	4	2	
	Break - put pucks for OS						
	2	2	500 OS	7	2	4	
	3	3	500 OS	11	2	6	
	4	4	500 OS	8	2	4	
	5	5	500 OS	12	2	6	
	Break - remove pucks for MS						
	6	1	500 m Final	8	4	2	
	Break						
	1:00 PM	7	3	300m Heats	11	6	2
		8	2	300m Heat	7	7	1
9		1	300m Heat	8	8	1	
Break/Flood/Lunch							
2:00 PM	10	4	1500 OS quad	8	4	2	
	11	5	1500 OS quad	12	4	3	
	Break - remove pucks for MS						
	12	3	300m Final	11	6	2	
	13	2	300m Final	7	7	1	
	14	1	300m Final	8	8	1	
Break							
3:00 PM	15 Team	3	Pursuit 4 laps	11	6	2	
	Break/Awards Ceremony						

Group	age	# skaters	distance 1	distance 2	distance 3	distance 4
1	5-8 yr	8	100m H-F	300m H-F	500m H-F	800m SF
2	9-10 yr	7	100m H-F	300m H-F	500 OS	800m SF
3	11-13 yr	11	500 OS	300m H-F	7 lap ISU	1500m SF
4	14 + Fem	8	500 OS	1500 OS	1000 OS	3000 OS
5	14+ Male	12	500 OS	1500 OS	1000 OS	3000 OS

2023 MB Long Track Provincials

Sunday Jan 15, 2023

Morning Schedule

- 8:30 AM All skaters should arrive
- 9:00 AM Warm-up 5-13 yr
- 9:20 AM Warm-up 14 +
- 9:40 AM Flood and Officials meeting

Start time	Event	Group	Distance	# skaters	# on line	# of races	
10:15 AM	16	1	100 m Heats	8	4	2	
	17	2	100 m Heats	7	4	2	
	Move Starters						
	18	4	3000 OS quad	8	4	2	
	19	5	3000 OS quad	12	4	3	
	Remove pucks						
	20	3	7 lap ISU	11	24	1	
	21	1	100 m Final	8	4	2	
	22	2	100 m Final	7	4	2	
	Break						
12:10 PM	23	4	1000 OS	8	2	4	
	24	5	1000 OS	12	2	6	
	Remove pucks						
	25	1	800 m SF	8	8	1	
	26	2	800 m SF	7	7	1	
	27	3	1500m SF	11	6	2	
	Break						
Award Ceremony							

Group	age	skaters	distance 1	distance 2	distance 3	distance 4
1	5-8 yr	8	100m H-F	300m H-F	500m H-F	800m SF
2	9-10 yr	7	100m H-F	300m H-F	500 OS	800m SF
3	11-13 yr	11	500 OS	300m H-F	7 lap ISU	1500m SF
4	14 + Fem	8	500 OS	1500 OS	1000 OS	3000 OS
5	14+ Male	12	500 OS	1500 OS	1000 OS	3000 OS