

2023 Manitoba Cup 4 ST

March 18, 2023

Stride Place, Portage la Prairie

COMP GROUP	SKATER COUNT	RACES DISTANCES (m)				TRACK LENGTH
1	5	500m	1500m	1000m	111m	
2	10	1500m	400m	800m	100m	
3	11	400m	400m	800m	100m	
4	11	200m	400m	400m	800m	

SCHEDULE TIME	EVENT	GROUP	DISTANCE	TRACK	# SKATERS	MAX ON START LINE	# OF RACES	skaters per race
12:00 PM	Mats on / set-up, then flood							
12:50 PM	w-u	1 & 2	<i>Warm-up</i>		15			
1:00 PM	w-u	3	<i>Warm-up</i>		11			
1:10 PM	w-u	4	<i>Warm-up</i>		11			
TRACK FLOOD FOR RACES (25)								
1:45 PM	1	2	1500m	100m	10	7	2	5,5
	2	3	400m	100m	11	5	3	3,4,4
	3	4	200m	100m	11	5	3	3,4,4
	4	1	500m	111m	5	5	1	5
TRACK FLOOD (30min)								
2:41 PM	5	2	400m	100m	10	5	2	5,5
	6	3	400m	100m	11	5	3	3,4,4
	7	4	400m	100m	11	5	3	3,4,4
	8	1	1500m	111m	5	8	1	5
TRACK FLOOD/Lunch (40min)								
3:46 PM	9	2	800m	100m	10	6	2	5,5
	10	3	800m	100m	11	5	3	3,4,4
	11	4	400m	100m	11	5	3	3,4,4
TRACK FLOOD (30)								
4:42 PM	12	1	1000m	111m	5	8	1	5
	13	2	1000m	100m	10	6	2	5,5
	14	3	1000m	100m	11	6	2	6,5
	15	4	800m	100m	11	6	2	6,5
	16	1	1 lap Bucket race	111m	5	5	1	5
	17	2	1 lap Bucket race	100m	10	5	2	5,5
	18	3	1 lap Bucket race	100m	11	5	3	4,5
	19	4	1 lap Bucket race	100m	11	5	3	3,3,4
5:33 PM	Meet over - remove mats and clean - up!							