

2023 SSM Short Track Provincials

March 4, 2023

SCHEDULE TIME	EVENT	GROUP	DISTANCE	TRACK	# SKATERS	MAX ON START LINE	# OF RACES	#N/A
		FunD	5-8 Mixed	10	200 H+F	400 H+F	600 SF	100m
		L2T	9-10 Mixed	10	400 H+F	800 H+F	1500 SF	100m
		T2T	11-13 Mixed	9	400 H+F	800 H+F	1500 SF	100m
		JR	14-17 Mixed	13	500 H+F	1000 H+F	1500 SF	111m
9:00 AM	Mats on / set-up, then flood							
9:50 AM	w-u	FunD & L2T	Warm-up					
	w-u	T2T	Warm-up					
	w-u	JR	Warm-up					
	TRACK FLOOD FOR RACES (40)							
11:00 AM	1	FunD	200m Heat	100m	10	4	3	4,3,3
	2	L2T	400m Heat	100m	10	5	2	5,4
	3	T2T	400m Heat	100m	9	5	2	5,4
	4	JR	500m Heat	111m	13	5	3	5,4,4
	TRACK FLOOD (30)							
11:53 AM	5	FunD	200m Final	100m	10	4	3	4,4,2
	6	L2T	400m Final	100m	10	5	2	5,4
	7	T2T	400m Final	100m	9	5	2	5,4
	8	JR	500m Final	111m	13	5	3	5,5,3
	TRACK FLOOD/Lunch (60)							
1:17 PM	9	FunD	400m Heat	100m	10	5	2	5,5
	10	L2T	800m Heat	100m	10	5	2	5,4
	11	T2T	800m Heat	100m	9	5	2	5,4
	12	JR	1000m Heat	111m	13	5	3	5,4,4
	TRACK FLOOD (30)							
2:18 PM	13	FunD	400m Final	100m	10	5	2	5,5
	14	L2T	800m Final	100m	10	5	2	5,4
	15	T2T	800m Final	100m	9	5	2	5,4
	16	JR	1000m Final	111m	13	5	3	5,5,3
	BREAK/TRACK FLOOD (30)							
3:19 PM	17	FunD	600m SF	100m	10	5	2	5,5
	18	L2T	1500m SF	100m	10	7	2	7,2
	19	T2T	1500m SF	100m	9	7	2	7,2
	20	JR	1500m SF	111m	13	7	2	7,6
4:00 PM	Meet over - remove mats and clean - up!							