

<b>Fri Oct 5, Day 1</b>				
<b>Warm up</b>	<b>7.00am to 7.05am</b>	<b>Senior men, senior ladies and junior men</b>		
<b>Warm up</b>	<b>7.05am to 7.10am</b>	<b>Masters men and ladies</b>		
<b>Warm up</b>	<b>7.10am to 7.15am</b>	<b>Junior ladies and subjunior</b>		
<b>Warm up</b>	<b>7.15am to 7.20am</b>	<b>Nippers and Midgets</b>		
<b>Ice resurface</b>	<b>7.20am to 7.35am</b>			
<b>7.35am</b>				
Race 1	Senior Men and Ladies	1500m	Heat 1	1st, 2nd, 3rd and fastest 4th to Final A, rest to Final B
Race 2	Senior Men and Ladies	1500m	Heat 2	
Race 3	Masters Men	1500m	Heat 1	1st and 2nd to Final A, 3rd and 4th to Final B, rest to Final C
Race 4	Masters Men	1500m	Heat 2	
Race 5	Masters Men	1500m	Heat 3	
Race 6	Junior Ladies	1000m	Heat 1	1st and 2nd to Final A, rest to Final B
Race 7	Junior Ladies	1000m	Heat 2	
Race 8	Junior Men	1000m	Heat 1	1st and 2nd to SFA, rest to SFB
Race 9	Junior Men	1000m	Heat 2	
Race 10	Junior Men	1000m	Heat 3	
Race 11	Junior Men	1000m	Heat 4	
<b>Ice resurface</b>				
<b>8.40am</b>				
Race 12	Midget Ladies	500m	Heat 1	1st and 2nd to Final A, rest to Final B
Race 13	Midget Ladies	500m	Heat 2	
Race 14	Midget Men	500m	Heat 1	1st, 2nd and 2 fastest 3rd to SFA, rest to Final C
Race 15	Midget Men	500m	Heat 2	
Race 16	Midget Men	500m	Heat 3	
Race 17	Subjunior Men and Ladies	777m	Heat 1	1st, 2nd and 2 fastest 3rd to SFA, rest to Final C
Race 18	Subjunior Men and Ladies	777m	Heat 2	
Race 19	Subjunior Men and Ladies	777m	Heat 3	
Race 20	Nipper Men and Ladies	333m	Heat 1	1st and 2nd to Final A, rest to Final B
Race 21	Nipper Men and Ladies	333m	Heat 2	
Race 22	Junior Men	1000m	Semi Fin B1	1st and 2nd to Final C, rest to Final D
Race 23	Junior Men	1000m	Semi Fin B2	
Race 24	Junior Men	1000m	Semi Fin A1	1st and 2nd to Final A, rest to Final B
Race 25	Junior Men	1000m	Semi Fin A2	
Race 26	Midget Men	500m	Semi Fin A1	1st and 2nd to Final A, rest to Final B
Race 27	Midget Men	500m	Semi Fin A2	
Race 28	Subjunior Men and Ladies	777m	Semi Fin A1	1st and 2nd to Final A, rest to Final B
Race 29	Subjunior Men and Ladies	777m	Semi Fin A2	
<b>Ice resurface</b>				
<b>10.00am</b>				
Race 30	Senior Men and Ladies	1500m	Final B	
Race 31	Senior Men and Ladies	1500m	Final A	
Race 32	Masters Ladies	1500m	Final A	
Race 33	Masters Men	1500m	Final C	
Race 34	Masters Men	1500m	Final B	
Race 35	Masters Men	1500m	Final A	
Race 36	Junior Ladies	1000m	Final B	
Race 37	Junior Ladies	1000m	Final A	
Race 38	Junior Men	1000m	Final D	
Race 39	Junior Men	1000m	Final C	
Race 40	Junior Men	1000m	Final B	
Race 41	Junior Men	1000m	Final A	
<b>Ice resurface</b>				

**11.10am**

Race 42	Midget Ladies	500m	Final B	
Race 43	Midget Ladies	500m	Final A	
Race 44	Midget Men	500m	Final C	
Race 45	Midget Men	500m	Final B	
Race 46	Midget Men	500m	Final A	
Race 47	Subjunior Men and Ladies	777m	Final C	
Race 48	Subjunior Men and Ladies	777m	Final B	
Race 49	Subjunior Men and Ladies	777m	Final A	
Race 50	Nipper Men and Ladies	333m	Final B	
Race 51	Nipper Men and Ladies	333m	Final A	
Race 52	Senior Men and Ladies	500m	Heat 1	1st, 2nd and 3rd to SFA, rest to Final C
Race 53	Senior Men and Ladies	500m	Heat 2	
Race 54	Senior Men and Ladies	500m	Heat 3	
Race 55	Masters Ladies	500m	Heat 1	1st and 2nd to Final A, rest to Final B
Race 56	Masters Ladies	500m	Heat 2	
Race 57	Masters Men	500m	Heat 1	1st and 2nd to SFA, rest to SFB
Race 58	Masters Men	500m	Heat 2	
Race 59	Masters Men	500m	Heat 3	
Race 60	Masters Men	500m	Heat 4	

**Ice resurface****12.25pm**

Race 61	Junior Ladies	500m	Heat 1	1st and 2nd to Final A, rest to Final B
Race 62	Junior Ladies	500m	Heat 2	
Race 63	Junior Men	500m	Heat 1	1st and 2nd to SFA, rest to SFB
Race 64	Junior Men	500m	Heat 2	
Race 65	Junior Men	500m	Heat 3	
Race 66	Junior Men	500m	Heat 4	
Race 67	Midget Ladies	222m	Heat 1	1st and 2nd to Final A, rest to Final B
Race 68	Midget Ladies	222m	Heat 2	
Race 69	Midget Men	222m	Heat 1	1st, 2nd and 2 fastest 3rd to SFA, rest to Final C
Race 70	Midget Men	222m	Heat 2	
Race 71	Midget Men	222m	Heat 3	
Race 72	Subjunior Men and Ladies	333m	Heat 1	1st, 2nd and 2 fastest 3rd to SFA, rest to Final C
Race 73	Subjunior Men and Ladies	333m	Heat 2	
Race 74	Subjunior Men and Ladies	333m	Heat 3	
Race 75	Nipper Men and Ladies	111m	Heat 1	1st and 2nd to Final A, rest to Final B
Race 76	Nipper Men and Ladies	111m	Heat 2	
Race 77	Masters Men	500m	S Fin B1	1st, 2nd and fastest 3rd to Final C, rest to Final D
Race 78	Masters Men	500m	S Fin B2	
Race 79	Masters Men	500m	S Fin A1	1st and 2nd to Final A, rest to Final B
Race 80	Masters Men	500m	S Fin A2	
Race 81	Midget Men	222m	S Fin A1	1st and 2nd to Final A, rest to Final B
Race 82	Midget Men	222m	S Fin A2	
Race 83	Subjunior Men and Ladies	333m	S Fin A1	1st and 2nd to Final A, rest to Final B
Race 84	Subjunior Men and Ladies	333m	S Fin A2	

**Ice resurface****2.05pm**

Race 85	Open Club relay	5000m relay	Heat 1	1st and 2nd to Final A
Race 86	Open Club relay	5000m relay	Heat 2	
Race 87	Subjunior relay	3000m relay	Final	

**2.30pm****End of Day 1**

<b>Sat Oct 6, Day 2</b>				
<b>Warm up</b>	<b>7.00am to 7.05am</b>	<b>Senior men, senior ladies and junior men</b>		
<b>Warm up</b>	<b>7.05am to 7.10am</b>	<b>Masters men and ladies</b>		
<b>Warm up</b>	<b>7.10am to 7.15am</b>	<b>Junior ladies and subjuniors</b>		
<b>Warm up</b>	<b>7.15am to 7.20am</b>	<b>Nippers and Midgets</b>		
<b>Ice resurface</b>	<b>7.20am to 7.35am</b>			
<b>7.35am</b>				
Race 88	Senior Men and Ladies	500m	S Fin A1	1st and 2nd to Final A, rest to Final B
Race 89	Senior Men and Ladies	500m	S Fin A2	
Race 90	Junior Men	500m	S Fin B1	1st and 2nd to Final C, rest to Final D
Race 91	Junior Men	500m	S Fin B2	
Race 92	Junior Men	500m	S Fin A1	1st and 2nd to Final A, rest to Final B
Race 93	Junior Men	500m	S Fin A2	
Race 94	Masters Ladies	500m	Final B	
Race 95	Masters Ladies	500m	Final A	
Race 96	Masters Men	500m	Final D	
Race 97	Masters Men	500m	Final C	
Race 98	Masters Men	500m	Final B	
Race 99	Masters Men	500m	Final A	
Race 100	Subjunior Men and Ladies	333m	Final C	
Race 101	Subjunior Men and Ladies	333m	Final B	
Race 102	Subjunior Men and Ladies	333m	Final A	
Race 103	Midget Ladies	222m	Final B	
Race 104	Midget Ladies	222m	Final A	
Race 105	Midget Men	222m	Final C	
Race 106	Midget Men	222m	Final B	
Race 107	Midget Men	222m	Final A	
<b>Ice resurface</b>				
<b>8.50am</b>				
Race 108	Senior Men and Ladies	500m	Final C	
Race 109	Senior Men and Ladies	500m	Final B	
Race 110	Senior Men and Ladies	500m	Final A	
Race 111	Junior Ladies	500m	Final B	
Race 112	Junior Ladies	500m	Final A	
Race 113	Junior Men	500m	Final D	
Race 114	Junior Men	500m	Final C	
Race 115	Junior Men	500m	Final B	
Race 116	Junior Men	500m	Final A	
Race 117	Nipper Men and Ladies	111m	Final B	
Race 118	Nipper Men and Ladies	111m	Final A	
<b>Ice resurface</b>				
<b>9.40am</b>				
Race 119	Senior Men and Ladies	1000m	Heat 1	1st, 2nd and 3rd to SFA, rest to Final C
Race 120	Senior Men and Ladies	1000m	Heat 2	
Race 121	Senior Men and Ladies	1000m	Heat 3	
Race 122	Masters Ladies	1000m	Heat 1	1st and 2nd to Final A, rest to Final B
Race 123	Masters Ladies	1000m	Heat 2	
Race 124	Masters Men	1000m	Heat 1	1st and 2nd to SFA, rest to SFB
Race 125	Masters Men	1000m	Heat 2	
Race 126	Masters Men	1000m	Heat 3	
Race 127	Masters Men	1000m	Heat 4	
Race 128	Subjunior Men and Ladies	500m	Heat 1	1st, 2nd and 2 fastest 3rd to SFA, rest to Final C
Race 129	Subjunior Men and Ladies	500m	Heat 2	
Race 130	Subjunior Men and Ladies	500m	Heat 3	
<b>Ice resurface</b>				

<b>10.40am</b>				
Race 131	Junior Ladies	777m	Heat 1	1st and 2nd to Final A, rest to Final B
Race 132	Junior Ladies	777m	Heat 2	
Race 133	Junior Men	777m	Heat 1	1st and 2nd to SFA, rest to SFB
Race 134	Junior Men	777m	Heat 2	
Race 135	Junior Men	777m	Heat 3	
Race 136	Junior Men	777m	Heat 4	
Race 137	Midget Ladies	333m	Heat 1	1st and 2nd to Final A, rest to Final B
Race 138	Midget Ladies	333m	Heat 2	
Race 139	Midget Men	333m	Heat 1	1st, 2nd and 2 fastest 3rd to SFA, rest to Final C
Race 140	Midget Men	333m	Heat 2	
Race 141	Midget Men	333m	Heat 3	
Race 142	Nipper Men and Ladies	222m	Heat 1	1st and 2nd to Final A, rest to Final B
Race 143	Nipper Men and Ladies	222m	Heat 2	
<b>Ice resurface</b>				
<b>11.50am</b>				
Race 144	Senior Men and Ladies	1000m	S Fin A1	1st and 2nd to Final A, rest to Final B
Race 145	Senior Men and Ladies	1000m	S Fin A2	
Race 146	Masters Men	1000m	S Fin B1	1st, 2nd and fastest 3rd to Final C, rest to Final D
Race 147	Masters Men	1000m	S Fin B2	
Race 148	Masters Men	1000m	S Fin A1	1st and 2nd to Final A, rest to Final B
Race 149	Masters Men	1000m	S Fin A2	
Race 150	Subjunior Men and Ladies	500m	S Fin A1	1st and 2nd to Final A, rest to Final B
Race 151	Subjunior Men and Ladies	500m	S Fin A2	
Race 152	Midget Men	333m	S Fin A1	1st and 2nd to Final A, rest to Final B
Race 153	Midget Men	333m	S Fin A2	
Race 154	Junior Men	777m	S Fin B1	1st and 2nd to Final C, rest to Final D
Race 155	Junior Men	777m	S Fin B2	
Race 156	Junior Men	777m	S Fin A1	1st and 2nd to Final A, rest to Final B
Race 157	Junior Men	777m	S Fin A2	
<b>Ice resurface</b>				
<b>1.00pm</b>				
Race 158	Senior Men and Ladies	1000m	Final C	
Race 159	Senior Men and Ladies	1000m	Final B	
Race 160	Senior Men and Ladies	1000m	Final A	
Race 161	Masters Ladies	1000m	Final B	
Race 162	Masters Ladies	1000m	Final A	
Race 163	Masters Men	1000m	Final D	
Race 164	Masters Men	1000m	Final C	
Race 165	Masters Men	1000m	Final B	
Race 166	Masters Men	1000m	Final A	
<b>Ice resurface</b>				
<b>1.55pm</b>				
Race 167	Junior relay	3000m relay	Final	
Race 168	Masters relay	3000m relay	Final	
<b>2:30pm</b>	<b>End of Day 2</b>			

<b>Sun Oct 7, Day 3</b>				
<b>Warm up</b>	<b>7.00am to 7.05am</b>	<b>Senior men, senior ladies and junior men</b>		
<b>Warm up</b>	<b>7.05am to 7.10am</b>	<b>Masters men and ladies</b>		
<b>Warm up</b>	<b>7.10am to 7.15am</b>	<b>Junior ladies and subjuniors</b>		
<b>Warm up</b>	<b>7.15am to 7.20am</b>	<b>Nippers and Midgets</b>		
<b>Ice resurface</b>	<b>7.20am to 7.35am</b>			
<b>7.35am</b>				
Race 169	Junior Ladies	777m	Final B	
Race 170	Junior Ladies	777m	Final A	
Race 171	Junior Men	777m	Final D	
Race 172	Junior Men	777m	Final C	
Race 173	Junior Men	777m	Final B	
Race 174	Junior Men	777m	Final A	
Race 175	Midget Ladies	333m	Final B	
Race 176	Midget Ladies	333m	Final A	
Race 177	Midget Men	333m	Final C	
Race 178	Midget Men	333m	Final B	
Race 179	Midget Men	333m	Final A	
Race 180	Nipper Men and Ladies	222m	Final B	
Race 181	Nipper Men and Ladies	222m	Final A	
Race 182	Subjunior Men and Ladies	500m	Final C	
Race 183	Subjunior Men and Ladies	500m	Final B	
Race 184	Subjunior Men and Ladies	500m	Final A	
<b>Ice resurface</b>				
<b>8.45am</b>				
Race 185	Senior Men and Ladies	3000m	Super Final	Skaters ranked 1 - 8
Race 186	Masters Ladies	3000m	Super Final	Skaters ranked 1 - 7
Race 187	Masters Men	3000m	Super Final	Skaters ranked 1 - 8
Race 188	Junior Ladies	1500m	Final A	Skaters ranked 1 - 8
Race 189	Junior Men	1500m	Final C	Skaters ranked 13 - 16
Race 190	Junior Men	1500m	Final B	Skaters ranked 7 - 12
Race 191	Junior Men	1500m	Final A	Skaters ranked 1 - 6
<b>Ice resurface</b>				
<b>9.50am</b>				
Race 192	Subjunior Men and Ladies	1000m	Final B	Skaters ranked 7 - 13
Race 193	Subjunior Men and Ladies	1000m	Final A	Skaters ranked 1 - 6
Race 194	Midget Ladies	777m	Final B	Skaters ranked 5 - 8
Race 195	Midget Ladies	777m	Final A	Skaters ranked 1 - 4
Race 196	Midget Men	777m	Final B	Skaters ranked 7 to 13
Race 197	Midget Men	777m	Final A	Skaters ranked 1 - 6
Race 198	Nipper Men and Ladies	500m	Final B	Skaters ranked 5 - 6
Race 199	Nipper Men and Ladies	500m	Final A	Skaters ranked 1 - 4
<b>Ice resurface</b>				
<b>10.35am</b>				
Race 200	Midgets relay	2000m relay	Final	
Race 201	Open relay	5000m relay	Final A	
<b>11am</b>	<b>End of Competition</b>			