



## Canada Cup #1 / BC CWG LT Selections

Warm up - Men 7:30  
 Warm up - Ladies 8:00  
 Track Flood 08:30 - 08:55

Start Time	Sunday Dec 9, 2018		
	Group	Distance	MS / OS
9:00 AM	Men	500m	OS
9:28 AM	Ladies	500m	OS
9:54 AM	Track Flood		
10:29 AM	Men	1000m	OS
11:16 AM	Track Flood		
11:51 AM	Ladies	1000m	OS
12:34 PM	LUNCH / FLOOD		
1:34 PM	Men Mass Start - CC#1	16 laps	MS
1:54 PM	Men Mass Start - BC CWG Sel	10 laps	MS
2:09 PM	Ladies Mass Start - CC#1	16 laps	MS
2:29 PM	Ladies Mass Start - BC SEG Sel	10 laps	MS
2:44 PM	Finish		