



Fort St. John 2020 BC Winter Games

SPORT SCHEDULE

FEBRUARY 21-23, 2020

we are
NORTH



BC GAMES
FORT ST. JOHN
2020 WINTER

ARCHERY

Kids Arena Fieldhouse
9615 96 Ave, Fort St. John



THURSDAY, FEBRUARY 20

Start	End	Event
9:30 AM	12:30 PM	Open Practice
1:00 PM	2:00 PM	Coaches/Managers/Officials Meeting - at venue

FRIDAY, FEBRUARY 21

Start	End	Event	
9:00 AM	9:10 PM	Indigenous Welcome Ceremony	
9:10 AM	9:45 AM	Official Practice	Female
10:00 AM	12:30 PM	18m (60 arrow) round	All equipment divisions
1:00 PM	1:45 PM	Official Practice	Male
2:00 PM	4:30 PM	18m (60 arrow) round	All equipment divisions

SATURDAY, FEBRUARY 22

Start	End	Event	
9:00 AM	9:45 AM	Official Practice	Male
10:00 AM	12:30 PM	18m (60 arrow) round	All equipment divisions
1:00 PM	1:45 PM	Official Practice	Female
2:00 PM	4:30 PM	18m (60 arrow) round	All equipment divisions

SUNDAY, FEBRUARY 23

Start	End	Event	
9:30 AM	10:00 AM	Official Practice	All finalists
10:00 AM	10:30 AM	Semi Finals	All finalists
10:30 AM	11:00 AM	Bronze Medal Matches	All finalists
11:00 AM	11:30 AM	Gold Medal Match	All finalists
11:30 AM	12:15 PM	Medal Presentations	

BADMINTON

Margaret Murray Community School
11504 105 Ave, Fort St. John



THURSDAY, FEBRUARY 20

Start	End	Event
1:00 PM	3:30 PM	Open Practice
1:00 PM	4:00 PM	Officials' Meeting
1:15 PM	2:00 PM	Coaches' Meeting

FRIDAY, FEBRUARY 21

Start	End	Event
8:00 AM	8:30 AM	Set-up / Warm-up / Welcome
8:30 AM	3:30 PM	Individual Events
3:30 PM	5:00 PM	SKILLS Event 1
6:30 PM	9:30 PM	Team Event 1st Round

SATURDAY, FEBRUARY 22

Start	End	Event
8:00 AM	8:30 AM	Set-up / Warm-up
8:30 AM	11:30 AM	Team Event 2nd Round
12:00 PM	3:00 PM	Team Event 3rd Round
3:00 PM	5:00 PM	SKILLS Event 2
6:30 PM	9:30 PM	Team Event Semi Finals Playoff Round

SUNDAY, FEBRUARY 23

Start	End	Event
8:00 AM	8:30 AM	Set-up / Warm-up
8:30 AM	11:00 AM	Team Event Medal Round
11:30 AM	12:30 PM	Medal Presentations

BASKETBALL WHEELCHAIR

Dr. Kearney Middle School
10723 92 St. Fort St. John



TEAMS	
Thompson-Okanagan (Zone 2)	Fraser Valley (Zone 3)
Vancouver Coastal (Zone 5)	Vancouver Island-Central Coast (Zone 6)
North West (Zone 7)	Cariboo-North East (Zone 8)

THURSDAY, FEBRUARY 20

Start	End	Practice
8:15 AM	9:00 AM	Coaches Meeting
9:00 AM	9:45 AM	Practice Zone 7 and Zone 8
9:45 AM	10:30 AM	Practice Zone 5 and Zone 6
10:30 AM	11:15 AM	Practice Zone 2 and Zone 3

THURSDAY, FEBRUARY 20

Start	End	Game #	Event	
11:30 AM	1:00 PM	1	Zone 6	Zone 8
1:00 PM	2:15 PM	2	Zone 3	Zone 5
2:15 PM	3:30 PM	3	Zone 2	Zone 7

FRIDAY, FEBRUARY 21

Start	End	Game #	Event	
8:00 AM	8:45 AM		Warm-up	
9:00 AM	10:15 AM	4	Zone 6	Zone 7
10:30 AM	11:45 AM	5	Zone 2	Zone 8
11:45 AM	1:15 PM	6	Zone 3	Zone 6
1:15 PM	2:45 PM	7	Zone 5	Zone 8
2:45 PM	4:15 PM	8	Zone 3	Zone 7
4:15 PM	5:45 PM	9	Zone 2	Zone 5

SATURDAY, FEBRUARY 22

Start	End	Game #	Event	
8:00 AM	9:00 AM		Warm-up	
9:00 AM	10:30 AM	10	Zone 2	Zone 3
10:30 AM	12:00 PM	11	Zone 5	Zone 6
12:00 PM	1:30 PM	12	Zone 7	Zone 8
1:30 PM	3:00 PM	13	Zone 2	Zone 6
3:00 PM	4:30 PM	14	Zone 3	Zone 8
4:30 PM	6:00 PM	15	Zone 5	Zone 7
8:00 PM	9:30 PM	16	Consolation Round	

SUNDAY, FEBRUARY 23

Start	End	Event		
7:30 AM	8:30 AM	Warm-up		
8:30 AM	10:00 AM	17 (Bronze)	3rd Place	4th Place
10:00 AM	11:30 AM	18 (Gold)	1st Place	2nd Place
11:30 AM	12:00 PM	Medal Presentations		

BIATHLON

North Peace Rod and Gun Club
13300 Sunnyside, Charlie Lake



THURSDAY, FEBRUARY 20

Start	End	Event
10:00 AM	11:30 AM	Venue Orientation
11:30 PM	2:00 PM	Open Practice
3:00 PM	4:00 PM	Coaches and Team Captains Meeting at Accommodation site. Room TBD

FRIDAY, FEBRUARY 21

Start	End	Event - Sprint and Team Relay
8:45 AM	9:30 AM	Warm Up and Zero
9:30 AM	9:45 AM	Coach Recognition and Biathlon Opening Ceremony
10:00 AM	10:45 AM	Sprint Competition First Category
10:45 AM	11:30 AM	Sprint Competition Second Category
12:15 PM	1:00 PM	Afternoon Zero
1:15 PM	2:30 PM	2 Person Team Relay Competition
3:00 PM	3:30 PM	Medal Presentations

SATURDAY, FEBRUARY 22

Start	End	Event - Individual Competition and Mixed Relay
8:45 AM	9:30 AM	Warm Up and Zero
10:00 AM	10:45 AM	Individual Competition First Category
10:45 AM	11:30 AM	Individual Competition Second Category
12:15 PM	1:00 PM	Afternoon Zero
1:15 PM	2:30 PM	Mixed Relay
3:00 PM	3:30 PM	Medal Presentations

CURLING

Fort St. John Curling Club
9504 96 St. Fort St. John



THURSDAY, FEBRUARY 20

Start	End	Event
10:00 AM	12:00 PM	Team Practices - two 60 minutes slots with 30 minutes between for ice prep
12:30 PM	1:00 PM	Team Briefing
1:00 PM	2:00 PM	Coaches Meeting

FRIDAY FEBRUARY 21

Start	End	Event
8:30 AM	9:00 AM	Pre-game Practice
9:00 AM	11:00AM	Draw # 1 - All
1:30 PM	2:00 PM	Pre-game Practice
2:00 PM	4:00 PM	Draw # 2 - All

SATURDAY, FEBRUARY 22

Start	End	Event
8:00 AM	8:30 AM	Pre-game Practice
8:30 AM	10:30 AM	Draw 3 - All
11:00 AM	11:30 AM	Pre-game Practice
11:30 AM	1:30PM	Tiebreaker #1 (if necessary)
11:30 AM	1:30PM	Podium Search session and sport specific activity session
2:00 PM	2:30 PM	Pre-game Practice
2:30 PM	4:30 PM	Tiebreaker #2 (if necessary)
5:00 PM	5:30 PM	Pre-game Practice
5:30 PM	7:30 PM	Semi - Final All team play (consolation round for bottom 4 teams)

SUNDAY, FEBRUARY 23

Start	End	Event
9:00 AM	9:30 AM	Pre-game Practice
9:30 AM	11:30 AM	Finals - All Teams Play consolation finals for bottom 4 teams)
11:30 AM	12:00 PM	Medal Presentations

Final - Jan 29

DIVING

North Peace Leisure Pool

9505 100 St, Fort St. John



THURSDAY, FEBRUARY 20

Start	End	Event
9:30 AM	10:00 AM	Dry land Warm-up
10:00 AM	11:00 AM	Practice Session Group 1
11:00 AM	12:00 PM	Practice Session Group 2
1:00 PM	2:00 PM	Practice Session Group 2
2:00 PM	3:00 PM	Practice Session Group 1

FRIDAY, FEBRUARY 21

Start	End	Event
8:30 AM	9:00 AM	Dry land Warm-up
9:00 AM	9:45 AM	Group 2 Pool Warm-up
9:45 AM	10:30 AM	Group 1 Pool Warm-up
10:45 AM	11:05 AM	Boys C 1m Final
11:35 AM	11:50 AM	Boys B 3m (Preliminary)
11:50 AM	12:20 PM	Event Warm-up
12:30 PM	1:15 PM	Girls C 3m Final
1:45 PM	2:15 PM	Girls B 1m (Preliminary)
2:30 PM	2:45 PM	Medal Presentation - Boys C 1m, Girls C 3m
2:45 PM	3:00 PM	Finals warm up
3:05 PM	3:20 PM	Opening Ceremony
3:30 PM	3:45 PM	Boys B 3m Final
4:15 PM	4:35 PM	Girls B 1m Final
4:45 PM	5:15 PM	Medal Presentation - Boys B 3m, Girls B 1m

SATURDAY, FEBRUARY 22

Start	End	Event
8:30 AM	9:00 AM	Dry land Warm-up
9:00 AM	9:45 AM	Group 1 Pool Warm-up
9:45 AM	10:30 AM	Group 2 Pool Warm-up
10:45 AM	11:15 AM	Girls C 1m Final
11:45 AM	12:30 PM	Girls B 3m (Preliminary)
12:30 PM	1:00 PM	Event Warm-up
1:05 PM	1:35 PM	Boys C 3m Final
2:00 PM	2:20 PM	Boys B 1m (Preliminary)
2:45 PM	3:00 PM	Medal Presentation Girls C 1m, Boys C 3m
3:00 PM	3:15 PM	Event Warm-up
3:20 PM	3:50 PM	Girls B 3m Final
4:15 PM	4:45 PM	Boys B 1m Final
5:00 PM	5:30 PM	Medal Presentation Girls B 3m, Boys B 1m

SUNDAY, FEBRUARY 23

Start	End	Event
9:00 AM	10:00 AM	General Warm-up
10:00 AM	11:00 AM	Strategic Diving Competition
11:10 AM		Awards and Sport Presentations (no formal medal presentations)

FIGURE SKATING

Includes Special Olympics Figure Skating

Taylor District Ice Centre

9880 Cherry Ave W, Taylor



THURSDAY, FEBRUARY 20			
Start	End	Event	Zones
10:30 AM	11:00 AM	Coaches Meeting	All Zones
11:00 AM	11:30 AM	Pre-Novice Ladies Group 1 Practice	Thompson-Okanagan (2); Vancouver Island-Central Coast (6); North West (7); Cariboo-North East (8)
11:30 AM	12:00 PM	Pre-Novice Ladies Group 2 Practice	Fraser Valley (3); Fraser River (4); Vancouver-Coastal (5)
12:15 PM	12:45 PM	Pre-Novice and Juvenile Men Practice	All Zones
12:45 PM	1:15 PM	Special Olympics Practice	All Zones
1:30 PM	2:00 PM	Juvenile Ladies Group 1 Practice	Kootenays (1); Thompson-Okanagan (2); Vancouver Island - Central Coast (6); North West (7)
2:00 PM	2:30 PM	Juvenile Ladies Group 2 Practice	Fraser Valley (3); Fraser River (4); Vancouver-Coastal (5)
FRIDAY, FEBRUARY 21			
Start	End	Event	Zones
10:00 AM	10:30 AM	Pre-Novice Ladies Group 1 Practice	Thompson-Okanagan (2); Vancouver Island-Central Coast (6); North West (7); Cariboo-North East (8)
10:30 AM	11:00 AM	Pre-Novice Ladies Group 2 Practice	Fraser Valley (3); Fraser River (4); Vancouver-Coastal (5)
11:15 AM	11:45 AM	Pre-Novice Men Practice	All Zones
11:45 AM	12:15 PM	Special Olympics Practice	All Zones
12:30 PM	1:00 PM	Juvenile Ladies Group 1 Practice	Kootenays (1); Thompson-Okanagan (2); Vancouver Island - Central Coast (6); North West (7)
1:00 PM	1:30 PM	Juvenile Ladies Group 2 Practice	Fraser Valley (3); Fraser River (4); Vancouver-Coastal (5); Cariboo-North East (8)
1:45 PM	3:30 PM	Pre-Novice Ladies Short Program	All Zones
3:45 PM	4:40 PM	Special Olympics Freeskate	All Zones
4:55 PM	5:15 PM	Pre-Novice Men Short Program	All Zones
5:15 PM	5:55 PM	Juvenile Men Free Program	All Zones
SATURDAY, FEBRUARY 22			
Start	End	Event	Zones
8:30 AM	9:00 AM	Pre-Novice Ladies Group 1 Practice	Thompson-Okanagan (2); Vancouver Island-Central Coast (6); North West (7); Cariboo-North East (8)
9:00 AM	9:30 AM	Pre-Novice Ladies Group 2 Practice	Fraser Valley (3); Fraser River (4); Vancouver-Coastal (5)
9:45 AM	10:15 AM	Pre-Novice & Juvenile Men Practice	All Zones
10:15 AM	10:45 AM	Special Olympics Practice	
11:00 AM	11:30 AM	Juvenile Ladies Group 1 Practice	Kootenays (1); Thompson-Okanagan (2); Vancouver Island - Central Coast (6); North West (7)
11:30 AM	12:00 PM	Juvenile Ladies Group 2 Practice	Fraser Valley (3); Fraser River (4); Vancouver-Coastal (5)
12:15 PM	2:20 PM	Pre-Novice Ladies Freeskate	All Zones
2:35 PM	3:00 PM	Pre Novice Men Freeskate	All Zones
3:00 PM	3:30 PM	Special Olympics Dance	All Zones
3:45 PM	5:40 PM	Juvenile Ladies Freeskate	All Zones
6:00 PM	6:30 PM	Medal Presentations	

GYMNASTICS

North Peace Secondary

9304 86 St. Fort St. John



Thursday, February 20

Start	End	Event
Session 1: WAG - Training (General warm-up 20 minutes, then 20 minutes per rotation)		
9:15 AM	9:35 AM	General Warm-up
9:35 AM	10:55 AM	Training
Session 2: WAG - Training (General warm-up 20 minutes, then 20 minutes per rotation)		
11:05 AM	11:25 AM	General Warm-up
11:25 AM	12:45 PM	Training
1:00 PM	1:30 PM	Zone Team Photos - All WAG & MAG
Session 3: MAG - Training (All MAG Athletes)		
1:45 PM	2:05 PM	General Warm-up
2:05 PM	3:45 PM	Open Training

FRIDAY, FEBRUARY 21

Start	End	Event
Session 1: WAG – Team and All Around Competition – JO 7		
8:30 AM		Judges' Meeting
8:55 AM		Coaches' Meeting
9:10 AM	9:25 AM	General Warm-up
9:30 AM	12:00 PM	March-in and Competition
Session 2: WAG – Team and All Around Competition – JO 8		
12:30 PM		Coaches' Meeting
12:40 PM	12:55 PM	General Warm-up
1:00 PM	3:30 PM	March-in and Competition
3:30 PM		Coaches' Meeting to confirm finalist
3:40 PM	4:00 PM	WAG Team and All Around Medal Presentations
Session 3: MAG – Team and All Around Competition		
4:00 PM		Judges' Meeting
4:15 PM		Coaches' Meeting
4:30 PM	4:55 PM	General Warm-up
5:00 PM	8:30 PM	March-in and Competition
8:00 PM		Coaches' Meeting to confirm finalist
8:30 PM	8:45 PM	MAG Team and All Around Medal Presentations

GYMNASTICS

North Peace Secondary
9304 86 St. Fort St. John



SATURDAY, FEBRUARY 22		
Start	End	Event
Session 4: WAG Apparatus Finals (V, FX) MAG Apparatus Finals (PB, Rings, HB)		
9:00 AM		Coaches' meeting
9:00 AM		Judges' meeting
9:00 AM	9:25 AM	MAG and WAG General Warm-up
9:30 AM	11:30 AM	March-in and competition
Session 5: WAG Apparatus Finals (UB, BB) MAG Apparatus Finals (FX, V, PH)		
1:00 PM	1:25 PM	MAG and WAG General Warm-up
1:30 PM	3:30 PM	March-in and competition
3:30 PM	4:00 PM	MAG and WAG Medal Presentations

Final - Jan 29

JUDO

Bert Bowes Middle School
9816 106 St, Fort St. John



THURSDAY, FEBRUARY 20			
Start	End	Event	Event
10:00 AM	3:00 PM	Training	Competition Venue
3:00 PM	4:00 PM	Weigh-in	Meeting Room (TBD)
4:00 PM	5:00 PM	Coaches Meeting	Meeting Room (TBD)
FRIDAY, FEBRUARY 21			
Start	End	Event	Location
7:30 AM		Referee Meeting	Meeting Room (TBD)
7:30 AM		Warm up	Competition Venue
9:00 AM	6:00 PM	Individual Competition	Competition Venue
6:15 PM	6:45 PM	Medal Presentations	Competition Venue
SATURDAY, FEBRUARY 22			
Start	End	Event	Location
8:30 AM		Referee Meeting	Meeting Room (TBD)
8:30 AM		Warm up	Competition Venue
11:00 AM	3:00 PM	Team Competition	Competition Venue
3:15 PM	3:45 PM	Medal Presentations	Competition Venue
SUNDAY, FEBRUARY 23			
Start	End	Event	Location
8:30 AM	11:30 AM	Referee Clinic for Athletes & Junior Referees	Competition Venue
8:30 AM	11:30 AM	Coach Clinic	Competition Venue

KARATE

Pomeroy Hotel and Conference Centre

11308 Alaska Road



THURSDAY, FEBRUARY 20

Start	End	Event
9:00 AM	4:00 PM	Officials & Scorekeepers Clinic - Meeting Room TBD
11:00 AM	12:00 PM	Karate Meeting - athletes, coaches and key volunteers
12:00 PM	4:00 PM	Height Check & Rotating Zone Team Practice
2:00 PM	4:00 PM	Volunteer Training

FRIDAY, FEBRUARY 21

Start	End	Event
8:30 AM	9:00 AM	Pre-Competition Set-up/Warm-up
9:00 AM	9:30 AM	Opening Ceremony - Athlete March In
9:30 AM	5:00 PM	Kata & Kumite Competition

SATURDAY, FEBRUARY 22

Start	End	Event
8:30 AM	9:00 AM	Pre-Competition Set-up/Warm-up
9:00 AM	5:00 PM	Kata & Kumite Competition

SUNDAY, FEBRUARY 23

Start	End	Event
8:00 AM	8:30 AM	Pre-Competition Set-up/Warm-up
8:30 AM	11:00 AM	Kata & Kumite Competition
9:30 AM	11:00 AM	Team Kumite Finals
11:00 AM	11:30 AM	Medal Presentations

Final - Jan 29

RHYTHMIC GYMNASTICS

Duncan Cran Elementary
8130 89 Ave, Fort St. John



THURSDAY, FEBRUARY 20

Start	End	Event
9:00 AM	11:00 AM	Gym Set Up
1:00 PM	4:30 PM	Podium training
3:00 PM	4:00 PM	Officials, coaches, and volunteers meeting

FRIDAY, FEBRUARY 21

Start	End	Event
9:30 AM		Gym open for PS levels practice
10:30 AM	10:45 AM	Judges meeting
10:30 AM	10:45 AM	Timed warm-up - Provincial Stream - Individual
10:45 AM	11:45 AM	Rotation 1 - Provincial Stream - Individual - Free and Rope
12:30 PM	12:45 PM	Timed warm-up - Western Stream and National Stream - Individual
12:45 PM	1:55 PM	Rotation 2 - Western Stream and National Stream - Individual - Free and Rope
1:55 PM	2:20 PM	Timed warm-up - Groups
2:20 PM	3:15 PM	Rotation 3 - Groups Pre One
3:15 PM		Competition Ends

SATURDAY, FEBRUARY 22

Start	End	Event
9:30 AM		Gym open
10:30 AM	10:45 AM	Judges meeting
10:15 AM	10:45 AM	Timed warm-up - Provincial, Western and National Streams
10:45 AM	12:00 PM	Rotation 1 - Provincial Ball, Western Ball and National streams Choice
12:30 PM	1:00 PM	Time warm-up - Groups
1:00 PM	1:30 PM	Rotation 2 - Groups Pre Two
2:00 PM	2:30 PM	Medal Presentations

SKIING - ALPINE

Bear Mountain Ski Hill
1907 Loiselle Subdivision Dawson Creek



THURSDAY, FEBRUARY 20

8:00 AM	3:30 PM	Training Day
8:30 PM	9:30 PM	Coaches and Managers meeting (at Accommodations Site) TBD - ideally on Wed pending arrivals

FRIDAY, FEBRUARY 21

Start	End	Event
9:00 AM	10:05 AM	Women - Slalom - First Run
10:10 AM	11:15 AM	Men - Slalom - First Run
12:35 PM	1:35 PM	Women - Slalom - Second Run
1:40 PM	2:40 PM	Men - Slalom - Second Run
3:00 PM	3:30 PM	Medal Ceremonies
7:00 PM	7:30 PM	Coaches and Managers meeting (at Accommodations Site)

SATURDAY, FEBRUARY 22

Start	End	Event
8:00 AM	2:00 PM	Team Dual Slalom Event
3:00 PM	3:30 PM	Medal Ceremonies

Final - Jan 29

SKIING CROSS COUNTRY

includes PARA

Beatton Provincial Park
248 Rd, Charlie Lake



THURSDAY, FEBRUARY 20

Start	End	Event	Category
10:10 AM	11:00 AM	Practice	All
9:00 PM	10:00 PM	Coaches Meeting at accommodation site	Coaches

FRIDAY, FEBRUARY 21

Start	End	Event	Category
10:00 AM	10:10 AM	Indigenous Welcome Ceremony	
10:00 AM	10:15 AM	Classic Technique Interval Start Distance	Para-Nordic
10:15 AM	11:30 AM	Classic Technique Interval Start Distance	All
12:00 PM	12:30 PM	Medal Presentations	
12:30 PM	1:30 PM	Warm Down	All
8:00 PM	9:00 PM	Coaches Meeting at accommodation site	Coaches

SATURDAY, FEBRUARY 22

Start	End	Event	Category
10:00 AM	10:15 AM	Free Technique Individual Sprints 400 m Qualification Round	Para-Nordic
10:15 AM	11:00 AM	Free Technique Individual Sprints 400 m Qualification Round	4 Able-Bodied Categories
11:00 AM	2:00 PM	Heat Sprints	All
1:30 PM	2:00 PM	Heat Sprints	Para-Nordic
2:00 PM	2:30 PM	Medal Presentations	
2:30 PM	3:00 PM	Pack up for the day	All
8:00 PM	9:00 PM	Coaches Meeting at accommodation site	Coaches

SUNDAY, FEBRUARY 23

Start	End	Event	Category
9:30 AM	10:30 AM	Mixed 4 x 2 km Relays Mass Start	All
11:00 AM	11:30 AM	Medal Presentations	

Final - Jan 29

SPEED SKATING

Includes Special Olympic Speed Skating

Pomeroy Sport Centre - East Rink

9324 96 St, Fort St. John



THURSDAY, FEBRUARY 20

Start	End	# Races	Event
10:00 AM	11:00 AM		Long Track 101 session (all BCSSA skaters)
10:00 AM	11:00 AM		Special Olympics Practice
11:15 AM	12:15 PM		Long Track Practice #1 (60 min), Short Track Practice A (30 min), Short Track Practice B (30 min)
1:00 PM	2:00 PM		Long Track Practice #2 (60 min), Short Track Practice C (30 min), Short Track Practice D (30 min)
1:00 PM	4:00 PM		Level 1 Official's Clinic and Orientation
2:00 PM	2:30 PM		Coaches and Officials Meeting

FRIDAY, FEBRUARY 21

Start	End	# Races	Event
9:00 AM	9:10 AM		Short Track Warm-up #1: Female top
9:10 AM	9:20 AM		Short Track Warm-up Male top
9:20 AM	9:30 AM		Short Track Warm-up #3: Male bottom
9:30 AM	9:40 AM		Special Olympics Warm-up
10:10 AM	10:25 AM	6	Male 400m heat
10:25 AM	10:38 AM	5	Female 400m heat
10:38 AM	10:41 AM	1	Special Olympics female 222m final
10:41 AM	10:46 AM	2	Special Olympics male 222m heat
11:06 AM	11:16 AM	4	Male 400m quarters
11:16 AM	11:21 AM	2	Female 400m semi-final top
11:21 AM	11:26 AM	2	Female 400m semi-final bottom
11:26 AM	11:29 AM	1	Special Olympics female 222m EX final
11:29 AM	11:34 AM	2	Special Olympics male 222m final
11:54 AM	11:59 AM	2	Male 400m semi-final top A/B
11:59 AM	12:04 PM	2	Male 400m semi-final top C/D
12:04 PM	12:09 PM	2	Male 400m semi-final bottom
12:54 PM	1:04 PM	4	Female 400m
1:04 PM	1:19 PM	6	Male 400m
1:19 PM	1:22 PM	1	Special Olympics female 333m final
1:22 PM	1:28 PM	2	Special Olympics male 333m heat
1:48 PM	2:03 PM	3	Female 1500m heat
2:03 PM	2:28 PM	5	Male 1500m heat
2:28 PM	2:31 PM	1	Special Olympics female 333m EX final
2:31 PM	2:37 PM	2	Special Olympics male 333m final
2:57 PM	3:13 PM	2	Female relay heat
3:13 PM	3:29 PM	2	Male relay heat
3:29 PM	3:33 PM	1	Special Olympics female 500m final
3:33 PM	3:41 PM	2	Special Olympics male 500m heat

3:41 PM

4:11 PM

Medal Presentations

SPEED SKATING

Includes Special Olympic Speed Skating

Pomeroy Sport Centre - East Rink

9324 96 St, Fort St. John



SATURDAY, FEBRUARY 22

Start	End	# Races	Event
9:00 AM	9:10 AM		Short Track Warm-up #1: Female
9:10 AM	9:20 AM		Short Track Warm-up #2: Male top
9:20 AM	9:30 AM		Short Track Warm-up #3: Male bottom
9:30 AM	9:40 AM		Special Olympics Warm-up
10:10 AM	10:14 AM	1	Special Olympics female 500m EX final
10:14 AM	10:22 AM	2	Special Olympics male 500m final
10:22 AM	10:37 AM	3	Female 1500m final
10:37 AM	11:02 AM	5	Male 1500m final
11:22 AM	11:27 AM	1	Special Olympics female 777m final
11:27 AM	11:37 AM	2	Special Olympics male 777m heat
11:37 AM	11:51 AM	2	Female 2000m points race final
11:51 AM	12:19 PM	4	Male 2000m points race final
1:04 PM	1:09 PM	3	Special Olympics female 777m EX final
1:09 PM	1:19 PM	2	Special Olympics male 777m final
1:19 PM	1:27 PM	2	Female relay final
1:27 PM	1:43 PM	5	Male relay final
1:43 PM	1:50 PM	2	Special Olympics Female 1000m final
1:50 PM	1:57 PM	5	Special Olympics male 1000m final

2:00 PM

2:45 PM

Medal Presentations

2:45 PM			Long Track warm-up #1: Novice
3:00 PM			LT warm-up #2: Experienced
3:45 PM	4:45 PM	24 pairs	LT exhibition (seeding) 500m O/S

SUNDAY, FEBRUARY 23

Start	End	# Races	Event
8:30 AM	9:00 AM		Coaches Meeting and Draw
9:00 AM	9:15 AM		LT warm-up #1: Novice
9:15 AM	9:30 AM		LT warm-up #2: Experienced
10:00 AM	10:23 AM	9 pairs	Female 500m O/S
10:23 AM	11:01 AM	15 pairs	Male 500m O/S
11:26 AM	11:35 AM	1	Female 7-lap MS race
11:35 AM	11:53 AM	2	Male 7-lap MS race

11:53 AM

12:23 AM

Medal Presentations

Final - Jan 29

#weareNorth

