

Speed Skating

includes Special Olympics

Venue: Castlegar & District Recreation Centre



Thursday, February 26, 2026

Start	End	Event
10:00	14:45	Rotating practice sessions
10:00	14:45	Rotating athlete and coaches meeting for those groups not on ice
14:00	14:30	Officials Walk Through
14:30	15:15	Coach & Officials Meeting

Friday, February 27, 2026

Start	Divison	Distance	Number of Races
9:00	Female	400m Heat	4 Heats
	Male	400m Heat	5 Heats
	Special Olympics Females	500m (111m) Heat	1 Heat
	Special Olympics Males	500m (111m) Heat	2 Heats
9:45	Ice Resurfacing		
10:05 re-start	Female	400m Semi	4 Heats
	Male	400m Semi	5 Heats
	Special Olympics Females	500m (111m) Final	1 Heat
	Special Olympics Males	500m (111m) Final	2 Heats
10:50	Ice Resurfacing		
11:10	Female	400m Final	4 Heats
	Male	400m Final	5 Heats
	Special Olympics Females	222 m (111m) SF	1 Heat
	Special Olympics Males	222 m (111m) SF	2 Heats
11:55	Lunch and Ice Resurfacing		
12:35 re-start	Female	1200m Heat	3 Heats
	Male	1200m Heat	4 Heats
	Special Olympics Females	777m (111m) Heat	1 Heat
	Special Olympics Males	777m (111m) Heat	1 Heat
13:15	Ice Resurfacing		

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**SPEED
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BC**



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13:35 re-start	Female	1500m Final	3 Heats
	Male	1500m Final	4 Heats
	Special Olympics Females	777m (111m) Final	1 Heat
	Special Olympics Males	777m (111m) Final	1 Heat
14:15 Ice Resurfacing			
14:35 re-start	18 lap mixed gender relay (Zone teams)		2 Heats
15:00	15:30	Medals	
Saturday, February 28, 2026			
Start	Divison	Distance	Number of Races
9:00	Female	800m Heat	3 heats
10:45	Male	800m Heat	4 heats
	Special Olympics Females	333m (111m) Heat	1 heat
11:00	Special Olympics Males	333m (111m) Heat	2 heats
9:35 Ice Resurfacing			
9:55 re-start	Female	800m Final	3 heats
	Male	800m Final	4 heats
	Special Olympics Females	333m (111m) Final	1 heat
	Special Olympics Males	333m (111m) Final	2 heats
10:40 Lunch and Ice Resurfacing			
11:50 re-start	Female	1000m SF	3 Heats
	Male	1000m SF	4 Heats
	Special Olympics Females	1000m (111m) SF	1 Heat
	Special Olympics Males	1000m (111m) SF	1 Heat
12:30 Ice Resurfacing			
13:00 re-start	2000m gender-specific relay (mixed Zone)		2 heats
13:30	Zone Team Photos and Officials		
14:00	14:30	Medals	



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As guests on these lands, we acknowledge and respect that we live, work and play on the traditional, ancestral and unceded territory of many Indigenous people.

Final - January 26