

NORTHWEST REGIONAL SPEED CHAMPIONSHIPS

Oaks Park Rink – Portland, Oregon

2017 SPEED SCHEDULE OF EVENTS

FRIDAY – MAY 19

5:30 - 7:00 pm Speed Practice, Standard & Nov

SATURDAY – MAY 20

Doors Open 5:30 am

General Warm-Up

ELITE MIDDLE RACES

| | | | |
|------|---------------------|-------|--------|
| 6:00 | Elementary Girls | 500m | 3 Hts |
| | Juvenile Boys | 300m | 2 Hts |
| | Elementary Boys | 500m | 2 Hts |
| 6:30 | Freshman Girls | 500m | 2 Hts |
| | Freshman Boys | 500m | 2 Hts |
| 6:45 | Sophomore Men | 1000m | 2 Hts |
| | Elementary Girls | 500m | 2 Semi |
| 7:00 | Classic Women* | 100m | Final |
| | Classic Men* | 100m | Final |
| | Grand Classic Men | 1000m | Final |
| | Master Women | 700m | Final |
| 7:10 | Master Men | 1000m | Final |
| | Grand Master Women* | 100m | Final |
| | Grand Master Men* | 100m | Final |
| | Veteran Women | 700m | Final |
| | Veteran Men | 700m | Final |
| 7:25 | Grand Vet. Women | 700 m | Final |
| | Grand Vet. Men | 700m | Final |
| | Esquire Women* | 100m | Final |
| | Esquire Men | 700m | Final |
| 7:40 | Grand Esq. Women | 700m | Final |
| | Grand Esq. Men | 700m | Final |
| 7:50 | Tiny Tot Girls* | 100m | Final |
| | Tiny Tot Boys | 200m | Final |
| | Primary Girls | 300m | Final |
| | Primary Boys | 300m | Final |
| 8:05 | Juvenile Girls | 300m | Final |
| | Juvenile Boys | 300m | Final |
| | Elementary Girls | 500m | Final |
| | Elementary Boys | 500m | Final |
| 8:15 | Freshman Girls | 500m | Final |
| | Freshman Boys | 500m | Final |
| | Sophomore Women | 1000m | Final |
| | Sophomore Men | 1000m | Final |
| 8:30 | Junior Women | 1000m | Final |
| | Junior Men | 1000m | Final |
| | Senior Women | 1000m | Final |
| | Senior Men | 1500m | Final |

8:45 **Opening Ceremonies**

ELITE SHORT RACES

| | | | |
|-------|-------------------|------|--------|
| 9:00 | Elementary Girls | 300m | 3 Hts |
| | Juvenile Boys | 200m | 2 Hts |
| 9:15 | Elementary Boys | 300m | 2 Hts |
| | Freshman Girls | 300m | 2 Hts |
| | Freshman Boys | 300m | 2 Hts |
| 9:30 | Sophomore Men | 500m | 2 Hts |
| | Elementary Girls | 300m | 2 Semi |
| 9:40 | Grand Classic Men | 500m | Final |
| | Master Women | 500m | Final |
| | Master Men | 500m | Final |
| 9:50 | Veteran Women | 500m | Final |
| | Veteran Men | 500m | Final |
| | Grand Vet. Women | 500m | Final |
| | Grand Vet. Men | 500m | Final |
| 10:05 | Esquire Men | 500m | Final |
| | Grand Esq. Women | 500m | Final |
| | Grand Esq. Men | 500m | Final |
| 10:15 | Tiny Tot Boys | 100m | Final |
| | Primary Girls | 200m | Final |
| | Primary Boys | 200m | Final |
| | Juvenile Girls | 200m | Final |
| | Juvenile Boys | 200m | Final |
| 10:30 | Elementary Girls | 300m | Final |
| | Elementary Boys | 300m | Final |
| | Freshman Girls | 300m | Final |
| | Freshman Boys | 300m | Final |
| 10:45 | Sophomore Women | 500m | Final |
| | Sophomore Men | 500m | Final |
| | Junior Women | 500m | Final |
| | Junior Men | 500m | Final |
| | Senior Women | 500m | Final |
| | Senior Men | 500m | Final |

ELITE LONG RACES

| | | | |
|-------|------------------|-------|-------|
| 11:05 | Elementary Girls | 700m | 3 Hts |
| 11:20 | Juvenile Boys | 400m | 2 Hts |
| | Elementary Boys | 700m | 2 Hts |
| 11:35 | Freshman Girls | 1000m | 2 Hs |
| | Freshman Boys | 1000m | 2 Hts |

Clear Building

NW/USARS PICNIC

* One person entry = one 100m only during middle distance. No other distance to be run.

* One team only. 1 lap per person only will be run.

NORTHWEST REGIONAL SPEED CHAMPIONSHIPS

Oaks Park Rink – Portland, Oregon

2017 SPEED SCHEDULE OF EVENTS

SUNDAY – MAY 21

Doors Open 5:30 am
General Warm-Up

ELITE LONG RACES

| | | | |
|------|-------------------|-------|--------|
| 6:00 | Sophomore Men | 1500m | 2 Hts |
| | Elementary Girls | 700m | 2 Semi |
| 6:20 | Grand Classic Men | 2000m | Final |
| | Master Women | 1000m | Final |
| | Master Men | 1500m | Final |
| 6:40 | Veteran Women | 1000m | Final |
| | Veteran Men | 1000m | Final |
| | Grand Vet. Women | 1000m | Final |
| | Grand Vet Men | 1000m | Final |
| 7:00 | Esquire Men | 1000m | Final |
| | Grand Esq. Women | 1000m | Final |
| | Grand Esq. Men | 1000m | Final |
| 7:15 | Tiny Tot Boys | 300m | Final |
| | Primary Girls | 400m | Final |
| | Primary Boys | 400m | Final |
| | Juvenile Girls | 500m | Final |
| | Juvenile Boys | 500m | Final |
| 7:30 | Elementary Girls | 700m | Final |
| | Elementary Boys | 700m | Final |
| | Freshman Girls | 1000m | Final |
| | Freshman Boys | 1000m | Final |
| 7:50 | Sophomore Women | 1500m | Final |
| | Sophomore Men | 1500m | Final |
| | Junior Women | 1500m | Final |
| | Junior Men | 2000m | Final |
| 8:10 | Senior Women | 2000m | Final |
| | Senior Men | 3000m | Final |

8:35 ELITE AWARDS

9:15 RACE SERIES AWARDS

9:35 SPECIALITY AWARDS

4 PERSON RELAYS

| | | | |
|-------|-----------------|-------|-------|
| 9:45 | Juvenile 4 Boy* | 400m | Final |
| | Freshman 4 Girl | 2000m | Final |
| | Freshman 4 Boy | 2000m | Final |
| 10:00 | Master 4 Woman* | 400m | Final |
| | Master 4 Man | 2000m | Final |
| | Senior 4 Woman | 4000m | Final |
| 10:25 | Senior 4 Man | 4000m | Final |
| | Juvenile 4 Mix | 1200m | Final |

| | | | |
|-------|-----------------|-------|-------|
| 10:45 | Freshman 4 Mix | 2000m | Final |
| | Master 4 Mix | 2000m | Final |
| 11:05 | Senior 4 Mix | 4000m | Final |
| 11:20 | 4 Person Awards | | |

2 PERSON RELAYS

| | | | |
|-------|-------------------|-------|-------|
| 11:45 | Elementary 2 Girl | 2000m | 2 Hts |
| | Elementary 2 Boy | 2000m | 2 Hts |
| 12:15 | Sophomore 2 Mix | 3000m | 2 Hts |
| | Elementary 2 Mix | 2000m | 2 Hts |

Clear Building

COACHES MEETING

MONDAY – MAY 22

Doors Open 5:30 am
General Warm-Up

2 PERSON RELAYS

| | | | |
|------|-------------------|-------|-------|
| 6:00 | Classic 2 Man | 3000m | Final |
| | Master 2 Woman* | 200 m | Final |
| | Master 2 Man | 2000m | Final |
| 6:20 | Veteran 2 Woman | 2000m | Final |
| | Veteran 2 Man | 2000m | Final |
| | Esquire 2 Man | 2000m | Final |
| 6:45 | Primary 2 Girl* | 200m | Final |
| | Elementary 2 Girl | 2000m | Final |
| | Elementary 2 Boy | 2000m | Final |
| 7:05 | Sophomore 2 Woman | 2000m | Final |
| | Sophomore 2 Man | 3000m | Final |
| 7:25 | Senior 2 Woman | 3000m | Final |
| | Senior 2 Man | 5000m | Final |
| 7:55 | Master 2 Mix | 2000m | Final |
| | Veteran 2 Mix | 2000m | Final |
| | Esquire 2 Mix* | 200m | Final |
| | Classic 2 Mix* | 200m | Final |
| 8:15 | Primary 2 Mix | 1200m | Final |
| | Elementary 2 Mix | 2000m | Final |
| 8:30 | Sophomore 2 Mix | 3000m | Final |
| | Senior 2 Mix | 3000m | Final |

8:50 2 PERSON RELAY AWARDS

* One person entry = one 100m only during middle distance. No other distance to be run.

* One team only. 1 lap per person only will be run.

NORTHWEST REGIONAL SPEED CHAMPIONSHIPS

Oaks Park Rink – Portland, Oregon

2017 SPEED SCHEDULE OF EVENTS

MONDAY – MAY 22, cont'd.

3 PERSON RELAYS

| | | | |
|------|-------------------|-------|-------|
| 9:15 | Juvenile 3 Person | 1500m | Final |
| | Freshman 3 Girl | 3000m | Final |
| 9:30 | Freshman 3 Boy | 3000m | Final |
| | Master 3 Woman* | 300m | Final |
| | Master 3 Man | 4500m | Final |
| 9:55 | Senior 3 Woman | 4500m | Final |
| | Senior 3 Man | 6000m | Final |

10:25 3 PERSON RELAY AWARDS

NOVICE MIDDLE RACES

| | | | |
|-------|------------------|-------|-------|
| 10:45 | Juvenile Boys | 300m | 2 Hts |
| | Elementary Girls | 400m | 2 Hts |
| | Elementary Boys | 500m | 2 Hts |
| 11:10 | Sophomore Men | 700m | Final |
| | Senior Men | 1000m | Final |
| | Veteran Women | 700m | Final |
| | Veteran Men | 700m | Final |
| 11:25 | Juvenile Girls | 300m | Final |
| | Juvenile Boys | 300m | Final |
| | Freshman Girls | 500m | Final |
| | Freshman Boys | 500m | Final |
| 11:40 | Junior Women* | 100m | Final |
| | Junior Men | 700m | Final |
| | Master Men* | 100m | Final |
| | Elementary Girls | 400m | Final |
| | Elementary Boys | 400m | Final |

NOVICE SHORT RACES

| | | | |
|-------|------------------|------|-------|
| 12:00 | Juvenile Boys | 200m | 2 Hts |
| | Elementary Girls | 300m | 2 Hts |
| | Elementary Boys | 300m | 2 Hts |
| 12:20 | Sophomore Men | 500m | Final |
| | Senior Men | 500m | Final |
| | Veteran Women | 500m | Final |
| | Veteran Men | 500m | Final |
| 12:35 | Juvenile Girls | 200m | Final |
| | Juvenile Boys | 200m | Final |
| | Freshman Girls | 300m | Final |
| | Freshman Boys | 300m | Final |
| 12:45 | Junior Men | 500m | Final |
| | Elementary Girls | 300m | Final |
| | Elementary Boys | 300m | Final |

NOVICE LONG RACES

| | | | |
|-------|------------------|-------|-------|
| 12:55 | Juvenile Boys | 400m | 2 Hts |
| | Elementary Girls | 500m | 2 Hts |
| | Elementary Boys | 500m | 2 Hts |
| 1:15 | Sophomore Men | 1000m | Final |
| | Senior Men | 1500m | Final |
| | Veteran Women | 1000m | Final |
| | Veteran Men | 1000m | Final |
| 1:35 | Juvenile Girls | 400m | Final |
| | Juvenile Boys | 400m | Final |
| | Freshman Girls | 700m | Final |
| | Freshman Boys | 700m | Final |
| 1:50 | Junior Men | 1000m | Final |
| | Elementary Girls | 500m | Final |
| | Elementary Boys | 500m | Final |

2:00 NOVICE AWARDS

Clear Building

* One person entry = one 100m only during middle distance. No other distance to be run.

* One team only. 1 lap per person only will be run.