

# NORTHWEST REGIONAL SPEED CHAMPIONSHIPS

Oaks Park Rink – Portland, Oregon

## 2017 SPEED SCHEDULE OF EVENTS

### FRIDAY – MAY 19

5:00 - 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.

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# 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**

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