



2023 Winter Games Speed Skating & Figure Skating

Schedule of the Day:

7:45AM	Team Check-In/Submit Music
8:30AM – 9:00AM	Figure Skating Warmups
9:00AM – 9:15AM	Ice Cut
9:00AM – 12:00PM	Figure Skating Competition
11:30AM – 12:30PM	Lunches Served/Judges Scoring
	Ice Cut
1:30PM – 2:30PM	Speed Skating Competition
2:45PM – 3:30PM	Additional Skating Competition
3:30PM – 4:30PM	Speed & Figure Skating Awards

Speed Skating | Events Offered

Athletes can compete in up to 3 Events

- **55 Meter Half Lap Race**
- **111 Meter Race (1 Lap)**
- **333 Meter Race (3 Laps)**
- **500 Meter Race (4.5 Laps)**
- **777 Meter Race (7 Laps)**

REQUIRED GEAR: There have been a few conversation on required gear. For the safety of our athletes will not be allowed to compete without proper racing gear:

- Long Sleeved and long-legged uniforms
- Knee pads or have padded knee protection as part of the uniform
- Shin Guards or have cut protection in the lower leg portion of their uniform
- Cut resistant neck protector
- Cut resistant gloves or mittens
- Helmet

Figure Skating | Events Offered

- Singles Free Skate: Level 1 – 6
- Special Olympics Badge Competition: Level 1-12