

## 2014 Canadian Track Championships Championnats Canadiens Piste 2014 Milton, ON, Canada – January 3 – 6, 2015

Communiqué No. 1

## **Changes to the Training Schedule and Session Starts**

<b>Sat -Jan 3rd</b> 1:00 p.m. 2:00 p.m. 3:30 p.m.	Elite training (Elite only) Elite and Masters training Training ends	<b>Tue - Jan 6th</b> 9:00 a.m. 9:50 a.m. 9:50 a.m.	SESSION 1 Warmup starts Warmup ends Session starts
<b>Sat -Jan 3rd</b> 5:30 p.m. 6:00 p.m. 6:00 p.m.	SESSION 1 Warmup starts Warmup ends Session starts	<b>Tue - Jan 6th</b> 2:00 p.m. 2:20 p.m. 2:20 p.m.	SESSION 2 Warmup starts Warmup ends Session starts

Sat -Jan 3rd	SESSION 2
8:00 p.m.	Warmup starts
8:30 p.m.	Warm up ends
8:30 p.m.	Session starts

Sun -Jan 4th	SESSION 1
9:00 a.m.	Warmup starts
9:50 a.m.	Warmup ends
9:50 a.m.	Session starts

Sun 2 -Jan 4th	SESSION 2
4:00 p.m.	Session starts
8:15 p.m.	Para training starts
9:15 p.m.	Para training ends

Mon - Jan 5th	SESSION 1
9:00 a.m.	Warmup starts
9:50 a.m.	Warmup ends
9:50 a.m.	Session starts

SESSION 2
Warmup starts
Warmup ends
Session starts