

INDOOR BRITISH CHAMPIONSHIPS 2017

RUNNING ORDER

9am- 9:30 am – Warm Up (Everyone)

9:30- 9:40 am – Warm up (Minis, Pupils, Scholars & Cadets only)

9:40 am – Skaters and Parents briefing

Start Time 9:50am-10 am

- Mini Girls/Boys 100m T/T
- Pupil Girls/Boys 100m T/T
- Scholar Girls/Boys 100m T/T
- Cadet Girls/Boys 100m T/T

WARM UP (Juniors, Masters, Seniors only)

- Junior Girls/Boys 100m T/T
- Masters Ladies/Men's 100m T/T
- Senior Ladies/Men's 100m T/T

PRESENTATIONS FOR 100M TIME TRIALS

11:30am

RAT RACERS

WARM UP (Senior Men, Masters Men, Junior Girls, Cadet Boys, Scholar Boys)

- Scholar Boys 500m Heats (1 Heat of 3 & 1 Heat of 4) first 2 in each Heat to Finals
- Cadet Boys 500m Heats (2 Heats of 5 Skaters) first 2 in each Heat to Finals
- Senior Men 500m heats (3 heats of 3 & 1 heat of 4) first 2 in each heat to Semis
- Junior Girls 500m Heats (2 Heats of 3 Skaters) first 2 in each Heat to Finals
- Masters Men 500m Heats (2 Heats of 4 Skaters) first 2 in each Heat to Final

WARM UP (Minis and Pupils only)

- Mini Girls 200m Finals
- Mini Boys 200m Finals
- Pupil Girls 300m Finals
- Pupil Boys 300m Finals

WARM UP (Scholar and Cadets only)

- Scholar Girls 500m Finals
- Scholar Boys 500m Finals
- Cadet Girls 500m Finals
- Cadet Boys 500m Finals

(These Races will be awarded after the Lunch break)

- Senior Men 500m Semi Finals (2 Heats of 4 Skaters) First 2 in each Semi to Finals
- **LUNCH BREAK 1PM – 1:30 PM**

The second Rat Race will take place at 1:20pm and the track to be cleared by 1:30 ready to resume racing

- Junior Girls/Boys 500m Finals
- Masters Ladies/Men's 500m Finals
- Senior Ladies/Men's 500m Finals

PRESENTATIONS FOR 200M/300M/500M DISTANCES AND RAT RACERS

WARM UP (Cadet Boys and Senior Men only)

- Cadet Boys 1000m Heats (2 Heats of 5 Skaters) First 3 in each heat to finals
- Senior Men's 1500m Heats (1 Heat of 5 & 1 Heat of 6) First 3 in each heat to finals

WARM UP (Mini, Pupil, Scholars and Cadets only)

- Mini Girls/Boys 500m Finals
- Pupil Girls/Boys 800m Finals
- Scholar Girls/Boys 1000m Finals
- Cadet Girls/Boys 1000m Finals

WARM UP (Junior, Masters and Seniors only)

- Junior Girls/Boys 1500m Finals
- Masters Ladies/Men's 1500m Finals
- Senior Ladies/Men's 1500m Finals

PRESENTATIONS FOR 500M (MINI'S) & 800M/1000M AND 1500M DISTANCES

5 MINUTES WARM UP (Pupil/Scholar/Cadet Boys Relay Teams Only)

- Pup/Scho/Cadet Boys 2000m Relay Heats
(1 heat of 3 & 1 heat of 4 teams) first 2 in each heat to final

5 MINUTE WARM UP (Junior/Masters/Senior Men's Relay Teams only)

- Jun/Mast/Seniors 3000m Relay Heats
(2 heats of 5 teams) First 2 teams in each heat through to final

5 MINUTE WARM UP (Pupil/Scholar/Cadet Girls & Junior/Masters & Senior Ladies Teams only)

- Pupil/Scholar/Cadet Girls 2000m Relay Final
- Junior/Masters/Senior Ladies 3000m Relay Final

WARM UP

- Pupil/Scholar/Cadet Boys 2000m Relay Final
- Junior/Masters/Senior Men's 3000m Relay Final

PRESENTATIONS OF RELAYS

PRESENTATIONS OF OVERALL INDOOR BRITISH CHAMPIONSHIP WINNERS

PRESENTATION OF FISS ANNUAL AWARDS

6:30pm

END OF RACING DAY