



Speed Skating Schedule
 McArthur Island Sport and Event Centre
 1655 Island Pkwy, Kamloops, BC

| Friday, February 3, 2023 | | |
|-----------------------------------|----------------------------|------------------------------|
| Time | Event | Venue |
| 12:45 p.m. – 1:00 p.m. | 1000 m Divisioning (males) | McArthur Island Olympic Oval |
| 1:00 p.m. – 1:20 p.m. | 500 m Divisioning | |
| 2:00 p.m. – 2:20 p.m. | 333 m Divisioning | |
| 2:20 p.m. – 2:40 p.m. | 777 m Divisioning | |
| Saturday, February 4, 2023 | | |
| 9:25 a.m. – 9:45 a.m. | 1000 m Final | McArthur Island Olympic Oval |
| 9:45 a.m. – 9:50 a.m. | 222 m Final | |
| 9:50 a.m. – 10:10 a.m. | 500 m Final | |
| 10:30 a.m. – 10:50 a.m. | 777 m Final | |
| 10:50 a.m. – 11:10 a.m. | 333 m Final | |
| 11:10 a.m. – 11:20 a.m. | 1500 m Final | |
| 12:45 p.m. | Awards | |

Some events only run once as finals due to distance or small numbers.