



**16<sup>th</sup> Masters' International Speed Skating Games**  
**February 22 – 25, 2007**  
**Olympic Oval**  
**Calgary, Canada**

**Training Information**

Masters arriving prior to Monday, February 19, 2007 will be participating on B Training sessions.

Skaters must check in and pay for these sessions at the Olympic Oval front desk.

Beginning on Monday, February 19, Masters training will be divided into 2 groups;

Group 1 – M30 to M55

Group 2 – M60 and up, all ladies groups

Monday, Feb. 19;

17:00 to 18:30          Group 1

18:45 to 20:15        Group 2

Tuesday, Feb 20 and Wednesday, Feb. 21;

14:50 to 16:20        Group 1

16:40 to 18:10        Group 2

Thursday, Feb. 22;

10:15 to 11:45        Group 2

12:00                    Group 1 Warm up