



# 2023 Pacific Distance Carnival & Canadian 10,000m Championships

June 23, 2023

## Schedule of Events

**5:00pm:** U18+ Women's 200m Timed Final\*

**5:18pm:** U18+ Mens 200m Timed Final\*

**5:40pm:** OPEN Mixed 800m Wheelchair

**5:45pm:** U16+ Women's 800m Heat #1

**5:50pm:** U16+ Women's 800m Heat #2

**5:55pm:** U16+ Men's 800m Heat #1

**6:00pm:** U16 Men's 800m Heat #2

**6:10pm:** U18+ Women's 3000m

**6:25pm:** U18+ Men's 3000m

**6:40pm:** OPEN Embrace the Pace 5000m Heat #1

**7:10pm:** OPEN Embrace the Pace 5000m Heat #2

**7:40pm:** OPEN Embrace the Pace 5000m Heat #3

**8:05pm:** SR Men's 10,000m National Championship

**8:45pm:** SR Women's 10,000m National Championship

\*Note, the 200m races are part of the Langley Pacific Invitational. Please register through their registration site.

### Entry Standards:

**Women's 800m: 2:20 3000m: 10:20**

**Men's 800m: 2:00 3000m: 9:00**

**Embrace the Pace: Capped @ 120 Athletes**

