



2023 Pacific Distance Carnival & Canadian 10,000m Championships

June 23, 2023

Schedule of Events

5:00pm: U20+ Women's 200m Timed Final*

5:18pm: U20+ 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: OPEN Embrace the Pace 5000m Heat #1

6:40pm: OPEN Embrace the Pace 5000m Heat #2

7:10pm: OPEN Embrace the Pace 5000m Heat #3

7:35pm: U18+ Men's 3000m Heat #1

7:50pm: U18+ Women's 3000m Heat #1

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

