

**USA ROLLER SPORTS 2009 OUTDOOR NATIONAL INLINE SPEED SKATING CHAMPIONSHIPS**  
**Colorado Springs, CO (tentative as of 06-02-2009)**

**Friday, June 26, 2009**

7-10 am Practice (\$10 per day for one or both practices)  
12-3 pm Practice

**Saturday, June 27, 2009**

7-10 am Practice (\$10 per day for one or both practices)  
12-3 pm Practice

**Sunday, June 28, 2009**

7-10 am Practice (\$10 per day for one or both practices)  
10-12 pm Final Track Instruction for Regional Level I  
Clinic Participants (no charge)  
12-3 pm Practice

**Sunday, June 28, 2009**

Meetings are held in the West Wing Auditorium (OTC Complex)

6-7 pm Athlete's registration (**HELMETS REQUIRED**)  
7:00 pm Athlete's orientation meeting  
Coach's meeting  
Official's meeting

**Monday, June 29, 2009**

**TRACK CHAMPIONSHIPS (Velodrome)**

6:00 am Gates Open  
6:30-8:30 am Practice (Junior and World Class Only)  
Practice rotates between divisions every 15 minutes

8:30 am Opening Ceremonies (Velodrome)  
Warm-up - Junior Women & Men  
Junior Women 300m time trials  
Junior Men 300m time trials  
  
Warm-up - World Class Women & Men  
World Class Women 300m time trials  
World Class Men 300m time trials

**Awards**

12:00 pm Warm-up - Junior Women & Men  
Junior Women 1000m heats  
Junior Men 1000m heats  
  
Warm-up - World Class Women & Men  
World Class Women 1000m heats  
World Class Men 1000m heats  
  
Warm-up - Junior Women & Men  
Junior Women 1000m semis  
Junior Men 1000m semis  
  
Warm-up - World Class Women & Men  
World Class Women 1000m semis  
World Class Men 1000m semis  
  
Warm-up - Junior Women & Men  
Junior Women 1000m final  
Junior Men 1000m final  
  
Warm-up - World Class Women & Men  
World Class Women 1000m final  
World Class Men 1000m final

3:00 pm **Awards**

**USA ROLLER SPORTS 2009 OUTDOOR NATIONAL INLINE SPEED SKATING CHAMPIONSHIPS**  
**Colorado Springs, CO (tentative as of 06-02-2009)**

**Tuesday, June 30, 2009**

**TRACK CHAMPIONSHIPS (Velodrome)**

6:00 am Gates Open  
6:30 am Warm-up – Junior Women & Men  
Junior Women 10000m pts elim final  
Junior Men 10000m pts elim final  
  
Warm-up – World Class Women & Men  
World Class Women 10000m pts elim final  
World Class Men 10000m pts elim final

**Awards**

7:00-8:00 am Freshman & Master registration (at track)  
8:00-9:00 am Freshman & Masters orientation (at track)  
9:00-11:00 am Freshman & Masters practice

12:30 pm Warm-up – Freshman Girls & Boys  
Freshman Girls 300m time trials  
Freshman Boys 300m time trials

Warm-up – Masters Women & Men  
Masters Women 300m time trials  
Masters Men 300m time trials

Warm-up – Freshman Girls & Boys  
Freshman Girls 2000m pts final  
Freshman Boys 2000m pts final

Warm-up – Masters Women & Men  
Masters Women 2000m pts final  
Masters Men 5000m pts final

3:30 pm **Awards**

**Wednesday, July 1, 2009**

**TRACK CHAMPIONSHIPS (Velodrome)**

6:00 am Gates Open  
6:30 am Warm-up – Freshman Girls & Boys  
Freshman Girls 500m heats  
Freshman Boys 500m heats

Warm-up – Junior Women & Men  
Junior Women 500m heats  
Junior Men 500m heats

Warm-up – World Class Women & Men  
World Class Women 500m heats  
World Class Men 500m heats

Warm-up – Junior Men & World Class Men  
Junior Men 500m quarters  
World Class Men 500m quarters

Warm-up – Masters Women & Men  
Masters Women 500m heats  
(separate races 25-34,35-44,45-54, 55 & older)  
Masters Men 500m heats  
(separate races 25-34,35-44,45-54, 55 & older)

8:00 am Warm-up – Junior Women & Men  
Junior Women 500m semis  
Junior Men 500m semis

**USA ROLLER SPORTS 2009 OUTDOOR NATIONAL INLINE SPEED SKATING CHAMPIONSHIPS**  
**Colorado Springs, CO (tentative as of 06-02-2009)**

Warm-up – World Class Women & Men  
World Class Women 500m semis  
World Class Men 500m semis

Warm-up – Masters Women & Men  
Masters Women 500m final  
(separate races 25-34,35-44,45-54, 55 & older)  
Masters Men 500m final  
(separate races 25-34,35-44,45-54, 55 & older)

Warm-up – Freshman Girls & Boys  
Freshman Girls 500m final  
Freshman Boys 500m final

Warm-up – Junior Women & Men  
Junior Women 500m placement race  
Junior Men 500m placement race  
Junior Women 500m final  
Junior Men 500m final

Warm-up – World Class Women & Men  
World Class Women 500m placement race  
World Class Men 500m placement race  
World Class Women 500m final  
World Class Men 500m final

**Awards**

9:30 am Warm-up – Masters Women & Men  
Masters Women 1500m final  
(separate races 25-34,35-44,45-54, 55 & older)  
Masters Men 1500m final  
(separate races 25-34,35-44,45-54, 55 & older)

Warm-up – Junior Women & Men  
Junior Women 15000m elim final  
Junior Men 15000m elim final

Warm-up – World Class Women & Men  
World Class Women 15000m elim final  
World Class Men 15000m elim final

3:30 pm **Awards - End of Track Championships**

**Thursday, July 2, 2009 Rain date for track events**

5-7 pm Road Practice  
7:00 pm ROAD ONLY ATHLETES Registration & Orientation  
Doherty High School  
4515 Barnes Road  
Colorado Springs, CO 80917

**Friday, July 3, 2009**

**ROAD CHAMPIONSHIPS (Doherty High School)**

6:30 am Track Opens  
7:00 am Junior Women 200m time trials  
Junior Men 200m time trials  
World Class Women 200m time trials  
World Class Men 200m time trials  
Masters Women 200m time trials  
Masters Men 200m time trials  
Freshman Girls 200m time trials  
Freshman Boys 200m time trials

**Awards**

**USA ROLLER SPORTS 2009 OUTDOOR NATIONAL INLINE SPEED SKATING CHAMPIONSHIPS**  
**Colorado Springs, CO (tentative as of 06-02-2009)**

Freshman Girls	2000m pts. final
Freshman Boys	2000m pts. Final
Masters Women	2000m pts. final
Masters Men	5000m pts. final
Freshman Girls	500m heats
Freshman Boys	500m heats
Masters Women	500m heats
(separate races 25-34,35-44,45-54, 55 & older)	
Masters Men	500m heats
(separate races 25-34,35-44,45-54, 55 & older)	
Freshman Girls	500m final
Freshman Boys	500m final
Masters Women	500m final
(separate races 25-34,35-44,45-54, 55 & older)	
Masters Men	500m final
(separate races 25-34,35-44,45-54, 55 & older)	
Junior Women	20000m elim. final
Junior Men	20000m elim. final
World Class Women	20000m elim. final
World Class Men	20000m elim. Final
Masters Women	1500m final
(separate races 25-34,35-44,45-54, 55 & older)	
Masters Men	1500m final
(separate races 25-34,35-44,45-54, 55 & older)	

5:30 pm      **Awards**

**Saturday, July 4, 2009**

**ROAD CHAMPIONSHIPS (Doherty High School)**

6:30 am	Track Opens	
7:00 am	Junior Women	10,000m points final
	Junior Men	10,000m points final
	World Class Women	10,000m points final
	World Class Men	10,000m points final
	Junior Women	500m heats
	Junior Men	500m heats
	World Class Women	500m heats
	World Class Men	500m heats
	Junior Women	500m semis
	Junior Men	500m semis
	World Class Women	500m semis
	World Class Men	500m semis
	Junior Women	500m placement race
	Junior Men	500m placement race
	Junior Women	500m final
	Junior Men	500m final
	World Class Women	500m placement race
	World Class Men	500m placement race
	World Class Women	500m final
	World Class Men	500m final

6:00 pm      **Awards - End of Road Championships**

**Sunday, July 5, 2009- Rain date for road events**