



RU FAST SHORT TRACK MEET

Olympic Oval, Calgary, AB

FEBRUARY 16-17, 2019

Location	Olympic Oval, University of Calgary, 288 Collegiate Blvd NW, Calgary, AB, T2N 4V8						
Sanctions	AASSA and SSC Sanctioned						
Entry Fee	\$75 including GST						
Entry Deadline	Registration deadline 9:00 PM, Tuesday, February 5th, 2018. * Late entries will not be accepted						
ONLINE Registration	<p>Registrations and payments are Online only through CSSA's RAMP system. https://www.calgaryspeedskating.ca/perform/meets/. This will guide you through the process of filling in the waiver and registering on RAMP (both pieces must be completed). If you are having problems with the wizard, you can fill in the waiver at: https://waiver.fr/p-sC3GJ, then advance to RAMP at: https://www.rampinteractive.com/registration/v3/?c=1492a60120e7.</p> <p>You must have a login to register so if you need one, CREATE a new account. The RAMP Instruction Manual is provided on the Welcome/Login page. Contact the CSSA Registrar for any issues registrar@calgaryspeedskating.ca.</p>						
Tentative Schedule:	<p>All skaters will race both Saturday and Sunday</p> <p>Officials and Coaches Meeting Friday Feb 15 (7:00pm) ** Approximate</p> <table style="width: 100%; border: none;"> <tr> <td style="text-align: center;"><u>Saturday Feb 16</u></td> <td style="text-align: center;"><u>Sunday Feb 17</u></td> </tr> <tr> <td>7:00 Warm-Ups begin ** Approximate</td> <td>7:00 Warm-ups ** Approximate</td> </tr> <tr> <td>17:00 End of Racing ** Approximate</td> <td>17:00 End of racing ** Approximate</td> </tr> </table> <p>** Warm-Ups between North and South Ice will be slightly staggered</p> <p><i>Schedule subject to change based on the number of registrants and the flow of the meet. Participating clubs will be notified of any changes as soon as possible.</i></p>	<u>Saturday Feb 16</u>	<u>Sunday Feb 17</u>	7:00 Warm-Ups begin ** Approximate	7:00 Warm-ups ** Approximate	17:00 End of Racing ** Approximate	17:00 End of racing ** Approximate
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Groupings	<p>**** IF YOU ARE UNSURE WHERE TO REGISTER YOUR SKATER, CONTACT YOUR COACH ****</p> <p>Group 1: T2T skaters Skating on the 100m track Saturday and Sunday Younger or newer T2T skaters unable to skate the T2T distances, please register skaters in the L2T (Group 2).</p> <ul style="list-style-type: none"> • L2T skaters who request to move to the T2T must meet ONE of the following time standards: <ul style="list-style-type: none"> ○ 400m – 0:48.00 ○ 1500m – 3:20.00 ○ 3000m – 6:50.00 • 2000 m for T2T1 and T2T2 and 3000m Points Race for T2T3 and T2T4 <ul style="list-style-type: none"> ○ Coaches should ensure all T2T skaters are familiar with the points race format. ○ Lapped skaters will NOT BE DISQUALIFIED. They may complete the race. <p>Group 2: L2T, FunD & Active Start Skating on the 100m track Saturday and Sunday</p> <p>Group 3: Open/JR/SR/Masters/Special Olympics Skating on the 111m track Saturday and Sunday</p> <p>**** IF YOU ARE UNSURE WHERE TO REGISTER YOUR SKATER, CONTACT YOUR COACH ****</p>						

<p>Group 1</p> <p>T2T (Training to Train)</p>	<p>RUFast is NOT a selection event for Canada West in 2019. However, the following format comes from Speed Skating Canada – Competitions Bulletin 2018-2019 No. 2018.01.</p> <ul style="list-style-type: none"> • T2T will be separated by gender and grouped together on ability as per other Alberta ST events (no separation of single year age categories) and seeded into different divisions per distance and based on seed times. • The 3000m points race will be seeded into finals of 8 based on seed times, all skaters will be allowed to finish their 3000m race. T2T3 (Girls 13/Boys14) and T2T4 (Girls 14/Boys15) • The 2000m points race into finals of 8 based on seed times, all skaters will be allowed to finish their 2000m race: T2T1 (Girls 11/Boys12) and T2T2 (Girls 12/Boys13) • The 200m will be run as a pursuit for heats and mass start for the finals. • The 400m will be seeded into divisions of 12 based on seed times and will run heats, semi-finals and finals. • The 1500m will be run as a version of a super final, seeded based on accumulated points from the 400m, 2000m or 3000m races at the same event <p>**** Subject to change once final registration #'s are received</p>
<p>Group 2</p> <p>L2T (Learning to Train) FUNd (Fundamental) Active Start</p>	<p>All divisions will be mixed gender and divided based on ability. There will be a balance of developmentally appropriate short distances, long distances and skill events for this group</p> <ul style="list-style-type: none"> • All skaters will race a minimum of 5 distances • All skaters will be ranked and seeded on 400m and/or 200m times
<p>Group 3</p> <p>Open (Jr/Sr) Masters Special Olympic</p>	<p>Junior, Senior, Masters and Special Olympic skaters</p> <p>Open Jr/Sr: 500m, 1000m, 1500m, 3000m Masters: 500m, 777m, 1000m, 1500m Special Olympics: 333m, 500m, 777m</p> <p>All Skaters will be ranked and seeded on 500m times</p>
<p>Submission of Seeding Times</p>	<p>AASSA's provincial competition file has the personal bests of all Alberta skaters who have skated in any AASSA sanctioned competition last season and this season. Therefore, Alberta coaches, you do not have to submit their PB's if they have competed during the 2016-2017 season. Please note that we only have access to times skated in Alberta. If a skater's PB is from outside of Alberta, then you will need to submit the seed time. Non-Alberta skaters or skaters who are skating their first competition of the season must submit PB's</p>
<p>Safety Equipment</p>	<p>SSC Rules D3-100 (Short Track Start) will be strictly enforced.</p>
<p>Results</p>	<p>Results will be posted on line at; http://calgaryspeedskating.ca/results/rufast2019</p>
<p>On-Site Food</p>	<p>Food and beverages will be provided for officials, volunteers, and coaches. The Food Court at the University will be available for everyone else.</p> <p>Allergy Alert: We have a number of skaters with severe peanut and nut allergies. Please refrain from bringing these products.</p>
<p>Officials and Volunteers</p>	<p>With this event being held over two days on two ice surfaces, an incredible number of officials and volunteers will be required. We are asking all participating clubs to please help us out with this. Volunteer info located on www.calgaryspeedskating.ca under VOLUNTEERING tab</p>
<p>Inquiries</p>	<p>Registration inquiries: registrar@calgaryspeedskating.ca Other inquiries: meet.coordinator@calgaryspeedskating.ca</p>