

LSSA'S 2019 BRIDGE BOLT

FEBRUARY 23RD AND 24TH, 2019

Location: ATB Centre, 74 Mauretania Rd W, Lethbridge AB T1J 5A8

Skaters and Distances: **Group 1** – T2T skaters - skaters will skate the 100m track

- Heats and finals: 400m, 200m, 1500m.
- Superfinal: 3000m points.
- Skaters will be placed into divisions and seeded based on submitted 400m times.
- Relays will be skated for the top 16 T2T skaters in the male and female divisions (time permitting).

Group 2 – L2T and FunD skaters - skaters will skate the 100m track

- 200m, 300m, 400m, and either 1,000 or 800m Superfinal depending on division.
- Skaters will be placed into divisions and seeded based on submitted 200m and/or 400m times.

Group 3 – Open division - skaters will skate the 111m track

- 500m, 1000m, 1500m and 3000m races.
- Skaters will be seeded based on submitted 500m times.

Awards: 1st, 2nd and 3rd place medals will be presented for all divisions, and for T2T groups by gender and age.

Most improved male and female PBs will also be acknowledged in the Active Start and FunD 200m races, as well as the L2T 400m race.

Sanctions: Sanctioned by Alberta Speed Skating and Speed Skating Canada

Time: *Registration:* 7:00 a.m on Saturday February 23rd
Warm-Ups: L2T and Open at 7:30am on Saturday and 7am on Sunday. T2Ts begin at 12:30 on Saturday and 11:15am on Sunday.
Coaches' Meeting: TBD, either 7:30pm Friday evening or 7:15am Saturday.

(Note: Times are approximate and final schedule will be sent to coaches)

Entry Fees and Registration: \$70/skater. Registration will be online courtesy of CSSA's RAMP system. Please ensure you complete both the waiver and the event registration.

[LSSA's 2019 Bridge Bolt registration via Calgary's RAMP system](#)

Entry Deadline: Early registration is available for Alberta skaters. Space is limited. Registration will open for out of province skaters on February 8th. Final entry deadline is **Friday February 15th, 2019 @ 9pm. Absolutely no late entries will be accepted.**

Team Registration: 7:00 a.m. Saturday morning before races in the Arena lobby.

On-Site Food: There will be a hospitality room for officials, volunteers and coaches only. The concession and licensed lounge will be open, and there are also a few food options nearby.

Volunteers: Volunteers will be needed on race day to ensure all positions are filled. The schedule will be split, with Groups 2 & 3 skating in the mornings and Group 1 skating in the afternoons, so our volunteer shifts have also been split accordingly.

Our volunteer signup page can be accessed by clicking on the following link:
<https://www.signupgenius.com/go/10C084BA9AB2CA4F94-lssas2>

Near-by Businesses:

- **Walking Distance:** Tim Hortons, Original Joe's Restaurant & Bar, MAMA LA Vietnamese Quisine, Freshii, Subway, McDonald's, No Frills and Boston Pizza.
- **By Car:** Booster Juice, TacoTime, Pizza Hut, Safeway, and a selection of other food services 5-10 minutes north on Metis Trail or University Drive.

Hotels: There are a range of hotels available in Lethbridge, but the weekend of our meet is a very busy one here in Lethbridge so it's important to confirm your room as soon as possible. We have a special block available for you at the Sandman Signature Hotel (located at 320 Scenic Drive S).

This hotel was formerly the Lethbridge Lodge, and has recently undergone extensive renovations. There are two types of room available, each at a cost of \$119.00 plus tax. You may choose between:

2 Queen Beds, or
1 King Bed and a sofa bed.

Breakfast can be added for an additional charge at time of booking. The hotel has an indoor pool, hot tub, fitness center, restaurant and lounge. Approximate drive time to the venue is 7 minutes.

Please call the hotel locally at 403-328-1123 or toll free at 1-800-SANDMAN and reference group code **54556** when booking. Check-in date is February 22nd, checkout is February 24th.

***** ROOMS MUST BE BOOKED BY FEBRUARY 15TH TO QUALIFY FOR THE SPECIAL LSSA RATES*****

Questions? Please contact Cherise Eaves at lssa.sk8r@gmail.com.