



## 16<sup>TH</sup> ANNUAL CANMORE ICE RACING CHALLENGE SHORT TRACK COMPETITION

**Saturday December 7<sup>th</sup>, 2019**

**Location:** Canmore Recreation Centre, 1900 – 8<sup>th</sup> Avenue, Canmore, Alberta  
AASSA sanction applied for.

**Schedule:**

Warm-Ups:	7:10AM – 7:40AM
Coaches' Meeting	7:15AM
Racing	8:00AM – 4:00PM

**Format:** **We will be capping the number of skaters at 110.**  
Single Distance. Entries limited to Masters, Junior, Train 2 Train and younger. Will run Juniors on 111m track if requested and numbers justify, otherwise, will race as T2T's on the 100m.  
Masters will skate 500m, 1000m and 1500m Super Final on the 111m.  
Require a minimum of 5 Masters skater to run the division.

T2T and younger  
All racing on 100m Track  
All skaters will race a 200m and 400m  
There are four options for the third distance.  
Guidelines for choosing the third distance are:

100m	(400m time over 60 seconds)
500m	(400m time over 60 seconds)
800m	(400m time over 47 seconds)
1500m	(400m time under 55 seconds)

**Entry and Fees:** Entry is through CSSA's Ramp System –  
<https://www.calgaryspeedskating.ca/perform/meets/>  
**Entry will open at 12:00pm on Thursday November 14th**  
Entry fee \$45/Skater.  
The number of skaters will be capped at 110, so please register early.

<b>Tuesday November 26th (Noon)</b>	Entry Deadline
<b>Friday November 29<sup>th</sup></b>	Draft Division List sent to clubs for feedback
<b>Sunday December 1<sup>st</sup> (Noon)</b>	Corrections and feedback to host club
<b>Tuesday December 3<sup>rd</sup></b>	Final Division List sent to clubs

**Registration:** 7:00AM Saturday before warm-ups in the Arena lobby.

**Results:** Protocols will be emailed to each participating club.

**On-Site Food:** There will be free food and drink available for officials, volunteers, and coaches. The arena features a concession for everyone else.

**Volunteers:** Volunteers will be needed on race day to ensure all positions are filled, if possible please call Ian Mellors at (403) 609-7031 or email [ianmellors@shaw.ca](mailto:ianmellors@shaw.ca) if you can help out.

**Awards:** T2T's  
For the 200m and 400m events, which everyone skates, there will be Medals presented to skaters that show the greatest percentage improvement comparing their race times with the skater's seed time. We have divided the skaters up by the age categories set out by SSC and Male/Female. So we will hand out a most improved skater in both the 200m and 400m to the greatest improvement in:

T2T M,      T2T F  
L2T M,      L2T F  
FUNdie M,      FUNdie F

A skater may only receive one Most Improved award. If a skater is Most Improved in both the 200m and 400m, they will receive the award in the distance in which they had the largest improvement.

The fastest Male/Female in the 200m and 400m events will also receive an award. The time may taken from either the semi or the final.

For the 100m, 500m, 800m and 1500m, we are awarding Gold/Silver/Bronze to the positions in the A finals.

For Masters, Gold/Silver/Bronze based on overall points from the three distances.

**Questions?** Call Ian Mellors at (403) 609-7031 or email [ianmellors@shaw.ca](mailto:ianmellors@shaw.ca)



**Canmore Ice Racing Challenge  
Canmore Recreation Centre, Canmore, AB, December 7<sup>th</sup>, 2019**

SSC # \_\_\_\_\_ Club: \_\_\_\_\_

Name of Skater (last, first): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

DOB (i.e. 03-June-1994): \_\_\_\_\_ Age as of June 30, 2019: \_\_\_\_\_

Contact Phone Number(s): \_\_\_\_\_ Gender: Male / Female

Any special/current medical conditions we should be aware of? \_\_\_\_\_

\_\_\_\_\_

Distances – Indicate the three Distances (see coaches for time standards and guidelines)

100m [ ], 200m [X], 400m [X], 500m [ ], 800m [ ], 1500m [ ]

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In consideration of your accepting this entry, I hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against Speed Skating Canada and the Alberta Amateur Speed Skating Association and its member clubs, their agents, officers or members, the Town of Canmore, and the Banff/Canmore Speed Skating Club, for any injuries suffered by me at said contest to be held December 7, 2019, at the Canmore Recreation Centre, Canmore, Alberta. In signing this release I acknowledge the potential for injury.

In witness hereof, I set my hand and seal this \_\_\_\_\_ day of \_\_\_\_\_, 2019.

Skater's Signature \_\_\_\_\_

Parent/Guardian if skater is under 18 years of age: \_\_\_\_\_