

LSSA'S BRIDGE BOLT – OCTOBER 26TH AND 27TH, 2019

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

- Skaters and Distances:
- Group 1 – Skaters will skate the 100m track: 200m, 400m, 1500m
- Skaters will be placed into divisions and seeded based on submitted 400m times.
 - This group is intended for T2T's but L2T's comfortable with the 1500m may register.
- Group 2 – Skaters will skate the 100m track: 400m, 300m, 200m and either the 100m or 800m.
- Skaters will be placed into divisions and seeded based on submitted 200m and/or 400m times.
 - This group is intended for younger skaters or novice T2T skaters who do not want to race the 1500m.
- Group 3 – Skaters will skate the 111m track
- Junior/Senior will skate 1000m, 500m and 1500m
 - Masters will skate 777m, 500m, and 1000m
 - Skaters will be seeded based on submitted 500m times.

Skaters may also register for one of these extra distances:

- 3000m (111m track – Open to Group 3 skaters only)
- 3000m points (100m track)
- 2000m points (100m track)
- 500m (111m track)

Relays for groups 1 and 2 will be run at the end of the day on Saturday.

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

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: 7:30 a.m on Saturday October 26th, 2019.
Warm-Ups: 8:15 a.m.
Coaches' Meeting 8:15 a.m.
(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 2019-2020 Bridge Bolt registration via Calgary's RAMP system](#)

Entry Deadline: Registration deadline is Friday October 18th at 11:59pm. Late entries accepted until 11:59pm on Tuesday October 22nd, 2019, subject to a \$50 late fee. Absolutely no late entries will be accepted after 11:59pm on October 22nd, 2019.

- Team Registration: 7:30 a.m. Saturday morning before races in the Arena lobby.
- Medical Policy: Please note that skaters will not be allowed to race if they have not followed Speed Skate Canada's "Return to Speed Skating Protocol" guidelines and received formal medical clearance to compete following a concussion. No refunds will be issued to injured skaters who have registered but either did not complete or failed to follow the protocol.
- 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. Our volunteer signup page can be accessed by clicking on the following link:
<https://www.signupgenius.com/go/10C084BA9AB2CA4F94-Issas4>

Near-by Businesses:

- **Walking Distance:** Tim Hortons, Original Joe's Restaurant & Bar, MAMA LA Vietnamese Cuisine, Freshii, Subway, McDonald's, No Frills and Boston Pizza.
- **By Car:** Booster Juice, TacoTime, Pizza Hut, The Chopped Leaf, 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 two hotel blocks available for you:

Option 1: Hampton Inn & Suites by Hilton (located at 4073 2 Ave S). This hotel is offering a Standard Room with Two Queen Beds, and includes a complimentary continental breakfast for up to 4 guests, for \$127.00 plus tax. The hotel has an indoor pool, fitness center and free parking. Approximate drive time to the venue is 17 minutes.

Please call the hotel locally at 403-942-2142 and reference group code "SSA" when booking.

Option 2: Coast Lethbridge Hotel & Conference Centre (located at 526 Mayor Magrath Drive S). There are three types of rooms available:

1. Standard room with 2 Double beds - \$109 plus tax
2. Superior room with 2 Queen beds - \$114 plus tax
3. Premium room with 2 Queen beds - \$119 plus tax

The hotel has an indoor pool, hot tub and fitness center. Approximate drive time to the venue is 11 minutes.

Please call the hotel locally at 403-327-5701 and reference group name "Bridge Bolt", or group booking code "CLH-GFC2981" and the stay dates (October 25th-27th) when booking.

***** ROOMS AT EITHER HOTEL MUST BE BOOKED BY OCTOBER 18TH, 2019 TO QUALIFY FOR THE SPECIAL LSSA RATES*****

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