

INFORMATION BULLETIN

REGINA 2016 LT MEET

When: January 21 and 22, 2016

Where: Regina, SK - Mount Pleasant Oval, Winnipeg Street and 9th Avenue North

Meet Format:

- Juniors and adults will be skating open class.
- T2T will be broken into 2 groups with one group consisting of T2T 11-12 girls and T2T 12-13 boys, and the second group consisting of T2T 13-14 girls and T2T 14-15 boys.
- L2T and Fundamentals groups will be combined.
- Active start will skate both days.

Distances

Junior and older (Open) - ISU

Male - 500 m, 1000m, 1500m, 5000 m, 6 lap Mass Start

Female – 500 m, 1000 m, 1500 m, 3000 m, 6 lap Mass Start

500 m LT seed time

T2T 13-14 girls and T2T 14-15 boys

Mass Start 300 m

ISU 100 m, 500 m, 3000 m

5 lap Mass Start Race

400 m ST seed time

T2T 11-12 girls and T2T 12-13 boys

Mass Start 300 m, 3000 m (superfinal)

ISU 100 m, 500 m

Relay – 3 or 4 laps

400 m ST seed time

L2T and Fundamentals groups will be combined. These distances will be selected based on the ability of the skaters registered.

Mass Start 100 m, 200 m, 300 m and 400m (heats and finals)

Mass Start 2000 m /1600 m /1000 m depending on grouping (finals only)

Relay – 3 or 4 laps

300 m ST seed time

Active Start

50 m, 100 m

Important Consideration for L2T and T2T when registering:

Skaters with competition experience in L2T, and seed times comparable to skaters in T2T, may request to participate in the T2T class. This allowance must be approved and signed off by the skater's coach. While it is encouraged that this be requested at the time of registration, consideration will also be given during the coaches meeting.

Skaters with competition experience in T2T, and seed times comparable to skaters in Junior, may request to participate in the Junior class. This allowance must be approved and signed off by the skater's coach. While it is encouraged that this be requested at the time of registration, consideration will also be given during the coaches meeting.

In order to provide for the best experience for skaters, it may be in the best interest of skaters to skate down in class as well. Consideration will also be given for these requests during the coaches meeting.

Awards: Regular Meet - medals, ribbons and time records for applicable age classes.

Tentative Meet Schedule: Subject to change.

Race Schedule Saturday and Sunday: (Times are approximate and may change)

7:30 am Junior and older, and T2T Warm-up:
8:30 am Racing Starts (Junior and older, and T2T)
9:20 am Warmup L2T and FUN
12:00 pm (approximate) Active Start
1:00 pm (approximate) Racing resumes

On-site Food: Food and drink will be provided for officials, volunteers and coaches.

Coaches Meeting: 7:30 pm Friday, January 8, 2016
Mount Pleasant Oval.

Please advise of scratches and additions as they happen, do not hold for coaches meeting.

Suggested Hotels (no reservations made):

Country Inn & Suites by Carlson 3321 E. Eastgate Bay Telephone: 1-800-456-4000	Comfort Inn 3221 E Eastgate Drive Telephone: (306) 789-9117
Holiday Inn & Suites 1800 Prince of Wales Drive Telephone: 1-866-789-3883	Sandman Hotel & Suites 1800 Victoria Avenue Telephone: (306) 757-2444
Days Inn 3875 Eastgate Drive Telephone: (306) 522-3297	Best Western Seven Oaks 777 Albert Street Telephone: 1-800-667-8063

Registration Fee: \$40.00 per individual skater.

Family Rate: 1st family member=\$40, 2nd family member =\$35, 3rd family member=\$35, additional family members=\$35.
\$5.00 for Active Start skaters.

Cheques are to be made payable to: Regina Speed Skating Club

Deadline for Registration: Monday, January 16, 2016

Last day for FULL REFUND due to withdrawal: Wednesday, January 18, 2016.
Any late entries are subject to double the entry fee.

Please:

- (1) Include an email address so that your club coach can receive and review the preliminary race program and skater list on Thursday, January 7.
- (2) Register through your Club and send one cheque per Club. Clubs are welcome to submit spreadsheets listing skaters and pertinent information.

<p>Gail Horst email: ghorst@accesscomm.ca</p>	<p>R e g i s t r a r</p> <p><u>Meet Coordinator</u> John or Pam Milos email: jmilos@accesscomm.ca</p>
---	---

NOTE: The Regina Speed Skating Club reserves the right to alter the race schedule or the start times to ensure the safest and most efficient operation of the Meet.

Saskatchewan Amateur Speed Skating Association and Speed Skating Canada Sanctioned

Registration Information

Skater Name: _____ **Skater SSC No:** _____

Parent Name(s): _____

Age Class: _____ **Age (On June 30, 2014):** _____

Birth Date: _____ (day/month/year)

Skater Telephone: _____ Health No: _____

Sex (M/F): _____

Seed Times

Juniors and older:

500 m Long Track: _____,

T2T 13-14 girls and T2T 14-15 boys

400 m ST seed time: _____

T2T 11-12 girls and T2T 12-13 boys

400 m ST seed time: _____

L2T/FUN 300 m ST seed time: _____

Club: _____

For skaters wishing to skate up in class, coaches are requested to provide multiple seed times (from their proper age group and any obtained in a higher group) as part of the request to ensure coaches and officials have the appropriate information to make a decision at the coaches meeting.

If possible I would like my skater to be moved to T2T from L2T _____ (Yes/No)

If possible I would like my skater to be moved to Junior from T2T _____ (Yes/No)

Provide 500 m seed time _____

Please confirm faxes and e-mail registration with Registrar.

Waiver for Skaters: All skaters must have completed a Saskatchewan Amateur Speed Skating Association waiver form. This is a policy adopted by the Saskatchewan Amateur Speed Skating Association. This type of release form is now used by many sports. The Regina Speed Skating Club cannot allow any skater to compete who has not completed this form!

Saskatchewan Amateur Speed Skating Association

RELEASE, WAIVER AND ASSUMPTION OF RISK

EVENT: _____ (see
Schedule A)

I, _____ have read the rules and regulations issued for this event and agree to be bound by them. I hereby acknowledge and agree that in consideration of acceptance of this entry or my being permitted to take part in this event:

1. I DO HEREBY RELEASE the Saskatchewan Amateur Speed Skating Association (SASSA)

and Speed Skating Canada (SSC), the affiliate club or Association hosting this event namely: _____ (see Schedule B), and the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate from all liability, and do hereby waive as against the SSC, SASSA, the affiliate and members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of SSC, SASSA and the said affiliate all recourses, claims, causes of action of any kind whatsoever in respect of all personal injuries or property losses which I may suffer arising out of or connected with my preparation for or participation in this event notwithstanding that such injuries or losses may have been caused solely or partly by the negligence of the SSC, SASSA, the said affiliate or any of the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate.

2. AND, I DO HEREBY ACKNOWLEDGE AND AGREE:

(a) That the sport of speed skating is very dangerous, exposing participants to many risks and hazards including personal injury, death and property damage, some of which are inherent in the very nature of the sport, other which might result from human error and negligence on the part of the persons involved in preparing, organizing and staging the races and other activities associated with the event;

(b) That I freely and voluntarily assume all the aforesaid risks and hazards and my preparation for and participation in this event is entirely at my own risk;

(c) That I understand that neither the SSC, SASSA nor the said affiliate nor any members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate assume any responsibility whatsoever for my safety during the course of my preparation for or participation in this event;

(d) That this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement is binding upon myself, my heirs, my executors, administrators, personal representatives and assigns;

(e) That I have carefully read this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement, that I fully understand same and that I am freely and voluntarily executing same.

DATED at _____, this _____ day of _____, 20____.

(Participant) (Signature of parent/guardian if participant is under 18 years)

(Witness)

Saskatchewan Amateur Speed Skating Association

PARENT ACKNOWLEDGEMENT, RELEASE AND AGREEMENT TO INDEMNIFY

WE, _____ being the parents or guardians or individuals with custody and responsibility of _____ (hereinafter called my child) for good and valuable consideration, the receipt of which is hereby acknowledged, DO HEREBY AGREE AND ACKNOWLEDGE:

1. That I/WE have read and understand fully the attached, RELEASE, WAIVER AND ASSUMPTION OF RISK agreement.
2. That I/WE have explained fully to my child the consequences of signing the said RELEASE, WAIVER AND ASSUMPTION OF RISK agreement.

3. That the said RELEASE, WAIVER AND ASSUMPTION OF RISK agreement is on the whole beneficial to my child.

4. That I/WE do hereby release the Saskatchewan Amateur Speed Skating Association (hereinafter called SASSA), Speed Skating Canada (hereinafter called SSC), the affiliate referred to in the RELEASE, WAIVER AND ASSUMPTION OF RISK agreement and the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate, all recourses, claims, causes of action of any kind whatsoever in respect of damages I/WE might suffer as a consequence of my child sustaining personal injury, death or property loss while participating in the event referred to in the RELEASE, WAIVER, AND ASSUMPTION OF RISK agreement, notwithstanding that such injury, death or loss may have caused solely or partly by the negligence of the SSC, SASSA the said affiliate or any members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate.

5. That I/WE do hereby agree to indemnify and hold harmless the SSC, SASSA, the said affiliate and the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate from any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of the SSC, SASSA, the said affiliate or any members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate that may be made or initiated by, or on behalf of my child, arising out of or connected with my child's preparation for or participation in the event referred to in the RELEASE, WAIVER AND ASSUMPTION OF RISK agreement.

DATED at _____, this _____ day of _____, 20____.

_____, _____
(Parent or Guardian) (Parent or Guardian)