

Alberta Open Indoor Long Track

Olympic Oval, Calgary, AB

January 11-12, 2020

<u>Location:</u>	Olympic Oval, University of Calgary, 288 Collegiate Blvd NW, Calgary, AB, T2N 4V8 (Google Map)
<u>Sanctions:</u>	AASSA Sanction and SSC Sanction
<u>Entry Fee:</u>	\$65.00 including GST.
<u>Entry Deadline:</u>	Friday, December 27, 2019, at 9:00pm Late entries will not be accepted

ONLINE
Registration:

Registrations and payments are Online only through CSSA's RAMP system. <https://www.calgaryspeedskating.ca/perform/meets/>. You can access the registration and waiver process directly at: <http://calgaryspeedskating.rampregistrations.com/>.

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.

Groupings:

- Ability Meet with CYLTC Qualifier and OS for Juniors and NeoSeniors
- Group 1 Olympic Style – Junior / Senior / Master skaters
- Group 2 Olympic Style / Mass Start – T2T skaters
- Group 3 Mass Start– L2T/FUNd/ Active Start skaters

Group 1:

Junior
Senior
Master

Olympic Style

This group will include all Junior, Senior and Master skaters. This group will start competing at late morning Saturday and late morning Sunday into the afternoon. Distances will include:

500m

1,000m

1,500m

7 Lap (Master may skate Mass Start depending on available time)

Distances will be seeded individually based on best times in the current or previous season. In the instance where no times are submitted, skaters will be seeded last.

(Race distances subject to change if required)

Group 2:

Training to Train
(T2T)

**Olympic Style / Mass Start
(CACLT distances)**

This group will include all Training to Train (T2T) skaters. This group will start competing **late morning Saturday and late morning Sunday into the afternoon.**

Skaters will be grouped as follows and skate gender separate:

- Girls 11 & 12 / Boys 12 & 13
- Girls 13 & 14 / Boys 14 & 15

Distances will include:

- **Olympic Style 500m / 1500m**
- **Mass Start 300m / 1500m / 7 Lap**

As it is likely that many skaters will not have skated these distances previously (**or recently**) skaters will be paired in the 500m based on a 400m short track time. Skaters will

Group 3:

Learning to Train
(L2T)

FUNdamental
(FUNd)

ActiveStart

Mass Start

All divisions will be mixed gender and ages based on ability. This group will compete **Saturday morning and Sunday morning.**

Skaters will skate 4 mass start long track distances. Distances will include:

100m

300m

1-3 Lap Race

Skaters will be **ranked, placed in divisions and seeded into the first distance based on a 200m short track time.**

(Race distances subject to change if required)

**Submission of
Seeding Times:**

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 2018-2019 season or this current 2019-2020 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 that time. Non-Alberta skaters or skaters who are skating their first competition of the season must submit PB's.**

Safety Equipment:

SSC Rules **D3-200** (Olympic Style) (**pg112-113**) and **D3-300/301** (Long Track Mass Start) (**pg113-114**) as referenced in the SCC Red Book, will be strictly enforced. <http://www.speedskating.ca/events/rules>
<http://www.speedskating.ca/resources/safety/protective-equipment/long-track-protective-equipment>

***All Safety equipment to be worn during warm up. CSSA recommends the use of helmets for all on ice activities.**

AASSA safety rules regarding helmet use are being implemented.

http://www.albertaspeedskating.ca/images/officials/AASSA_helmet_policy_Dec_10_14.pdf

<u>On-Site Food:</u>	Food and drink will be provided for officials, volunteers, and coaches. The Food Court at the University will be available for everyone else.
<u>Coaches Meeting:</u>	Friday, Jan 10 th at 7:00 pm in the Olympic Oval Lounge
<u>Officials and Volunteers:</u>	<p>Officials and volunteers are always welcome and encouraged to participate. Note that each CCSA family MUST participate in each of the 2 meets (ABLT & RUFast).</p> <p>Sign up by clicking on this link: volunteersignup.org/DL9J8 or by going to the CSSA Website www.calgaryspeedskating.ca and clicking on the VOLUNTEER tab</p>

<u>Oval Skate Shop:</u>	Due to the high volume of competitors, the Oval Skate Shop cannot guarantee skates dropped off on Friday, Jan 10th or Sat 11th for sharpening will be ready for the next day.	
<u>General Inquiries:</u>	CSSA at 403-220-4417 or email: meet.coordinator@calgaryspeedskating.ca or vc.competitions@calgaryspeedskating.ca	
<u>Schedule/Divisions:</u>	The schedule of race times and divisions are subject to change and will be released to clubs and competitors as soon as possible, likely by Jan 8th	
<u>Accommodations:</u>	<p>Examples of close by hotels / motels</p> <p>Travelodge Calgary University</p> <p>Best Western Village Park Inn</p> <p>Hotel Alma</p>	
500m	1,000m	1,500m

7 Lap (Master may skate Mass Start depending on available time)

	100m	300m	1-3 Lap Race
Address:	2227 Banff Trail NW, Calgary		
Website:	http://www.reservationcounter.com		
Phone:	403-289-6600 or 1-888-276-8666		
Address:	1804 Crowchild Tr. NW, Calgary		
Website:	http://www.villageparkinn.com		
Phone:	403-289-0241 or 1-888-774-7716		
Address:	169 University Gate NW, Calgary		
Website:	http://www.hotelalma.ca/home		
Phone:	403-220-3203 or 1-877-498-3203		