



ROCKY MOUNTAIN HOUSE  
**FAST IS FUN**  
SHORT TRACK MEET

**FAST IS FUN SHORT TRACK MEET**

**Date** Saturday, Jan. 25, 2020

**Location** Bunch Arena – Christenson Sports & Wellness Centre  
(Rocky Arena Complex – 5332 – 50 St.)  
Rocky Mountain House, Alberta

**Schedule**

Saturday	
<b>Warm-Ups</b>	7:45am – 8:00am T2T & Jr. 8:00am – 8:15am Fund & L2T
<b>Coaches Meeting</b>	8:00am in Subway Room
<b>Races Start</b>	8:30am
<b>Races End</b>	4:30pm
<b>Awards</b>	Following the last race
<b>Note: Times are approximate</b>	

**Format**

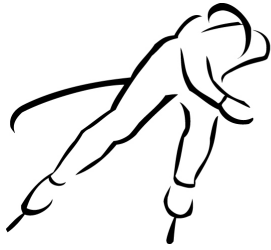
All points ability meet. AASSA sanction.  
Open to Active Start, Fund, L2T and T2T, plus Juniors who wish to participate in Ability Meet format. All races will be on 100m track.  
Two distances with heats and finals, plus one super final.  
Sign-up for optional races on race day if time permits.

**Entry fees** \$40/skater.

**Entry process**

Email summary sheets to <a href="mailto:gail.krabben@gmail.com">gail.krabben@gmail.com</a>	
Sunday, Jan 19 ( noon)	Entry deadline
Wednesday, Jan 22	Draft Division List sent to clubs for feedback
Friday, Jan.24	Final Division List sent to clubs

**Registration** 7:30 AM Saturday before warm-ups in the arena lobby.



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**Speed  
Skating  
Club**

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- Results** Protocols will be emailed to each participating club and posted by AASSA.
- Awards** Medals for all divisions: 1st, 2nd and 3rd place.
- Hotels** Best Western – 403-844-3100 (4407 - 41 Ave., RMH – just off Hwy. 11)  
Canalta – 403-846-0088 (4406 - 41 Ave., RMH – just off Hwy. 11)  
Walking Eagle Inn – 866-845-2131 (4829 - 45 St., RMH – on Hwy. 11)  
Tamarack Motor Inn – 403-845-5252 (4904 - 45 St., RMH – on Hwy. 11)  
Rocky Inn Express – 403-845-2871 (4715 – 45 St., RMH – on Hwy. 11)
- On-Site Food** There will be free lunch, snacks and drinks available for officials, volunteers, and coaches. The recreation centre features a concession on the second floor near the curling club lounge. Subway, Tim Hortons and Harvey's a short walk from arena.
- Volunteers** Volunteers will be needed on race day to ensure all positions are filled. Please contact us if you can help out. We will supply a free lunch. Contact meet coordinator Fiona Barnett, 403-844-7024, [stampinsummer@yahoo.ca](mailto:stampinsummer@yahoo.ca), or visit <https://volunteersignup.org/QK9QC>
- Questions?** Contact Fiona Barnett, 403-844-7024 [stampinsummer@yahoo.ca](mailto:stampinsummer@yahoo.ca)