



RU FAST SHORT TRACK MEET

Olympic Oval, Calgary, AB

March 7-8, 2020

Location	Olympic Oval, University of Calgary, 288 Collegiate Blvd NW, Calgary, AB, T2N 4V8						
Sanctions	AASSA and SSC Sanctioned						
Entry Fee	\$75 including GST						
Entry Deadline	Registration deadline 9:00 PM, Thursday, February 20th, 2020. * Late entries will not be accepted. DUE TO THE ANTICIPATED HIGH NUMBER OF PARTICIPANTS AS THE CANADIAN YOUTH SHORT TRACK CHAMPIONSHIP QUALIFIER, REGISTRATION NUMBERS WILL BE CAPPED, DEPENDING ON VOLUME OF REGISTRATIONS RECEIVED.						
ONLINE Registration	<p>Registrations and payments are Online only through CSSA's RAMP system.: http://CalgarySpeedSkating.rampregistrations.com select seasons/ 2019-2020 competitions division /RU fast</p> <p>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.</p>						
Tentative Schedule:	<p>All skaters will race both Saturday and Sunday</p> <p>Officials and Coaches Meeting: Friday March 6 (7:00pm) ** Approximate</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><u>Saturday March 7</u></td> <td style="width: 50%;"><u>Sunday March 8</u></td> </tr> <tr> <td>7:00 Warm-Ups begin ** Approximate</td> <td>7:00 Warm-ups ** Approximate</td> </tr> <tr> <td>17:00 End of Racing ** Approximate</td> <td>17:00 End of racing ** Approximate</td> </tr> </table> <p>** Warm-Ups between North and South Ice will be slightly staggered</p> <p><i>Schedule subject to change based on the number of registrants and the flow of the meet. Participating clubs will be notified of any changes as soon as possible.</i></p>	<u>Saturday March 7</u>	<u>Sunday March 8</u>	7:00 Warm-Ups begin ** Approximate	7:00 Warm-ups ** Approximate	17:00 End of Racing ** Approximate	17:00 End of racing ** Approximate
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Groupings	<p>** IF YOU ARE UNSURE WHICH GROUP TO REGISTER YOUR SKATER IN, CONTACT YOUR COACH **</p> <p>Group 1: T2T skaters Skating on the 100m track Saturday and Sunday <i>Female skaters born [July 1, 2004 – June 30, 2008]; male skaters born [July 1, 2003 – June 30, 2007].</i> Younger or newer T2T skaters unable to skate the T2T distances, please register skaters in the L2T (Group 2).</p> <ul style="list-style-type: none"> • L2T skaters who request to move to the T2T must have COACHES APPROVAL. They must meet ONE of the following time standards and approval is subject to the number T2Ts racing: <ul style="list-style-type: none"> ○ 400m – 0:48.00 ○ 1500m – 3:20.00 • 2000 m for T2T1 and T2T2 and 3000m Points Race for T2T3 and T2T4 <ul style="list-style-type: none"> ○ Coaches should ensure all T2T skaters are familiar with the points race format. ○ Lapped skaters will NOT BE DISQUALIFIED. They may complete the race. <p>Group 2: L2T, FunD & Active Start Skating on the 100m track Saturday and Sunday <i>All female skaters born after June 30, 2008 and male skaters born after June 30, 2007.</i></p> <p>Group 3: Open/JR/SR/Masters/Special Olympics Skating on the 111m track Saturday and Sunday <i>All female skaters born prior to June 30, 2004 and male skaters born prior to June 30, 2003.</i></p> <p>** IF YOU ARE UNSURE WHICH GROUP TO REGISTER YOUR SKATER IN, CONTACT YOUR COACH **</p>						

<p>Group 1</p> <p>T2T (Training to Train)</p>	<p>RUFast is a selection event for the Canadian Youth Short Track Championships in 2020. The following format is adapted from Speed Skating Canada – Competitions Bulletin 2019-2020 No. 2018.01.</p> <ul style="list-style-type: none"> • T2T will be separated by gender and grouped together on ability as per other Alberta ST events (no separation of single year age categories) and seeded into different divisions per distance and based on seed times. • The 3000m points race will be seeded into finals of 8 based on results of the preceding races, all skaters will be allowed to finish their 3000m race. • The 2000m points race into finals of 8 based on results of the preceding races, all skaters will be allowed to finish their 2000m race: • The 200m will be run as a pursuit for heats and mass start for the finals. • The 400m will be seeded into divisions of 12 based on seed times and will run heats, semi-finals and finals. • The 1500m will be seeded into divisions based on seed times and run as heats and finals <p>**** Subject to change once final registration #'s are received****</p>
<p>Group 2</p> <p>L2T (Learning to Train) FUNd (Fundamental) Active Start</p>	<p>All divisions will be mixed gender and divided based on ability. There will be a balance of developmentally appropriate short distances, long distances and skill events for this group.</p> <ul style="list-style-type: none"> • All skaters will race a minimum of 4 distances • All skaters will be ranked and seeded on 400m and/or 200m times • Coaches can submit unofficial seed times for first time competitors on the sou
<p>Group 3</p> <p>Open (Jr/Sr) Masters Special Olympic</p>	<p>Junior, Senior, Masters and Special Olympic skaters</p> <p>Open Jr/Sr: 500m, 1000m, 1500m, 3000m Masters: 500m, 777m, 1000m, 1500m Special Olympics: 333m, 500m, 777m</p> <p>All Skaters will be ranked and seeded on 500m times.</p>
<p>Submission of Seeding Times</p>	<p>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 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 the seed time. Non-Alberta skaters or skaters who are skating their first competition of the season must submit PB's.</p>
<p>Safety Equipment</p>	<p>SSC Rules D3-100 (Short Track Start) will be strictly enforced.</p>
<p>On-Site Food</p>	<p>Food and beverages will be provided for officials, volunteers, and coaches. The Food Court at the University will be available for everyone else.</p> <p>Allergy Alert: We have a number of skaters with severe peanut and nut allergies. Please refrain from bringing these products.</p>
<p>Officials and Volunteers</p>	<p>With this event being held over two days on two ice surfaces, an incredible number of officials and volunteers will be required.</p> <p>Sign up by clicking on this link: https://volunteersignup.org/YDCBP . For the food hospitality room sign up: https://volunteersignup.org/TCT7K</p>
<p>Inquiries</p>	<p>Registration inquiries: registrar@calgaryspeedskating.ca Other inquiries: meet.coordinator@calgaryspeedskating.ca</p>