

Alberta Open Indoor Long Track
Olympic Oval
January 15th-16th, 2022

Location: Olympic Oval
University of Calgary
288 Collegiate Blvd NW
Calgary, AB, T2N 4V8

Sanctions: SSA and SSC

Entry Fee: \$75.00 including GST.

Entry Deadline: Thursday, December 23rd, 2021
Late entries will not be accepted

Registration: Ice Reg
<https://icereg.ca/#!/events/879-alberta-long-track-ablt-january-15-16-2022>

Groupings: Ability Meet and Olympic Style for Juniors and NeoSeniors
Group 1 Olympic Style – Junior / Senior / Master
Group 2 Olympic Style and Mass Start – T2T skaters
Group 3 Mass Start – L2T / FUNd / Active Start skaters

Group 1 Olympic Style

Junior This group will include all Junior, Senior and Master skaters. Juniors include
Senior Female skaters that are 15 and older and Male skaters that are 16 years and older
Master on July 1, 2021. This group will start competing late morning Saturday and late morning Sunday into the afternoon. Distances will include:

500m
1,000m
1,500m
7 Lap (Masters may skate Mass Start depending on available time)

Distances will be seeded individually based on best times in the current season. If no recent times are available, coaches' times may be used. In the instance where no times are submitted, skaters will be seeded last. (Race distances subject to change if required)

Group 2 Olympic Style / Mass Start
(Canadian Youth Long-Track (CYLT) Championship distances).

Training to Train (T2T) ABLT is a back-up for the CYLT selection event in Red Deer on Jan. 22-23 should weather prevent some of the events from being held.

This group will include all Training to Train (T2T) skaters. Strong L2T skaters may choose to skate in this group. This group will start competing late morning Saturday and late morning Sunday into the afternoon.

Skaters will be grouped as follows based on age as of July 1, 2021 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.

If no recent times are available, coaches' times may be used.

Group 3

Mass Start

Learning to Train
(L2T)
FUNdamental
(FUNd)
ActiveStart

All divisions will be mixed gender and ages based on ability. L2T/FUNdamental & Active Start skaters include Females aged 10 and under and Males aged 11 and under (based on age as of July 1, 2021). Novice/new skaters in the T2T age groups may also choose to skate in this group. 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).

If no recent times are available, coaches' times may be used.

Seed Time
Submission

Seed time will be pulled from SSA database, if the skater has skated this 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. NonAlberta skaters or skaters who are skating their first competition of the season must submit PB's.

Safety Equipment

Safety and respect of all participants is our first priority. Skaters and parent's are required to be familiar with ALL the necessary safety equipment, skaters will be inspected at marshalling by the Clerk of the Course and any skaters missing a single piece of equipment will not be able to participate. ALL skaters and parents are reminded to be respectful to all officials, volunteers and persons present.

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/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. SSA safety rules regarding helmet use are being implemented.

<https://drive.google.com/file/d/1nYyiJuPEL2asGjoZffqeUuiFUvrUroCB/view>

- On-Site Food: Food and drink will be provided for officials, volunteers, and coaches. The Food Court at the University will be available for everyone else.
- Coaches Meeting: Online (Link to be sent)
- Officials and Volunteers: Officials and volunteers are always welcome and encouraged to participate. Note that each CCSA family MUST participate as volunteers in each of the 2 meets (ABLT & RUFast).
- Sign up by clicking on this link: <https://volunteersignup.org/DL9J8>
- Oval Skate Shop: Due to the high volume of competitors, the Oval Skate Shop cannot guarantee skates dropped off on Friday, Jan 14th or Sat 15th for sharpening will be ready for the next day.
- General Inquiries: Email: meet.coordinator@calgaryspeedskating.ca or vc.competitions@calgaryspeedskating.ca
- Vaccinations: The Olympic Oval requires all visitors to be fully vaccinated for two weeks for all those aged 12 and above. QR code and government issued photo ID is required. Refer to the latest policy on <https://oval.ucalgary.ca>
- Schedule/Divisions: 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 13th, 2022
- Awards: Juniors/Seniors/Masters: Medals to the top three men and women
T2T: Medals to the top three T2T F 11, top three T2T F 12, top three T2T F13, top three T2T F14, top three T2T M 12, top three T2T M 13, top three T2T M14, top three T2T M15
Ability Meet: Six medals per division – top three Females and top three Males
- Safe Sport: CSSA expects people competing, officiating, spectating, volunteering or coaching at the competition to abide by all of the requirements imposed in the universal code for the prevention of maltreatment in Sport.
- Accommodations: Examples of close by hotels / motels

Travelodge Calgary University
Address: 2227 Banff Trail NW, Calgary
Website: <http://www.reservationcounter.com>
Phone: 403-289-6600 or 1-888-276-8666

Best Western Village Park Inn
Address: 1804 Crowchild Tr. NW, Calgary
Website: <http://www.villageparkinn.com>
Phone: 403-289-0241 or 1-888-774-7716