



**CALGARY SPEED
SKATING
ASSOCIATION**

RU Fast Short Track

Olympic Oval
March 5-6, 2022

- Location:** Olympic Oval
University of Calgary
288 Collegiate Blvd NW
Calgary, AB, T2N 4V8
- Sanctions:** SSA and SSC
- Entry Fee:** \$80.00 including GST.
- Entry Deadline:** Tuesday, February 22nd, 2022
Late entries will not be accepted and will be capped at 300
- Registration:** Registration will be on the Ice Reg system.
<https://icereg.ca/#!/events/ru-fast-short-track-meet-march-5-6-2022>
- Groupings:** Ability Meet
Group 1 on 111m track (North Rink) – Neo Senior / Senior / Master
Group 2 on 111m track (North Rink) – Junior A (17-18), B (15-16), C (13-14) & D (11-12)
Group 3 on 100m track (South Rink) – L2T / FUNd / Active Start skaters
- Group 1** 111m short track (North Rink)
- Neo-Senior**
Senior
Master This group will include all Neo-Senior, Senior and Master skaters, which are all skaters who are 19 years and older on June 30th, 2021. This group will start competing Saturday and Sunday morning. Distances will include but may be subject to change:
- Senior & Neo-Senior**
500m heat & final
1,000m heat & final
1,500m and 3,000 superfinals
- Masters**
500m heat & final
777m heat & final
1,000m and 1,500 superfinals
- Distances will be seeded individually based on best times in the current season.

Group 2	111m short track (North Rink)
Juniors (A to D)	<p>This group will include all Junior A, B, C & D skaters and is modelled on the expected groupings for the 2022-23 season that Speed Skating Canada will be moving towards. Note that 11-year-old males are now considered Junior D. Strong younger skaters (10 & under) may also choose to skate in this group. This group will start competing late morning Saturday and late morning Sunday into the afternoon.</p> <p>Skaters will be grouped as follows based on age as of June 30th, 2021 and will skate gender separate in the top group, then based on ability: Junior C & D: Athletes aged 11-12 years (Junior D) and aged 13-14 years (Junior C) Junior A & B: Athletes aged 15-16 years (Junior B) and aged 17-18 years (Junior A)</p> <p>Distances will include: 500m 777m 1000m 1500m</p> <p>Skaters will be ranked, placed in divisions and seeded into the first distance based on a 400m short track time. If no recent times are available, coaches' times may be used.</p>
Group 3	Learn to Train / Fundamental / Active Start (10 & under)
Learning to Train (L2T) FUNDamental (FUNd) ActiveStart	<p>All divisions will be mixed gender and ages based on ability. L2T/FUNDamental & Active Start skaters include Females and Males aged 10 and under (based on age as of June 30th, 2021). Novice/new skaters in the in the younger Junior age groups may also choose to skate in this group. This group will be split in two and compete either in the morning or in the afternoon.</p> <p>Skaters will skate 4 short track distances. Distances will include: 200m 300m 400m 500m or 800m SuperFinal</p> <p>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 and may be reduced for the Active Start group). If no recent times are available, coaches' times may be used.</p>
Seed Time Submission	<p>Seed time will be pulled from SSA database, if the skater has skated this season.</p> <p>Please note that we only have access to times skated in Alberta. If a skater's PB</p>

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 for short-track 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.

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). As we are operating TWO rinks simultaneously, we will need the help of other clubs to provide volunteers to ensure this event is a success.

Sign up by clicking on this link:

volunteersignup.org/EKALM

Oval Skate Shop: Due to the high volume of competitors, the Oval Skate Shop cannot guarantee skates dropped off on Friday, March 4th or Saturday the 5th 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 March 3rd, 2022

Awards Neo-Seniors/Seniors and Masters: Medals to the top three men and women
Juniors A to D: Medals to the top three in each division plus top three T2T F 11-12, top three T2T F13-14, top three T2T F15-16, top three T2T F17-18, T2T M 11-12, top three T2T M 13-14, top three T2T M15-16, top three T2T M17-18.
Group 3 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: Best Western Village Park Inn
Address: 1804 Crowchild Tr. NW, Calgary
Website: <http://www.villageparkinn.com>
Phone: 403-289-0241
Rate: \$109 +taxes
Ask for OVAL rate
Daily Bagged continental breakfast to be picked-up at the front desk.
Room Type: Traditional King (1 King Bed)
Traditional Queen Rooms (2 Queen Beds)