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## 2010 WORKSAFEBC SPEED SKATING SOUTHERN REGIONAL SHORT TRACK CHAMPIONSHIP

Hosted by: The Kamloops Long Blades

DATE:	February 27 and 28, 2010
LOCATION:	McArthur Island Sports Centre, 1665 Island Parkway Dr, Kamloops BC
SANCTIONED:	BCSSA
FORMAT:	SSC National Age Class Competition Format
TRACK:	111m (Olympic Size Ice Surface)
MEDICAL:	St. John Ambulance

**MEET ENTRY:** Closes 5:00 pm Friday February 19, 2010.  
Earlier registration greatly appreciated.

E-mail list of Registrants to: **Trish Archibald:** [coynearch@shaw.ca](mailto:coynearch@shaw.ca)  
Registrars, please use the attached Excel spreadsheet to submit entries.

Please bring all meet entry forms together at registration. For ease of registration/bookkeeping we request one cheque from each Club.

**ENTRY FEES:** \$40.00 per skater. Cradles \$11.00. **Late registration - double fees. No refunds.**  
This includes \$1.00 for Officials Development Committee.

Meet Coordinator	Carol Dougan	<a href="mailto:cbdougan@telus.net">cbdougan@telus.net</a>	250-374-5562
Chief Recorder	Trish Archibald	<a href="mailto:coynearch@shaw.ca">coynearch@shaw.ca</a>	250-828-0640

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**ELIGIBILITY:** Regional Level Athletes – PeeWee to Masters

**Regional 1 Level**

All skaters, PeeWee to Juvenile, who have skated 120% and over but less than 140% of the Canadian Record in his/her age class in at least 2 applicable distances AND all skaters Junior to Master, who have skated 120% and over of the Canadian Record in his/her age class in 3 or more distances.

**Regional 2 Level**

All skaters, PeeWee to Juvenile who have skated 140% and over of the Canadian Record in his/her age class in 3 or more distances.

All eligible times/percentages must be from a sanctioned competition. Documented times will be verified against the provincial short track database.

**FORMAT:** The competition will be skated as per the SSC National Age Class competition format. Age class and gender separate. Those in groups which skate only finals as dictated by number of skaters, may skate each distance twice (with the second time the distance is skated being considered an “exhibition race”). The longest distance will be skated once.

Points will be given for the final distance.

Regional Level 1 and 2 and Cradles medals will be awarded to the top three skaters in each age class, male and female, based on the results of the competition. Medal winners may not necessarily be those eligible for the WorkSafeBC Speed Skating Provincials Championship.

**REGISTRATION:** Friday February 26 at 7:00 at Meeting Room 2<sup>nd</sup> Floor  
McArthur Island Sports Centre.  
Only one Club designate is required for registration.  
All fees are due prior to the skaters going on the ice. Thanks.

We are looking for officials and volunteers in all areas. If you can help out, please email Carol at: [cbdougan@telus.net](mailto:cbdougan@telus.net) or call 250-374-5562. Your assistance is always appreciated.



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## Tentative Schedule

Schedule is subject to change depending on number of skaters.

Divisions' warm-up times and racing may start earlier if required. The Final Schedule to be announced at the Coaches Meeting.

**Registration:** Friday February 26, 2010 at 7:00 pm at Floor 2 McArthur Island Sport Centre

**Coaches Meeting:** Friday February 26, 2010 at 8:00 pm at Meeting Room McArthur Island Sports Centre

### Saturday February 27

8:00 – 8:30AM Warm – up  
8:30 Ice resurfacing  
8:45 Racing Begins

### Sunday February 28

8:00 – 8:30AM Warm – up  
8:30 Ice resurfacing  
8:45 Racing Begins

Relays will consist of heats on Saturday and finals on Sunday

Cradles will skate after lunch break on Sunday

Awards to follow relays on Sunday

## T-Shirts

T-Shirts available by pre-order only @25.00 each. Please pay at registration by one Club Cheque.

Please indicate club name and number of shirts for each size on T-Shirt spreadsheet included with registration package.



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## **ACCOMMODATION:**

**Plan to book your room early as the World Master Athletics Championships begins March 1st and there is also a "AA" Basketball tournament happening February 27 and 28.**

### **Fortune Motel**

645 Fortune Dr

250-376-7211

1-800-668-8815

\$78 plus tax 2 queens; \$66 plus tax 1 queen

**Contact Info: Mention Speed Skating**

### **Ramada Inn**

555 West Columbia St

250-374-0358

1-800-663-2832

\$89 plus tax 2 queens

**Contact Info: Mention Long Blades**

### **Comfort Inn**

1810 Rogers Way

250-372-0987

1-888-556-3111

\$108 plus taxes 2 queen beds

**Contact Info: Mention Long Blades**



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# 2010 WORKSAFEBC SPEED SKATING SOUTHERN REGIONAL SHORT TRACK CHAMPIONSHIP

Hosted by: The Kamloops Long Blades

February 27 & 28, 2010

## ENTRY FORM

SKATER'S NAME: _____		CLUB: _____	
RACING #	BC: _____	SSC: _____	
AGE CLASS: _____	BIRTHDATE: _____	GENDER: <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE	
	DAY MONTH YEAR		
<b>PREVIOUS BEST TIMES: (NEW SKATERS HAVE COACH SUBMIT TIMES)</b>			
JUV – MASTER: 500M _____	PW – MID: 333M _____	CRADLES: 55M _____	111M _____
		FAST _____	SLOW _____
DATE: _____	LOCATION: _____		

### Waiver

By signing this entry form, I hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against SSC and BCSSA and its member clubs and the Kamloops Long Blades Speed Skating Club, their agents, Officers or members, for any and all injuries suffered by me at said contest to be held February 27 & 28, 2010 at the McArthur Island Sports Centre.

This information is collected under the authority of the **Freedom of Information** and **Protection of Privacy Act**. It is required to register you in the competition, and could be used to contact you regarding future competitions by the Kamloops Long Blades. Organization of competitions requires that names will appear on posted grouping lists and result printouts. Names results Video clips and photos may be published on boards, WebPages media and in newsletters. If you have questions about the collection of or use of this information, contact the event Coordinator.

US skaters must provide proof of current membership in the form of a letter from the State Association or an identity card and will need to be shown at registration. US skaters are NOT covered by BCSSA or CCS insurance and must carry their own insurance.

In Witness whereof, I have hereunto set my hand and seal **THIS \_\_\_\_\_ DAY OF \_\_\_\_\_ 2010**

**SKATER'S SIGNATURE:** \_\_\_\_\_

**PARENT'S SIGNATURE:** \_\_\_\_\_

*(if skater is under legal age)*

**ENTRY CLOSING DATE: 5:00PM, FRIDAY FEBRUARY 19, 2009**

**Registrations sent prior to the date are greatly appreciated.**

E-mail list of registrants to: **Trish Archibald: [covnearch@shaw.ca](mailto:covnearch@shaw.ca)**

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