

ICE JAM 7th ANNUAL INTERCLUB information

Date : Sunday November 3, 2019, 8:15 am -3:30 pm
Location: Shaw Centre 2600 10 Ave SE, Salmon Arm, B.C.
Sanction: BCSSA Competition Sanction
Format: Mixed Ability All Ages: Track: 100m Oval & 111m Ova
Eligible Skaters: All Speed Skating Canada registered Skaters;
Comp 4 Life may skate in their own division
Entry Fees: Active Start \$25; all other categories \$45 (Includes \$2 for ODC)
Medical: As per BCSSA protocol for speed skating events



Schedule:	Registration:	7:45-8:30 am
	Coaches/Officials Meeting:	8:00 am
	Warm Ups:	8:15 am
	Racing :	9:00 am to 3:30 pm

Meet Entries:

Registration Deadline Thursday October 24, 2019 @ 7 pm

Email registration club form to Karen Benn @ vernonvortex@gmail.com

One cheque per club payable to Salmon Arm Ice Breakers.

No refund for scratches received after Oct 31 midnight.

Coaches are asked to notify the recording room of all last minute scratches prior to the coaches meeting on Saturday morning.

Distances: Distances skated will be in accordance as set out in the BCSSA Interclub guidelines.

Skater Equipment:

All skaters are required to wear equipment as outlined by SSC Procedures and Regulations D3-100

- All skaters are required to wear shatter resistant protective sport glasses (clear lenses). Glasses must be held in place by an elastic strap.
- Skaters' helmets must conform to SSC Rule D3-100, "No bicycle helmets are allowed". Helmets must be ASTM F 1849 approved and must be securely fastened under the chin.
- Skate Tip Blade Safety: ends must be rounded off with min. of 10 mm. radius in accordance with ISU rule 291.
- Skaters must wear cut resistant tubes for all competitions/meets and training sessions when NO cut resistant suit is worn. These tubes shall be made of either: Kevlar or Dyneema.
- Shin Protection: skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption. Foam alone is not sufficient.

For more information please contact:

Meet Coordinator: Jennifer Gibson jengibson15@gmail.com 250-264-8885
Tammy Bastiaansen Mommypice2@gmail.com
Chief Recorder: Karen Benn vernonvortex@gmail.com

If you can volunteer and assist with the meet please email Jennifer @ jengibson15@gmail.com
We will need Timers, Place Judges, Lap Counters, and Track Stewards.

Thank you for your help to make this event successful.