



INFORMATION BULLETIN

IMPORTANT INFORMATION

- 1. RSSC will be hosting a supper on Saturday night for interested meet participants and families on Saturday. Details will be posted on the SASSA calendar.**

SaskEnergy Long Track Meet Information

When: January 21 and 22, 2012

Where: Regina, Saskatchewan - Mount Pleasant Oval, Winnipeg Street and 9th Avenue North

Meet Format:

- Junior and older skaters will follow the same distances as the Canadian Age Class Long Track Championships scheduled for February 11-12, 2012 in Fort St. John, BC.
- T2T skaters will follow the same distances as the Canadian Age Class Long Track Championships scheduled for February 11-12, 2012 in Fort St. John, BC.
- L2T and Fundamentals groups will be combined.
- Active start will skate both days

Distances

Junior and older (Open)

ISU 500 m, 1000m, 1500m, 3000 m

Team Pursuit 6 laps,

T2T

Mass Start 300 m (heats and finals) & 3000 m (finals only)

ISU 100 m, 500 m

Team Pursuit – 5 laps / Relay – 3 or 4 laps

L2T/FUN – Division I

400 m IP (finals only)

Mass Start 100 m, 200 m, and 300 m (heats and finals), 2000 (finals only)

Relay – 4 laps

L2T/FUN – Division II

400 m IP (finals only)

Mass Start 100 m, 200 m, and 300 m (heats and finals), 1600 (finals only)

Relay 3 laps

L2T/FUN – Division III

Mass Start 50 m, 100m , 200m and 300 m (heats and finals)

Relay 3 laps

Active Start

50 m, 100 m

Awards: Regular Meet - medals, ribbons and time records for applicable age classes.

Tentative Meet Schedule: Subject to change at Coaches Meeting.

Ice Available for Practice: Friday 7:30-8:30 PM.

Race Schedule Saturday and Sunday: (Times are approximate and may change)

8:00 am Junior and older, and T2T Warm-up:

8:30 am. Racing Starts

11:30 - 12:30pm: Active Start.

12:30: Warm-up L2T and FUN

1:00-4:30 pm: L2T and FUN

Coaches Meeting: 8:00 pm Friday, January 20, 2012

Mount Pleasant Oval (in the Prairie Thunder Clubhouse).

Please advise of scratches and additions as they happen, do not hold for coaches meeting.

Suggested Hotels (no reservations made):

Country Inn & Suites by Carlson

3321 E. Eastgate Bay

Telephone: 1-800-456-4000

Holiday Inn & Suites

1800 Prince of Wales Drive

Telephone: 1-866-789-3883

Days Inn

3875 Eastgate Drive

Telephone: (306) 522-3297

Comfort Inn

3221 E Eastgate Drive

Telephone: (306) 789-9117

Sandman Hotel & Suites

1800 Victoria Avenue

Telephone: (306) 757-2444

Best Western Seven Oaks

777 Albert Street

Telephone: 1-800-667-8063

Registration Fee: \$30.00 per skater \$5.00 for Active Start skaters
Cheques are to be made payable to: Regina Speed Skating Club

Deadline for Registration: 11:00 AM Monday, January 16, 2012

Last day for FULL REFUND due to withdrawal: Wednesday, January 18, 2012.
Any late entries are subject to double the entry fee.

Please:

- (1) Include an email address so that your club coach can receive and review the preliminary race program and skater list on Thursday, January 20.
- (2) Register through your Club and send one cheque per Club. Clubs are welcome to submit spreadsheets listing skaters and pertinent information.

Registrar

Gail Horst
3334 Edinburgh Drive
Regina, Sask.
S4V 2E3
Telephone: (306) 585-1745
Email: eghorst@cableregina.com

Meet Coordinator

Andrew Cipywnyk
3326 Westminster Road
Regina, Saskatchewan
S4V 0S4
Telephone: (306) 569-0269
Email: andyandsue@sasktel.net

NOTE: The Regina Speed Skating Club reserves the right to alter the race schedule or the start times to ensure the safest and most efficient operation of the Meet.

Saskatchewan Amateur Speed Skating Association and Speed Skating Canada Sanctioned

Registration Information

Skater Name: _____ **Skater SSC No:** _____

Parent Name(s): _____

Age Class: _____ **Age (On June 30, 2011):** _____

Birth Date: _____ (day/month/year)

Skater Telephone: _____ **Health No:** _____

Sex (M/F): _____

Seed Times

Juniors and older: Please supply all seed times where possible:

500 m Long Track: _____, 1000 m Long Track: _____

1500 m Long Track: _____, 3000 m Long Track: _____

T2T 300 m Long Track: _____

L2T/FUN 300 m Long Track: _____

Club: _____

For skaters wishing to skate up in class, coaches are requested to provide multiple seed times (from their proper age group and any obtained in a higher group) as part of the request to ensure coaches and officials have the appropriate information to make a decision at the coaches meeting.

If possible I would like my skater to be moved to T2T from L2T _____ (Yes/No)

If possible I would like my skater to be moved to Junior from T2T _____ (Yes/No)

Please confirm faxes and e-mail registration with Registrar.

Waiver for Skaters: All skaters must have completed a Saskatchewan Amateur Speed Skating Association waiver form. This is a policy adopted by the Saskatchewan Amateur Speed Skating Association. This type of release form is now used by many sports. The Regina Speed Skating Club cannot allow any skater to compete who has not completed this form!

Saskatchewan Amateur Speed Skating Association Waiver Information
RELEASE, WAIVER AND ASSUMPTION OF RISK

EVENT: _____ (see Schedule A).

I, _____ have read the rules and regulations issued for this event and agree to be bound by them. I hereby acknowledge and agree that in consideration of acceptance of this entry or my being permitted to take part in this event:

1. I DO HEREBY RELEASE the Saskatchewan Amateur Speed Skating Association (SASSA) and Speed Skating Canada (SSC), the affiliate club or Association hosting this event namely: _____ (see Schedule B), and the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate from all liability, and do hereby waive as against the SSC, SASSA, the affiliate and members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of SSC, SASSA and the said affiliate all recourses, claims, causes of action of any kind whatsoever in respect of all personal injuries or property losses which I may suffer arising out of or connected with my preparation for or participation in this event notwithstanding that such injuries or losses may have been caused solely or partly by the negligence of the SSC, SASSA, the said affiliate or any of the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate.

2. AND, I DO HEREBY ACKNOWLEDGE AND AGREE:

(a) That the sport of speed skating is very dangerous, exposing participants to many risks and hazards including personal injury, death and property damage, some of which are inherent in the very nature of the sport, other which might result from human error and negligence on the part of the persons involved in preparing, organizing and staging the races and other activities associated with the event;

(b) That I freely and voluntarily assume all the aforesaid risks and hazards and my preparation for and participation in this event is entirely at my own risk;

(c) That I understand that neither the SSC, SASSA nor the said affiliate nor any members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate assume any responsibility whatsoever for my safety during the course of my preparation for or participation in this event;

(d) That this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement is binding upon myself, my heirs, my executors, administrators, personal representatives and assigns;

(e) That I have carefully read this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement, that I fully understand same and that I am freely and voluntarily executing same.

DATED at _____, this _____ day of _____, 20__.

(Participant)

(Signature of parent/guardian if participant is under 18 years)

(Witness)

Saskatchewan Amateur Speed Skating Association Waiver Information
PARENT ACKNOWLEDGEMENT, RELEASE AND AGREEMENT TO INDEMNIFY

WE _____ being the parents or guardians or individuals with custody and responsibility of _____ (hereinafter called my child) for good and valuable consideration, the receipt of which is hereby acknowledged, DO HEREBY AGREE AND ACKNOWLEDGE:

1. That I/WE have read and understand fully the attached, RELEASE, WAIVER AND ASSUMPTION OF RISK agreement.
2. That I/WE have explained fully to my child the consequences of signing the said RELEASE, WAIVER AND ASSUMPTION OF RISK agreement.
3. That the said RELEASE, WAIVER AND ASSUMPTION OF RISK agreement is on the whole beneficial to my child.
4. That I/WE do hereby release the Saskatchewan Amateur Speed Skating Association (hereinafter called SASSA), Speed Skating Canada (hereinafter called SSC), the affiliate referred to in the RELEASE, WAIVER AND ASSUMPTION OF RISK agreement and the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate, all recourses, claims, causes of action of any kind whatsoever in respect of damages I/WE might suffer as a consequence of my child sustaining personal injury, death or property loss while participating in the event referred to in the RELEASE, WAIVER, AND ASSUMPTION OF RISK agreement, notwithstanding that such injury, death or loss may have caused solely or partly by the negligence of the SSC, SASSA the said affiliate or any members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate.
5. That I/WE do hereby agree to indemnify and hold harmless the SSC, SASSA, the said affiliate and the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate from any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of the SSC, SASSA, the said affiliate or any members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate that may be made or initiated by, or on behalf of my child, arising out of or connected with my child's preparation for or participation in the event referred to in the RELEASE, WAIVER AND ASSUMPTION OF RISK agreement.

DATED at _____, this _____ day of _____ 20_____.

(Parent or Guardian)

(Parent or Guardian)