



Saskatoon Lions Speed Skating Club

P.O. Box 23060, Saskatoon, SK S7J 5H3

www.slspeedskating.com

Saskatoon Long Track Meet **Information Bulletin**

WHEN: January 7th – 8th, 2012

WHERE: Clarence Downey Speed Skating Oval, 11th Street and Ave R south (in Gordon Howe Complex), Saskatoon, Saskatchewan.

MEET FORMAT:

+ Junior and older skaters:

ISU Racing: 500m, 1000m, 1500m, 3000m
Team pursuit 6 to 8 lap

Seed Time for every Distance

+ Train to Train:

ISU Racing: 100m, 500m
Mass Start: 300m, 3000m
Team pursuit 4 – 5 laps and Relay 4 laps
Extra distances Mass Start 400m, 500m if time permits

Seed Time: 400m Short Track

+ Learn to Train, Fundamentals and Active Start:

These three groups will be seeded by ability.
Choice to race Saturday only or both days.
Mass Start: Distances according to ability. 50m, 100m, 200m, 300m, 400m, 1600/2000m and Relay

Seed Time: 200m Short Track



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Advanced notice will be given if number or distances of races change.

AWARDS: Medals, ribbons and time records for applicable age classes.

TENTATIVE RACING SCHEDULE:

Times are subject to change at Coaches' Meeting Friday night.

L2T, Fundamentals and Active Start will skate in afternoon.

Warm-up: 08:00am for Junior and older and T2T
12:30pm for L2T, Fundamentals and Active Start
Times are approximate and may change.

Junior and older: Day 1: 500, 1000, 1500m
Day 2: 500, 3000, Team pursuit – 6 laps

Train to Train: Day 1: ISU 100, 500m, Team pursuit – 5 laps
Day 2: Mass Start 300, 3000m, Relay – 4 laps
Extra Distances either day time permitting: 400, 500m

L2T, Fundamentals, Active Start:

Faster Group: Day 1: 100m, 100m, 200m, 200m, 300m 400m
Day 2: 300m, 400m, 2000m, Relay – 4 laps

Slower Group: Day 1: 50m, 50m, 100m, 100m, 200m, 200m
Day 2: 50m, 100m, 200m, 1200m, Relay – 3 laps





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ENTRY FEES: All Groups: \$40 per skater

Late Entry Fee: \$80 after January 2nd 11pm.

Please make Cheque out to Saskatoon Lions Speed Skating Club

REGISTRATION DEADLINE: Monday, January 2nd, 2012, 11pm

No changes after Wednesday, January 4th.

SUGGESTED HOTELS (no reservations made):

NAME	ADDRESS	TELEPHONE #
Travelodge Hotel	106 Circle Dr. W	(306) 242-8881
Holiday Inn Express Hotel & Suites	315 Idylwyld Dr. N	(306) 384-8844
Days Inn	2000 Idylwyld Dr. N	(306) 242-3297
Radisson Hotel	405 20 th St. E	(306) 665-3322
Best Western Inn & Suites	1715 Idylwyld Dr. N	(306) 244-5552
Country Inn & Suites by Carlson	617 Cynthia St	(306) 934-3900
Super 8 Motel	706 Circle Dr. E	(306) 384-8989



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COACHES MEETING: **Friday, January 6th, 2012 – 7:30pm.**
At Clarence Downey Speed Skating Oval,
Saskatoon, SK,

Please:

- (1) Include an e-mail address so that your club coach can receive and review the preliminary race program and skater list.
- (2) Register through your Club and send one cheque made out to SLSSC per Club. Clubs are required to submit a single spreadsheet listing skaters and pertinent information. **Please submit information to the Registrar in an electronic format. Registration must be completed on the provided spreadsheet which is available at:**

http://www.saskspeedskating.com/index.php?p=calendar_of_events

REGISTRAR: Jason Coutu
Telephone: (306) 220-5482
Email: jason@coutus.net

MEET COORDINATOR: Fritz Schumann
Telephone: (306) 664-6832
Email: fritz.schumann@sasktel.net

NOTE: The Saskatoon Lions 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.



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SASKATCHEWAN SPEED SKATING ASSOCIATION **SANCTIONED REGISTRATION INFORMATION**

SKATER NAME: _____ **SKATER NO:** _____

PARENT NAME(S): _____

SKATER TELEPHONE #: _____

HEALTH CARD #: _____

AGE CLASS: _____ **AGE** (On July 1, 2011): _____

BIRTH DATE: _____
(year/month/day)

SEX (M/F): _____

CLUB NAME: _____

Please confirm faxes and e-mail registration with Registrar.

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





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Saskatchewan Amateur Speed Skating Association

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)



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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)



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