



# Long Track Mini Meet

January 25, 2025

## Information Bulletin

Mount Pleasant Sports Park Oval – 750 Winnipeg St N – Regina, SK

This is NOT a split meet

- **Open: Neo Senior & Senior** (19 and up) OS 500m, OS 1000m, MS 1500m superfinal. **500m LT seed time**
- **Neo Junior, Junior.** OS 500m, OS 1000m, MS 1500m superfinal. **500m LT or 400m ST seed time**
- **11-13 years.** Mass Start 300m heat and final, OS 500m, MS1500m superfinal. **500 LT or 400m ST seed time**
- **4-10 years.** Mass Start 100m, 300m, 400m, 500m superfinal. **300m ST seed time**
- **Active Start** (less than 6 years): 50m and 100m races (lunchtime both days)

**\*All races are subject to change due to time and weather factors\***

**REGISTRATION:** <https://icereg.ca/#!/events/3263-regina-long-track-one-day-meet>

**COACHES:** Please register at the above link. Coaches meeting link TBA.

**ENTRY FEE:** \$55 (Subway lunch included), \$10 for RSSC member to cover lunch costs

**Volunteer sign up:** <https://volunteersignup.org/Q8YQR> (lunch is provided to all volunteers)

**Spectator Lunch Vouchers:** Subway lunch and drink can be pre-ordered for a cost of \$10.

**REGISTRATION DEADLINE:** Friday, January 17th at 11:59 pm

**MEET COORDINATOR:**

Margot Benning  
306 541-9772 /

Email: [competitions@reginaspeedskating.ca](mailto:competitions@reginaspeedskating.ca)

**REGISTRAR:**

Nancy Armstrong  
306-527-6607

Email: [membership@reginaspeedskating.ca](mailto:membership@reginaspeedskating.ca)

**Please Note:** There are no food or beverage services available at Mount Pleasant. It is recommended that all participants and spectators bring their own coffee and snacks or purchase the Subway lunches available in the IceReg link.

**Accommodations:** The RSSC does not have a block of rooms booked. Here are some suggested local hotels:

North: **Sandman Hotel and Suites** 1800 Victoria Ave E (306) 757-2444

East: **Comfort Suites** 4300 Diefenbaker Drive (877)490-7063

South: **The Atlas Hotel** 4177 Albert Street (306)586-3443