

Regina SPEED SKATING CLUB



Long Track Ability Meet

January 21-22, 2023

Information Bulletin

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

This is NOT a Split Meet

- **Open: Neo Senior and Senior** (19 and up) **and 14-18**. ISU Racing 500m, 1000m, 1500m, 3000m and a Mass Start 10 laps (time permitting). Skaters will be ranked by ability.
500m LT or 400m ST seed time.
- **11-13 years**. Mass Start 300m, 1000m, 1500m Super final, ISU 500m. Relay time permitting. Skaters will be ranked by ability.
400m ST seed time.
- **6-10 years**. Mass Start 100m, 300m, 400m/200m, and Super Final of 1000m/800m/400m. Relay time permitting. Skaters will be ranked by ability.
300m ST seed time.
- **Active Start** (less than 6 years) will skate a 50m and a 100m at lunchtime both days

*All races time and weather permitting

REGISTRATION: www.reginaspeedskating.ca

Volunteer Sign up: <https://volunteersignup.org/T9QHD>



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HOTEL suggestions (not booked):

Residence Inn and Suites, 1506 Pasqua Street, (639)739-3010

The Atlas Hotel, 4177 Albert Street, (306)586-3443

Holiday Inn and Suites, 1800 Prince of Wales Drive, (306)789-3883

ENTRY FEE: Age 6 and up: \$75
Under 6 (Active Start): \$15

PAYMENT: online during registration

REGISTRATION DEADLINE:

Friday, January 13th at 11:59 pm

Late entry fee: double

Last day for Full Refund due to withdrawal: Tuesday January 17, 2023

COACHES MEETING: Friday, January 20 at 7:30 pm zoom meeting.

MEET COORDINATOR: Margot Benning
Tel: 306 541-9772
Email: competitions@reginaspeedskating.ca

REGISTRAR: Brenda Derry
Tel. 306 807-1962
Email: registrar@reginaspeedskating.ca

Please Note: there is no food or beverage canteen available for purchase on site. All participants must provide their own meals and snacks. Volunteers will be provided with a hot lunch, snacks, hot and cold beverages.