



Short Track Ability Meet November 2 & 3, 2024 Information Bulletin

This is not a split meet

WHEN: Saturday, November 2nd and Sunday, November 3rd, 2024

WHERE: Doug Wickenheiser Arena, 1127 Arnason Street North, Regina

MEET FORMAT AND DISTANCES:

- **Ages 19+ and Masters** will skate on the 111.12m track. Races will be 500m, 1500m heats and finals, and a 1000m super final.
500m seed time required.
- **Ages 14-18** will skate on a 111.12m track. Races will be 500m, 777m, 1000m heats and finals, plus 1500m super final and relay.
500m seed time is required. Skaters will be ranked by ability.
- **Ages 11-13** will skate on a 100m track. Races will be 400m, 800m and 1000m heats and finals, plus a 1500m super final and relay.
400m seed time is required. Skaters will be ranked by ability.
- **Ages 8-10** will skate on a 100m track. Races will be 200m, 300m, 400m heats and finals, and an 800m super final
400m seed time is required. Skaters will be ranked by ability.
- **Ages 6-8** will skate on a 100m track. Races will be 200m, 300m, 400m heats and finals, and a 500m super final
400m seed time is required. Skaters will be ranked by ability.
- **Active Start** (less than 6 years) will skate a 50m and 100m on the 100m track.
No seed time is required.

ENTRY FEE: Ages 6-19 and Masters: \$85
Active Start (under 6 years of age): \$20
Late Entry Fee: \$170

REGISTRATION AND PAYMENT: through IceReg link:
<https://icereg.ca/#!/events/3125-regina-short-track-abilities-meet>

REGISTRATION DEADLINE: Friday, October 25th at 11:59 pm
No changes after Wednesday, October 30th
Last day for Full Refund: Tuesday, October 29th



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COACHES MEETING: Friday, November 1st at 7:30 pm will be virtual.
A link will be provided.

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

MEET RECORDER: Nancy Armstrong
306-527-6607
Email: rsscRecorder@outlook.com

REGISTRARS: Nancy Armstrong and Margot Benning

COMMUNICATIONS: Slack channel **regina-st-meet-2024**
Sportity password **RSTM2024**

VOLUNTEERS: Volunteers will be provided lunch, snacks and beverages.
To sign up: [VolunteerSignup - Regina ST Meet Nov 2024](#)

HOTELS: A block of rooms has been reserved at the
Comfort Inn and Suites
4300 Diefenbaker Drive
2 Queens/1pullout bed \$139/night, deadline to reserve October 18th
Under **Regina Speed Skating Club** or through the link:
<https://www.choicehotels.com/reservations/groups/FF96I3>

PLEASE NOTE: *There are no meals or snacks provided to skaters or spectators.
There are no food services at the Doug Wickenheiser Arena, but there are many
restaurants and grocery stores within a 5-minute drive of the facility.*