



Short Track Ability Meet November 4 & 5, 2023 Information Bulletin

This is not a split meet

WHEN: Saturday, November 4th and Sunday, November 5th, 2023

WHERE: The Co-operators Centre – 1700 Elphinstone St – Arena C5-Brunskill Steel

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. Skater will be ranked by ability.
- **Ages 8-10** will skate on a 100m track. Races will be 200m, 300m, 400m heats and finals, and a 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: \$80
Active Start (under 6 years of age): \$20
Late Entry Fee: \$160

REGISTRATION AND PAYMENT: through IceReg link:
<https://icereg.ca/#!/events/2198-short-track-abilities-meet>



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REGISTRATION DEADLINE: Friday, October 27th at 11:59 pm
No changes after Wednesday, November 1st
Last day for Full Refund: Tuesday, October 31st

COACHES MEETING: Friday, November 3rd at 7:30 pm by Zoom.
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: Darran Stamm
306-529-4610
Email: ddstamm@sasktel.net

VOLUNTEERS: Volunteers will be provided lunch, snacks and beverages.
To sign up: <https://volunteersignup.org/DKD47>

HOTELS: A block of rooms has been reserved at the
Residence Inn by Marriott

1 king/1 pull-out couch \$159/night, parking \$18/day
1506 Pasqua Street, Regina SK, tel. (639) 739-3010
Under **Regina Speed Skating** or through the link:
<https://www.marriott.com/events/start.mi?id=1696449324127&key=GRP>

Other hotel options:

Days Inn 4899 Harbour Landing Drive (306)584-3297

Home Inn and Suites 4801 Harbour Landing Drive (306)546-4663