



Doctors Nova Scotia
Atlantic All-Round Long Track Championships
Championnats de l'Atlantique tout distances
Sélection Jeux du Canada Games Selection



EVENT: Doctors Nova Scotia 2015 Atlantic All-Round Long Track Championships

All-round Olympic Style Champions will be determined in junior female, junior male, open female, and open male categories. The junior categories will be used for 2015 Canada Winter Games selection purposes. Exhibition racing for mass start skaters will also be included.

Any skater registered as an Ordinary Member of Speed Skating Canada, through a provincial speed skating association or another recognized National Speed Skating Sport Federation may participate.

DATE: Friday January 2 – Sunday January 4, 2015

LOCATION: Halifax Emera Oval | 5741 Cogswell Street | Halifax, Nova Scotia

SANCTIONED BY: Speed Skate Nova Scotia

ENTRY FEE: Junior / CWG – \$60.00 per skater
 Open – \$50.00 per skater
 Mass Start Exhibition – \$5.00 per skater
 Please make one cheque per club payable to Speed Skate Nova Scotia.
THERE CAN BE NO REFUNDS IN CASE OF CANCELLATION DUE TO WEATHER.

ENTRY DEADLINE: Friday December 26, 2014 | Late entries will not be accepted
 Please submit entries on the Club Registration Summary Form to tlandon@speedskating.ca.

MEET CONTACTS: Todd Landon, Regional Development Mentor at tlandon@speedskating.ca

REGISTRATION: By Club | Thursday January 1, 2015 | 4:30pm-6:00pm
 Halifax Emera Oval, Speed Skating Trailer

COACHES MEETING: Thursday January 1, 2015 | 6:00pm | Halifax Emera Oval, Speed Skating Trailer

PRACTICE ICE: Thursday January 1, 2015 | 4:00pm-6:00pm | Halifax Emera Oval

RACE SCHEDULE:	Friday January 2, 2015		7:00am – 9:30am & 4:00pm-6:00pm
	Saturday January 3, 2015		7:00am – 12:00pm
	Sunday January 4, 2015		7:00am – 12:00pm

ACCOMMODATIONS:

MANDATORY EQUIPMENT: Skaters should wear equipment compliant with Speed Skating Canada's rules D3-200 for Long Track Olympic Style Competition, D3-300 for Long Track Mass Start Competition, and D3-301 for Additional Protective Equipment for Participants Under 15 Years of Age.



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JANUARY 2-4, 2015
ALL-ROUND / CANADA WINER GAMES
REGISTRATION FORM

Name:	Age Class:		
Address:			
Email:	Telephone #:		
Club:	Coach:		
Date of Birth:	Age:	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Speed Skating Canada #:	Helmet Cover #		

Category & Event Options	
<input type="checkbox"/> Junior / CWG	<input type="checkbox"/> Open

Seed Times					
Long Track <small>(outdoor preferred)</small>	Olympic Style	500m:	1000m:	1500m:	3000m:

Speedskatingresults.com will be used to verify submitted seed times.

OFFICIAL ENTRY FORM AND WAIVER

By signing this entry form I hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all right and claims for damages I may have against the Venue, Speed Skate Nova Scotia, Organizing Committee and other organizations and sponsors concerned, their agents, officers or members, for any and all injuries suffered by me at said contest to be held from **January 2-4, 2015**, in the **Halifax Emera Oval** at **Halifax NS**, Canada.

This information is collected under the authority of the Freedom of Information and Protection of Privacy Act. It is required to register you in the competition. Financial information will be used to process payment.

Organization of competitions/events requires that names will appear on posted race lists and results print outs. Names/ Images of participants may be published on boards, websites, media, newsletters and promotional material. Alternative contact and medical information will only be used in a medical emergency. If you have questions about the collection of or use of this information, contact the Competition/Event Organizer at **902-210-1600** or **tlandon@speedskating.ca**

I have hereunto set my hand and seal, this _____ day of _____, 2014.

Signature of Participant _____

Signature of Parent/Guardian (if participant is under 18)

Please be sure that all skaters travel with a copy of their health card number that may be required in case of an emergency.

REGISTRATION DEADLINE IS FRIDAY DECEMBER 26, 2015



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JANUARY 3-4, 2015
MASS START EXHIBITION
REGISTRATION FORM

Name:		Age Class:	
Address:			
Email:		Telephone #:	
Club:		Coach:	
Date of Birth:		Age:	<input type="checkbox"/> Male <input type="checkbox"/> Female
Speed Skating Canada #:		Helmet Cover #	

Category & Event Options	
<input type="checkbox"/> Mass Start	

Seed Times					
Long Track (outdoor preferred)	Mass Start	100m:	300m:		
Short Track (if no LT times)	100m Track	100m:	200m:	400m:	

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This information is collected under the authority of the Freedom of Information and Protection of Privacy Act. It is required to register you in the competition. Financial information will be used to process payment.

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I have hereunto set my hand and seal, this _____ day of _____, 2014.

Signature of Participant _____

Signature of Parent/Guardian (if participant is under 18)

Please be sure that all skaters travel with a copy of their health card number that may be required in case of an emergency.

REGISTRATION DEADLINE IS FRIDAY DECEMBER 26, 2015



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CLUB REGISTRATION SUMMARY FORM – DUE FRIDAY DECEMBER 26, 2015

FAX TO 902-425-5928 or SCAN TO tlandon@speedskating.ca

All Round Skaters Summary (please use a second page if additional space is required)

Name		DOB			Sex	Category		Seed Times				
First	Last	DD	MM	YY		Jr/CWG	Open	500m	1000m	1500m	3000m	5000m

Mass Start Skaters Summary (please use a second page if additional space is required)

Name		DOB			Sex	Category	Seed Times	
First	Last	DD	MM	YY		Mass	100m	300m

FAX TO 902-425-5928 or SCAN TO tlandon@speedskating.ca

ATLANTIC ALL-ROUND LONG TRACK CHAMPIONSHIPS AND CANADA WINTER GAMES TRIALS COMPETITION BULLETIN

COMPETITION FORMAT:

- The of the Atlantic All-Round Junior Female, Junior Male, Open Female, or Open Male Championship is the competitor who has completed all distances and obtained the lowest total points. Points are calculated per ISU Rule 265.
- The Junior Female, Open Female, and Open Male competitions shall include 500m and 1000m skated in pairs, and 1500m and 3000m skated in quartets.
- The Junior Male competition shall include 500m and 1500m skated in pairs, and 3000m and 5000m skated in quartets. Where Junior Females and Males compete in two 500m races the fastest result shall count.
- The Open Female and Male competition will include an exhibition 3000m mass start race.
- The Junior Female competition will include an exhibition 8-Lap mass start race.
- The Junior Male competition will include an exhibition 12-Lap mass start race.
- The Mass Start category will include 100m and 300m exhibition races.

ELIGIBILITY:

- Eligible Juniors skaters are born between July 1, 1995 and June 30, 2000.
- Eligible Open skaters are born before June 30, 1995.
- Eligible Mass Start skaters are born after July 1, 1995.

ALL-ROUND DISTANCES:

	500m	1000m	1500m	3000m	5000m	Mass
Junior / CWG Women	✓	✓	✓	✓		8 Lap
Junior / CWG Men	✓		✓	✓	✓	12 Lap
Open Men / Women	✓	✓	✓	✓		3000m

SCHEDULE:

Thursday January 1		Friday January 2		Saturday January 3		Sunday January 4	
4:00pm-6:00pm	Training Ice	7:00am	Olympic Style Warm-Up	7:00am	Olympic Style Warm-Up	7:00am	Olympic Style Warm-Up
4:00pm-6:00pm	Check In	7:30am	Jr/CWG Men 3000m	7:40am	Jr/CWG Men 5000m	7:40am	Jr/CWG Men 1500m
6:00pm	Coaches, Officials, Draw Meeting	8:10am	Jr/CWG Women 1500m	8:30am	Jr/CWG Women 3000m	8:30am	Jr/CWG Women 1000m
		8:30am	Open 1500m	9:10am	Open 3000m	9:00am	Open 1000m
		4:00pm	Olympic Style Warm-Up	9:40am	Flood Break	9:30am	Flood Break
		4:20pm	Jr/CWG Men 500m #1	10:10am	Mass Start Warm-Up	10:00am	Mass Start Warm-Up
		4:35pm	Jr/CWG Women 500m #1	10:30am	Mass Start Exhibition 100m & 300m	10:20am	Mass Start Exhibition 100m & 300m
		4:50pm	Open 500m	11:30am	Open 3000m Mass Start	11:00am	Flood Break
		5:20pm	Jr/CWG Men 500m #2			11:30am	Jr/CWG Men 12 Lap Mass Start
		5:35pm	Jr/CWG Women 500m #2			11:45am	Jr/CWG Women 8 Lap Mass Start

COMPETITION RULES:

- The competition rules used for the Atlantic All-Round Long Track Championships and Atlantic Canada Games Long Track Selection will be ISU Rules. If there is a discrepancy between this document and the ISU rules, the 2015 Canada Winter Games Speed Skating Technical Package document shall prevail.

OLYMPIC STYLE SEEDING:

- The skaters seeding will be the skaters' performances in the appropriate distances on outdoor ovals during the 2013-2014 or 2014-2015 seasons.
- Skaters will be grouped based on the seeding as defined above.
 - Group 1: Top 4 ranked skaters based on the distance
 - Group 2: The next 4 ranked skaters for the distance
 - Group 3: The next 4 ranked skaters for the distance
 - Group 4: All remaining ranked skaters
 - Group 5: All unranked skaters

Seeding Exceptions:

- The second race of the 500m will be seeded based on performance in the first 500m allowing for lane changes (ISU 240.6.c).
- For the female 3000m, skaters will be paired from the Atlantic All-Round Long Track 1500m. Skaters who did not skate the 1500m will be unranked.
- For the male 5000m, skaters will be paired from the Atlantic All-Round Long Track 3000m. Skaters who did not skate the 3000m will be unranked.
- For the female mass start, the skaters will be ranked from the Atlantic All-Round Long Track 1500m with the fastest skater being in start position #1.
- For the male mass start, the skaters will be ranked from the Atlantic All-Round Long Track 3000m with the fastest skater being in start position #1.

ORDER OF RACING:

- Events will be raced with the highest ranked group racing last.

ICE/WEATHER COMMISSION:

- The ice commission consists of the Chief Referee, Meet Coordinator, and one representative from each participating province. As weather and/or ice conditions necessitate the Commission has the right to reschedule events or alter the order of racing.

MASS START EVENTS:

- Mass start 100m and 300m distances will be included as exhibition on both days of racing.
- As conditions permit Skaters will have the opportunity to race each distance twice per day.
- Seeding for the first day will be the skaters' performances in the appropriate distances on outdoor ovals during the 2013-2014 or 2014-2015 seasons.
- Seeding for the second day will be the skaters' performance in the appropriate distances from the first day of racing.