

The Greater Minnesota Speedskating Association and US Speedskating

present

The 2010 JOHN ROSE MINNESOTA OPEN

Long Track Speedskating Championships

(All Points Format)

Saturday and Sunday, December 11th and 12th 2010 John Rose Minnesota Oval, Roseville,
Minnesota

Traditionally, over 100 skaters from the US and Canada have participated in the John Rose Open. We look forward to seeing you at the Oval in Roseville for this year's races. This year we will again be using the all points format, and will attempt to skate five distances. The 5th event will be held only if weather and ice time constraints permit it.

Schedule of Events

Thursday, December 9	Practice Ice Available 7:00-8:30 PM at the Oval
Friday, December 10	Check-in 7:00-8:00 PM at the Radisson (No Practice Ice Friday Evening)
Saturday December 11	Check-in 8:00 - 8:30 AM Warm-up 9:00 - 9:20 AM Races 9:40 - 3:00 PM
Sunday, December 12	Warm-up 9:00 - 9:20 AM Races 9:40 - 1:30 PM

Age Groups have changed to USS to match the ISU age groups

Events

Division							
Master	A	35 & Up	500	800	1000	1500	3000
Senior	A	19 & Up	500	800	1000	1500	3000
Intermediate (Jr. A)	A	17-18	500	800	1000	1500	3000
Junior B	A	15-16	500	800	1000	1500	3000
Juvenile (Jr. C)	A	13-14	500	600	800	1000	1500
Midget	A	11-12	300	400	500	600	800
Pony	A	9-10	200	300	400	500	600
PeeWee	A	8 & Under	100	200	300	400	500
Tiny Tots Saturday Only	A	6 & Under	50	100	200	Saturday Only	

Men and Women's Divisions - Age is determined as of July 1, 2010

Questions? Contact Meet Director Joe Von Drasek (651) 442-6114, or e-mail to:
j_vondrasek@comcast.net

Special Events

If time and interest permits, following the races on Sunday we will hold a Pursuit. We did this last year and it was a lot of fun.

Host Hotels

A block of rooms has been reserved until November 29th at the Radisson Hotel Roseville. Includes "Sports continental breakfast", shuttle service. A limited number of rooms have been reserved at a special rate of \$79.00 per night. **Rooms will be held only until November 29, so please make your reservations early.** Call the Radisson toll-free at 1-866-444-6835 and mention the "speedskating" rate.

For a list of other hotels in the area, contact the Roseville Visitors Association at 877-980-3002, or on the web at www.visitroseville.com

Awards

Medals will be awarded to the event winner, runner up and third place finisher. Men's and women's champions in each division will receive a separate award.

Registration/Entry Deadline

Registration is \$40.00, Canadian dollars accepted at par. Your registration form, signed waiver and entry fee must be received no later than 6:00 PM Wednesday, December 8, 2010. No late registrations will be accepted. Make checks payable to GMSA. There is no fee for Tiny Tot skaters but they must submit a registration and waiver form.

GMSA reserves the right to refuse any entry and cancel races due to time or weather constraints. Divisions may be canceled or combined if less than four skaters are registered.

Send check, entry and waiver forms to:

GMSA, c/o Patty Allard 1804 Millwood Ave., Roseville, MN 55113

John Rose Open 2010 Entry Form

Name _____

Address _____

City _____

State/
Province _____ Zip Code _____

Telephone _____

Club _____

Association _____

USS/CASSA # (required) _____

Birth date _____

Check your division

Age as of July 1, 2010		Male	Female	Enter <u>Long Track</u> seed time for indicated distance, plus <u>when and where</u> time was achieved
35 & UP	Master			500:
19 & Up	Senior			500:
17-18	Intermediate - Jr. A			500:
15-16	Junior – Jr. B			500:
13-14	Juvenile – Jr. C			500:
11-12	Midget			500:
9-10	Pony			300:
8 & Under	PeeWee			200:
6 & Under	Tiny Tots			

Send \$40.00 entry fee, registration and waiver form to: GMSA, Patty Allard 1804 Millwood Ave., Roseville, MN 55113

Questions? Contact Meet Director Joe Von Drasek 651-442-6114.

WAIVER & RELEASE

2010 John Rose Minnesota Open

NOTE: THIS FORM MUST BE READ AND SIGNED BEFORE THE PARTICIPANT IS PERMITTED TO TAKE PART IN THE JOHN ROSE MINNESOTA OPEN. BY SIGNING THIS AGREEMENT, THE PARTICIPANT AFFIRMS HAVING READ IT.

IN CONSIDERATION of my involvement in the John Rose Minnesota Open under the auspices of the Greater Minnesota Speedskating Association, I acknowledge, appreciate and agree that:

- 1 I RISK BODILY INJURY, INCLUDING PARALYSIS, DISMEMBERMENT, DISABILITY, AND DEATH, AND while particular rules of my sport, equipment, and personal training and discipline may reduce this risk, THIS RISK OF INJURY DOES EXIST, AS WELL AS THE RISK OF DAMAGE TO OR LOSS OF PROPERTY;
- 2 I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS; both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERS;
- 3 I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual or unnecessary hazard, I will bring such to the attention of the nearest official; and,
- 4 I, FOR MYSELF, AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN, HEREBY RELEASE, HOLD HARMLESS AND PROMISE NOT TO SUE THE GREATER MINNESOTA SPEEDSKATING ASSOCIATION, THE JOHN ROSE MINNESOTA OVAL, US SPEEDSKATING OR OTHER SPONSORING ORGANIZATIONS, THEIR OFFICERS, VOLUNTEERS, STAFF, SPONSORS AND/OR AGENTS, ("RELEASEES") WITH RESPECT TO ANY AND ALL INJURY AND LOSS ARISING FROM MY PARTICIPATION, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, EXCEPT THAT WHICH IS THE RESULT OF GROSS NEGLIGENCE OR WANTON MISCONDUCT.

I have read this Release of Liability and Waiver Agreement, fully understand its terms and sign it freely and voluntarily.

Participants Signature **Date**

Participants Name (Printed)

FOR PARTICIPANTS OF MINORITY AGE

(Under Age 18 at the Time of Registration)

This is to certify that I/we as parent(s)/guardian(s) with legal responsibility for this participant, do consent and agree not only to his/her release, but also for myself/ourselves and my/our heirs, assigns and next of kin to release and indemnify the Releases from any and all Liability incident to my/our minor child's involvement as stated above.

Parent/Legal Guardian Signature **Date**

Parent/Legal Guardian Name (Printed)