



CALGARY SPEED
SKATING
ASSOCIATION

Alberta Long Track (ABLT)

Olympic Oval
January 7th-8th, 2023

- Location:** Olympic Oval
University of Calgary
288 Collegiate Blvd NW
Calgary, AB, T2N 4V8
- Sanctions:** Speed Skating Alberta (SSA) and Speed Skating Canada (SSC)
- Entry Fee:** \$85.00 including all fees
- Entry Deadline:** Friday, December 23rd, 2022
Late entries will not be accepted. Registrations capped at 225 skaters.
- Registration:** Registration will be on the Ice Reg system. <https://icereg.ca/#!/events/alberta-long-track-ablt-january-7-8-2023>
- Groupings:** Ability Meet and Olympic Style
Group 1 Olympic Style –Senior / Master
Group 2 Olympic Style and Mass Start – Youth and Juniors 11 – 18 (time standards required)
Group 3 Mass Start – Club and novice skaters
- Group 1** **Olympic Style (OS) – Senior & Master skaters**
- This group will include all Senior and Master skaters who are 19 years of age and older. This group will likely compete Saturday and Sunday morning (subject to change).
- Distances will include:**
500m OS
1,000m OS
1,500m OS
7 Lap (Masters may skate Mass Start depending on available time)
- Distances will be seeded individually based on best times in the current season.
- Group 2** **Olympic Style / Mass Start – Youth & Juniors with minimum time standard**
- (Canadian Youth Long-Track (CYLT) and Junior Championship distances)
Youth and Juniors aged 11 to 18 with a 400m ST time under 50 seconds on a 100m track or a 500m time of 1:01.25 on a 111m track (conversion 400m x 1.225).
- ABLT is a back-up for the Canadian Youth Long Track Championships (CYLT) selection event in Red Deer on January 14th & 15th, 2023 should weather prevent

some of the events from being held. Skaters looking to qualify for CYLT should register in Group 2.

All divisions will be based on ability by gender. This group will include all Youth and Junior skaters. Strong club skaters may choose to skate in this group should they have a 400m ST time under 50 seconds on a 100m track or a 500m time of 1:01.25 on a 111m track (conversion 400m x 1.225). This group will likely compete Saturday and Sunday morning (subject to change).

Skaters will be grouped as follows based on age as of June 30th, 2022 and skate gender separate:

Females 11 to 18

Males 11 to 18

Distances will include:

Olympic Style 500m / 1000m / 1500m

Mass Start 7 or 10 Lap

Optional 3,000m or 5,000m – limited to two quads only (if time permits). Must be selected separately in IceReg when registering.

Distances for skaters looking to qualify for CYLT:

Olympic Style 500m

Mass Start 300m / 1000m / 1500m and 7 Lap (if time permits)

Skaters will be paired in the 500m based on a 500m (111m) short track time (or 400m x 1.225). If no recent times are available, coaches' times may be used.

Group 3

Mass Start for club skaters – 10 & under and Novice skaters 11+

All divisions will be mixed gender and ages based on ability. This includes all club skaters 10 and under (based on age as of June 30th, 2022). Novice/new skaters 11 and over as well as skaters not meeting the time standards of Group 2 may also choose to skate in this group. This group will likely compete Saturday and Sunday afternoon (subject to change).

Skaters will skate 4 mass start long track distances depending on ability.

Distances will include:

50m

100m

300m

200m or 500m

1-3 Lap Race

Skaters will be ranked, placed in divisions and seeded into the first distance based on a 200m short track time. (Race distances subject to change if required). If no recent times are available, coaches' times may be used.

**Seed Time
Submission**

Seed time will be pulled from SSA database, if the skater has skated this season.

Please note that we only have access to times skated in Alberta. If a skater's PB

is from outside of Alberta, then you will need to submit that time. Non-Alberta skaters or skaters who are skating their first competition of the season must submit personal bests (PB's).

- Training** We are working with the Oval to have training times available on Thursday and Friday before the competition. Competitors and coaches will be informed once we are closer to the race date.
- Safety Equipment** Safety and respect of all participants is our first priority. Skaters and parents are required to be familiar with ALL the necessary safety equipment, skaters will be inspected at marshalling by the Clerk of the Course and any skaters missing a single piece of equipment will not be able to participate. ALL skaters and parents are reminded to be respectful to all officials, volunteers and persons present.
- SSC Rules D3-200 (Olympic Style) (pages 48-49) and D3-300/301 (Long Track Mass Start) (pages 49-51) as referenced in the SCC Red Book, will be strictly enforced.
<https://speedskating.ca/resource-categories/administration/>
- *All Safety equipment to be worn during warm up. CSSA recommends the use of helmets for all on ice activities. SSA safety rules regarding helmet use are being implemented.
<https://drive.google.com/file/d/1nYyiJuPEL2asGjoZffqeUuiFUvrUroCB/view>
- Armbands:** Skaters must provide their own armbands at the Olympic Oval, so please bring them. CSSA will be providing armbands for Youth and Juniors skaters that do not have them.
- On-Site Food:** Food and drink will be provided for officials, volunteers, and coaches. The Food Court at the University will be available for everyone else.
- Coaches Meeting:** In person at the Oval Lounge, exact time to be confirmed. A zoom link will also be sent for those unable to be there in person.
- Officials and Volunteers** Officials and volunteers are always welcome and encouraged to participate. Note that each CCSA family MUST participate as volunteers in each of the 2 meets (ABLT & RUFast).
- Sign up by clicking on this link: volunteersignup.org/DHAHR
And this link for hospitality (food): volunteersignup.org/4YBQJ
- Oval Skate Shop:** Due to the high volume of competitors, the Oval Skate Shop cannot guarantee skates dropped off on Friday, January 6th or Saturday 7th for sharpening will be ready for the next day.
- General Inquiries:** Email: meet.coordinator@calgaryspeedskating.ca or vc.competitions@calgaryspeedskating.ca

Schedule/Divisions: Depending on registrations in each group, skaters will be racing half days only –

on each day. The schedule of race times and divisions are subject to change and will be released to clubs and competitors as soon as possible, likely by January 4th, 2023

Awards

Seniors/Masters: Medals to the top three men and women

Youth & Juniors: Medals to the top three Youth F 11, top three Youth F 12, top three Youth F13, top three Junior F14, top three Junior F15, top three Junior F 16-18. top three Youth M 11, top three Youth M 12, top three Youth M13, top three Junior M14, top three Junior M15, top three Junior M 16-18.

Ability Meet: Six medals per division – top three Females and top three Males

Safe Sport

CSSA expects people competing, officiating, spectating, volunteering or coaching at the competition to abide by all of the requirements imposed in the universal code for the prevention of maltreatment in Sport.

Accommodations:

Best Western Village Park Inn

Address: 1804 Crowchild Tr. NW, Calgary

Website: <http://www.villageparkinn.com>

Phone: 403-289-0241 or 1-888-774-7716

To book with OVAL rates, please contact:

Sales and Group Bookings

sales@villageparkinn.com

Phone: 1-403-289-0241

Hotel code: L-Oval