



Regina Long Track Ability Meet Information Bulletin

WHEN: Saturday, January 19 & Sunday January 20, 2019

WHERE: Mount Pleasant Sport Park Oval, 750 Winnipeg ST N., Regina, SK

MEET FORMAT and DISTANCES:

✚ Junior and older skaters

ISU Racing: 500m, 1000m, 1500m and 3000 (female), 5000m (male). Mass Start 10 laps (Time permitting).

Seed Time: 500m Long Track PB.

✚ T2T skaters (M12-15, F 11-14)

- Will be grouped by ability.
- Top groups will race: Mass Start 300m and 3000m; ISU 500m, 1500m and Mass Start 8 laps (Time permitting)
- Bottom groups will race: Mass start 300m; ISU 500m, 1000m, and 3000m (super final), Relay (time permitting)
- **Seed Time: select either 400m Short Track PB (from fall 2018) or 500m Long Track PB, whichever you feel is most representative of current performance.**

✚ L2T (M10-12, F 9-11) and Fundamental (M6-9, F 6-8)

- Will be grouped by ability.
- Top groups will race: Mass Start 100m, 300m, 400m and 1500m, Relay (Time permitting)
- Bottom groups will race: Mass start 100m, 200m, 300m and 800m, Relay (time permitting)
- **Seed Time: 300m Short Track PB.**

✚ Active start (less than 6 years)

- will skate a 50m and 100m
- At about lunch time, both days

Race schedule will be available closer to date of meet

SUGGESTED HOTELS (no reservations made):

NAME	ADDRESS	TELEPHONE #
The Hotel Saskatchewan	2125 Victoria Ave, Regina	(306) 522-7691
Sandman Hotel & Suites	1800 Victoria Ave E, Regina	(306) 757-2444
Holigay Inn Hotel & Suites	1800 Prince of Wales Dr, Regina	(306) 789-3883
Delta Hotels by Marriott Regina	1919 Saskatchewan Dr, Regina	(306) 525-5255
Country Inn & Suites by Carlson	3321 Eastgate Bay, Regina	(306) 789-9117
Comfort Inn	3221 Eastgate Dr, Regina	(306) 789-5522
Comfort Suites Regina	4300 Diefenbaker Dr, Regina	(306) 949-4000
Days Inn by Wyndham Regina Eastgate	3875 Eastgate Dr. HWY 1 E, Regina	(306) 522-3297

ENTRY FEES: All Groups: \$60 first skater in family,
\$55 second skater in family
\$50 third and every additional family skater
\$ 5 Active Start Group

No Late Entry

REGISTRATION ONLINE via the RSSC website- www.reginaspeedskating.ca - Make sure to confirm/request your SCC# and seed time from your club/coach or the SASSA website as noted above prior to registering online as that information is mandatory to complete the registration.

REGISTRATION DEADLINE: January 11, 2019 at 10 pm

No changes after Tuesday, January 15, 2019.

Last day for FULL REFUND due to withdrawal: Thursday, January 17, 2019.

COACHES MEETING: Friday, January 18 – 7:30pm at Mount Pleasant Sports Park, Thunder Building, 750 Winnipwg St N, Speed Skating Oval, Regina, SK.

Please Note:

- (1) Registrations must all be completed – including payment - ONLINE via the RSSC website. Payment must be made in full for registration to be valid.**
- (2) Following the Registration Deadline (January 11, 2019) the RSSC Registrar will provide each Club with a listing of their Club members who had registered for the meet.
- (3) Each Club is responsible for reviewing their registrant list and providing any skater information that is indicated as “missing” or inaccurate to the RSSC Registrar no later than Tuesday January 15.

REGISTRAR / MEET COORDINATOR: Mélanie Michaud
Tel.: (306) 910-1429

Email: competitions@reginaspeedskating.ca

Waiver for Skaters: All skaters must have completed a Saskatchewan Speed Skating Association waiver form. This is a policy adopted by the Saskatchewan Speed Skating Association. The Regina Speed Skating Club cannot allow any skater to compete who has not completed the form(s)!

Saskatchewan Amateur Speed Skating Association

RELEASE, WAIVER AND ASSUMPTION OF RISK

EVENT: _____ (see Schedule A)

I, _____ have read the rules and regulations issued for this event and agree to be bound by them. I hereby acknowledge and agree that in consideration of acceptance of this entry or my being permitted to take part in this event:

1. I DO HEREBY RELEASE the Saskatchewan Amateur Speed Skating Association (SASSA) and Speed Skating Canada (SSC), the affiliate club or Association hosting this event namely: _____ (see Schedule B), and the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate from all liability, and do hereby waive as against the SSC, SASSA, the affiliate and members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of SSC, SASSA and the said affiliate all recourses, claims, causes of action of any kind whatsoever in respect of all personal injuries or property losses which I may suffer arising out of or connected with my preparation for or participation in this event notwithstanding that such injuries or losses may have been caused solely or partly by the negligence of the SSC, SASSA, the said affiliate or any of the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate.

2. AND, I DO HEREBY ACKNOWLEDGE AND AGREE:

(a) That the sport of speed skating is very dangerous, exposing participants to many risks and hazards including personal injury, death and property damage, some of which are inherent in the very nature of the sport, other which might result from human error and negligence on the part of the persons involved in preparing, organizing and staging the races and other activities associated with the event;

(b) That I freely and voluntarily assume all the aforesaid risks and hazards and my preparation for and participation in this event is entirely at my own risk;

(c) That I understand that neither the SSC, SASSA nor the said affiliate nor any members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate assume any responsibility whatsoever for my safety during the course of my preparation for or participation in this event;

(d) That this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement is binding upon myself, my heirs, my executors, administrators, personal representatives and assigns;

(e) That I have carefully read this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement, that I fully understand same and that I am freely and voluntarily executing same.

DATED at _____, this _____ day of _____, 20____.

(Participant) (Signature of parent/guardian if participant is under 18 years)

(Witness)

Saskatchewan Amateur Speed Skating Association

PARENT ACKNOWLEDGEMENT, RELEASE AND AGREEMENT TO INDEMNIFY

WE, _____ being the parents or guardians or individuals with custody and responsibility of _____ (hereinafter called my child) for good and valuable consideration, the receipt of which is hereby acknowledged, DO HEREBY AGREE AND ACKNOWLEDGE:

1. That I/WE have read and understand fully the attached, RELEASE, WAIVER AND ASSUMPTION OF RISK agreement.
2. That I/WE have explained fully to my child the consequences of signing the said RELEASE, WAIVER AND ASSUMPTION OF RISK agreement.
3. That the said RELEASE, WAIVER AND ASSUMPTION OF RISK agreement is on the whole beneficial to my child.
4. That I/WE do hereby release the Saskatchewan Amateur Speed Skating Association (hereinafter called SASSA), Speed Skating Canada (hereinafter called SSC), the affiliate referred to in the RELEASE, WAIVER AND ASSUMPTION OF RISK agreement and the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate, all recourses, claims, causes of action of any kind whatsoever in respect of damages I/WE might suffer as a consequence of my child sustaining personal injury, death or property loss while participating in the event referred to in the RELEASE, WAIVER, AND ASSUMPTION OF RISK agreement, notwithstanding that such injury, death or loss may have caused solely or partly by the negligence of the SSC, SASSA the said affiliate or any members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate.
5. That I/WE do hereby agree to indemnify and hold harmless the SSC, SASSA, the said affiliate and the members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate from any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of the SSC, SASSA, the said affiliate or any members, officers, directors, employees, volunteers, servants, independent contractors, representatives and agents of the SSC, SASSA and the said affiliate that may be made or initiated by, or on behalf of my child, arising out of or connected with my child's preparation for or participation in the event referred to in the RELEASE, WAIVER AND ASSUMPTION OF RISK agreement.

DATED at _____, this _____ day of _____, 20____.

(Parent or Guardian)

(Parent or Guardian)