



2018 Atlantic Cup Long Track Championships

EVENT:	The competition is open to skaters of any age category. Any skater may participate who is registered as an Ordinary Member of Speed Skating Canada through a provincial/territorial speed skating association, or with another recognized national speed skating sport federation.	
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DATE:	Saturday January 27 th – Sunday January 28 th , 2018	
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LOCATION:	Halifax Emera Oval 5741 Cogswell Street Halifax, Nova Scotia	
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SANCTIONED BY:	Speed Skate Nova Scotia	
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ENTRY FEE:	Junior, Senior, Masters Olympic Style:	\$30.00 per skater
	Train to Train (includes selection for CACLT for NS skaters):	\$20.00 per skater
	Active Start, FUNdamentals, Learn to Train, Special Olympics, and Novice skaters in Train to Train, Junior, Senior, and Masters classes:	\$15.00 per skater

THERE CAN BE NO REFUNDS IN CASE OF CANCELLATION DUE TO WEATHER.

ENTRY DEADLINE:	Thursday January 18 th , 2018 at midnight Late entries will not be accepted	
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Registration is by club:

- Club entry forms and cheques can be mailed to Janice Cogle, PSO Administrative Coordinator at 5516 Spring Garden Rd., 4th Floor; Halifax, NS B3J 1G6; please make cheques out to “Speed Skate Nova Scotia”
- Club entry forms and email transfers can be sent electronically to Janice Cogle, PSO Administrative Coordinator at jcogle@sportnovascotia.ca.

MEET CONTACT:	Janice Cogle at jcogle@sportnovascotia.ca or (902) 425-5450 x 370.	
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CHECK IN:	By club Friday January 26 th , 2018 4:00pm-6:00pm Halifax Emera Oval	
	NOTE: Skaters must have signed waiver forms on file to be allowed to skate. If not provided before the meet, forms can be submitted at check-in.	

COACHES MEETING:	Saturday January 27 th , 2018 7:00 AM Halifax Emera Oval	
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CHIEF OFFICIALS MEETING:	Saturday January 27 th , 2018 6:45 AM Halifax Emera Oval	
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PRACTICE ICE:	Friday January 26 th , 2018 7:00am – 8:30am and 4:00pm – 6:00pm Halifax Emera Oval	
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RACE SCHEDULE:	Saturday January 27 th , 1 st , 2018		7:00am – 1:00pm
	Sunday January 28 th , 2018		7:00am – 1:00pm

ACCOMMODATIONS:

Cambridge Suites Halifax 1583 Brunswick Street, Halifax, NS. www.cambridgesuiteshalifax.com

When booking mention “Atlantic Meet for Long Track”(it is valid for January 26, 27 & 28).

The rate is \$117.00 plus tax for a Studio Room accommodation with a queen bed and pull out sofa, or two queen beds (it includes continental breakfast, local calling and high speed internet). Parking is \$10.00 plus tax with this special rate.

COMPETITION FORMAT, REQUIRED EQUIPMENT, AND AWARDS:

The Atlantic Cup Long Track Championships includes three competition formats for skaters depending on their age and level of experience:

Olympic Style All-Round Championship:

- Junior (14-18), Senior (19-29), and Masters (30+) Women and Men: 500m, 1000m, 1500m, and 3000m OS
- Required equipment shall conform to SSC Rule D3-200 – “Long Track Olympic Style Training and Competition”
- Medals to 1st, 2nd, and 3rd place for Junior Women & Junior Men; medals to 1st place for Senior Women & Senior Men; medals to 1st place for Masters Women & Masters Men ages 30-39, 40-49, 50-59, etc.

Train-to-Train Age-Class Championship:

- Girls 11, Girls 12, Boys 12, Boys 13: 300m MS, 500m OS, 1500m MS Super Final, 3000m MS Final
Girls 13, Girls 14, Boys 14, Boys 15: 300m MS, 500m OS, 1500m OS, 3000m MS Final
- Required equipment for Mass Start races shall conform to SSC Rule D3-300/D3-301 – “Long Track Mass Start Competition.” Required equipment for Olympic Style races shall conform to SSC Rule D3-200 – “Long Track Olympic Style Training and Competition”
- Medals to 1st, 2nd, and 3rd place for each age/gender class
- For NS skaters, overall place and times will be used for selection to the Canadian Age Class Long Track Championships

All-Ages All-Points Championship:

- Active Start (4-5), FUNdamentals (Girls 6-8, Boys 6-9), Learn to Train (Girls 9-10, Boys 10-11), and Novice skaters in Train to Train, Junior, Senior, and Masters: all skaters in these classes will be placed in racing divisions for the weekend based on age and seed times provided. Racing divisions will be mixed gender. Special Olympians will race in their own racing group if they prefer and if numbers are sufficient. Please ensure that seed times are accurate. If long track times are not available, short track times will be used.
- Required equipment shall conform to SSC Rule D3-300/D3-301 – “Long Track Mass Start Competition.”
- Ribbons to 1st, 2nd, and 3rd place in all finals. Medals to 1st, 2nd, and 3rd place overall in each racing division.

RACING SCHEDULE:

Championship	Saturday Events	Sunday Events
Olympic Style All-Round Championship	500m OS 1500m OS	1000m OS 3000m OS
Train-to-Train Age-Class Championship: girls 11-12 & boys 12-13	300m MS 3000m MS Final	500m OS 1500m MS Super Final
Train-to-Train Age-Class Championship: girls 13-14 & boys 14-15	300m MS 3000m MS Final	500m OS 1500m OS
All-Ages All-Points Championship including Special Olympics	Distance 1 MS heat & final Distance 2 MS heat & final	Distance 3 MS heat & final Distance 4 MS heat & final



2018 Atlantic Cup Long Track Championships

January 27th – 28th, 2018

REGISTRATION FORM

(Deadline Thursday January 18th, 2018)

Name:		
Address:		
Email:	Telephone #:	
Club:	Coach:	
Date of Birth:	Age (on 30 June 2017):	<input type="checkbox"/> Male <input type="checkbox"/> Female
Speed Skating Canada #:	Mass (kg):	

Choose ONE competition format & indicate age/gender/competitive class if relevant:				
<input type="checkbox"/> Olympic Style All-Round Championship	<input type="checkbox"/> JR Women <input type="checkbox"/> JR Men	<input type="checkbox"/> SR Women <input type="checkbox"/> JR Men	<input type="checkbox"/> Master Women <input type="checkbox"/> Master Men	
<input type="checkbox"/> Train-to-Train Age-Class Championship	<input type="checkbox"/> Girls 11 <input type="checkbox"/> Boys 12	<input type="checkbox"/> Girls 12 <input type="checkbox"/> Boys 13	<input type="checkbox"/> Girls 13 <input type="checkbox"/> Boys 14	<input type="checkbox"/> Girls 14 <input type="checkbox"/> Boys 15
<input type="checkbox"/> All-Ages All-Points Championship	<input type="checkbox"/> Special Olympics			

Seed Times					
Long Track (preferred)	Mass Start	100m:	200m:	300m:	400m:
	Olympic Style	500m:	1000m:	1500m:	3000m:
Short Track (if no LT times)	100m Track	200m:	400m:		
	111m Track	500m:	1500m:		

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, the 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 27-28, 2017, on 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. Organization of competitions/events requires that names will appear on posted race lists and results print outs. Names/images of participants may also be published on boards, websites, media, newsletters and promotional material.

Please be sure that skaters travel with a copy of their health card number in case of an emergency. Organizers must be made aware of any medical condition(s) prior to the meet to ensure officials and medical responders are briefed accordingly.

If you have questions about the collection of or use of this information, contact Janice Cogle at jcogle@sportnovascotia.ca.

I have hereunto set my hand and seal, this _____ day of _____, 20____

Signature of Participant _____

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

REGISTRATION DEADLINE – THURSDAY JANUARY 18th, 2018