



SASK
SPEED SKATING



2010 CANADA CUP II / CANADIAN JUNIOR CHAMPIONSHIPS

**Saskatoon, Saskatchewan
January 29 – 31, 2010**

Sanctioned by Speed Skating Canada

Hosted by Saskatoon Lions Speed Skating Club

Location: Clarence Downey Speed Skating Oval, 11th Street and Ave R South (in Gordon Howe Complex), Saskatoon, Saskatchewan

Registration Fee: \$50.00 per person

Registration Deadline is Friday, January 22nd at 10:00pm. **Late entry fee is \$100.00. Entries are not refundable.**

No individual registration accepted. **All registration must go through the branch.**

Please make cheque payable to: SLSSC

Entries may be mailed to SLSSC, Box 23060, Saskatoon, SK, S7J 5H3 or e-mail at fritz.schumann@sasktel.net

Host Hotel: Travelodge Hotel, 106 Circle Drive West, Saskatoon, Saskatchewan, S7L 4L6; Tel: 306-242-8881 or toll free at 1-888-278-4209. A block of rooms are available when referring to "Speed Skating Canada Cup 2010" **until December 28th, 2009**. The hotel offers shuttle service to and from the airport.

Transportation: Shuttle service will be provided from the host hotel to the Oval on Thursday, January 28th from 12:00pm till 05:00pm and on Friday, Saturday and Sunday from 07:00am till 05:30pm on a regular basis.

Registration: Travelodge Hotel, Thursday, January 28th, from 04:00pm to 06:00pm

Coaches and Officials Meeting: Travelodge Hotel, Thursday, January 28th, from 07:00pm to 09:00pm

Doping: Doping tests may be conducted according to SSC rules.

[Map – Travelodge to Oval:](#)



2010 CANADA CUP II / CANADIAN JUNIOR CHAMPIONSHIPS

Saskatoon, Saskatchewan January 29 – 31, 2010

The following format will be used:

Eligibility: Senior, Junior A, B, C

	<u>Women</u>	<u>Men</u>
Friday, January 29	500m**, 1500m**	500m**, 1000m, 3000m Jr**
Saturday, January 30	1000m**, 3000m**	1500m**, 5000m**
Sunday, January 31	500m, 1000m, 5000m* TP	500m, 1000m, 10000m* TP

*3rd longest distance to determine final distance qualifiers. Ladies 3000m and Men 5000m
Maximum 16 skaters

** These races will be used for the purposes of the Junior Championships.

Qualifying Times are in effect for this event:

		<u>Cal/SLC</u>	<u>Milw/Rich</u>	<u>Outdoor</u>
Senior Ladies	500m	45.0	46.0	48.0
	1000m	1.29.0	1.31.0	1.36.0
	1500m	2.19.0	2.23.0	2.30.0
	3000m	4.54.0	5.03.0	5.24.0
Senior Men	500m	40.0	41.0	43.0
	1000m	1.19.0	1.21.0	1.26.0
	1500m	2.01.0	2.05.0	2.12.0
	5000m	7.19.0	7.34.0	8.04.0
Junior Ladies	500m	47.0	48.0	50.0
	1000m	1.31.0	1.33.0	1.38.0
	1500m	2.21.0	2.25.0	2.32.0
	3000m	4.56.0	5.05.0	5.26.0
Junior Men	500m	42.0	43.0	45.0
	1000m	1.21.0	1.23.0	1.28.0
	1500m	2.03.0	2.07.0	2.14.0
	3000m	4.26.0	4.36.0	5.01.0
	5000m	7.21.0	7.36.0	8.06.0



**2010 CANADA CUP II /
CANADIAN JUNIOR CHAMPIONSHIPS**

**Clarence Downey Speed Skating Oval, Saskatoon, SK
January 29 – 31, 2010**

ENTRY FORM

Name of Skater: _____ **Sex:** M___ F___
(Last Name) (First Name)
Junior ___ **Senior** ___ **(Age** ___ **)** **Date of Birth:** ___/___/___
(dd) (mm) (yyyy)
SSC #: _____ **Health Card #:** _____ **(Province** _____ **)**

Address: _____ **Telephone:** (____) _____
(Street)
 _____ **Email:** _____
(City) (Province)
 _____ **Prov. Assoc:** _____
(Postal/zip code) (Country)

Local Emergency Contact Telephone # (i.e. coach/parent): (____) _____

Please check off the races you will be competing in.

Friday, January 29	Saturday, January 30	Sunday, January 31
500m (time: _____)	1000m (time: _____)	500m (time: _____)
1000m (time: _____)	1500m (time: _____)	1000m (time: _____)
1500m (time: _____)	Ladies 3000m (time: _____)	Ladies 5000m
Men 3000m (time: _____)	Men 5000m (time: _____)	Men 10000m
		Team pursuit

In consideration of my accepting this entry, I hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against the SLSSC, SSC, the race organizers, the facility operators, or any sponsors including medical staff, for all and any injuries suffered by me at Canada Cup II/ Canadian Junior Championships to be held from January 29 to 31, 2010 at the Clarence Downey Speed Skating Oval, Saskatoon, SK, Canada.

In witness whereof I have hereunto set my hand and seal this ____ day of _____ 20____.

 (Signature of Contestant)

 (Signature of Parent/Guardian if under 18 years of age)



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Tentative Schedule of Events

Time		Venue
Thursday, January 28, 2010		
13:00 – 17:00	Practice Ice	Clarence Downey Oval
16:00 – 18:00	Registration	Travelodge Hotel
19:00 – 21:00	Official Draw/ Coaches Meeting	Travelodge Hotel
Friday, January 29, 2010		
09:00	Warm up	Clarence Downey Oval
09:45	Ice Preparation	Clarence Downey Oval
	Opening Ceremony after 1 st or 2 nd distance of racing	
10:30	Ladies 500m (Jr/Open)	
	Men 500m (Jr/Open)	
	Ladies 1500m (Jr/Open)	
	Men 1000m (Open)	
	Men 3000m (Jr)	
18:00 – 20:00	Drawing for Day 2 Events	Travelodge Hotel
Saturday, January 30, 2010		
08:00	Warm up	Clarence Downey Oval
08:45	Ice Preparation	Clarence Downey Oval
09:30	Ladies 1000m (Jr/Open)	
	Men 1500m (Jr/Open)	
	Ladies 3000m (Jr/Open)	
	Men 5000m (Jr/Open)	
18:00 – 20:00	Drawing for Day 3 Events	Travelodge Hotel
Sunday, January 31, 2010		
08:00	Warm up	Clarence Downey Oval
08:45	Ice Preparation	Clarence Downey Oval
09:30	Ladies 500m (Open)	
	Men 500m (Open)	
	Ladies 1000m (Open)	
	Men 1000m (Open)	
	Ladies 5000m (Open) TP	
	Men 10000m (Open) TP	
TBA	Awards Presentation	

Start times may vary depending on outside temperature and officials decisions