



**2010 NORTH AMERICAN
 LONG TRACK CHAMPIONSHIPS/
 AMERICAN CUP III**
 Utah Olympic Oval – Salt Lake City, UT
 February 12-14, 2010



Name _____

Address _____ City _____ State _____ Zip _____

Date of Birth _____ Phone # _____ Email _____

USS/SSC# _____ Exp. Date _____ Coach _____

QUALIFYING TIMES: Skaters must achieve one of the following times in Olympic or Metric style racing in order to enter. Times must be achieved between July 1, 2009 and February 2, 2010.

Ladies	Calgary/SLC	Milwaukee/Richmond	Outdoor
	Senior/Junior	Senior/Junior	Senior/Junior
500m	45.0/47.0	46.0/48.0	48.0/50.0
1000m	1.29.0/1.31.0	1.31.0/1.33.0	1.36.0/1.38.0
1500m	2.19.0/2.21.0	2.23.0/2.25.0	2.30.0/2.32.0
3000m	4.54.0/4.56.0	5.03.0/5.05.0	5.24.0/5.26.0
Men			
500m	40.0/42.0	41.0/43.0	43.0/45.0
1000m	1.19.0/1.21.0	1.21.0/1.23.0	1.26.0/1.28.0
1500m	2.01.0/2.03.0	2.05.0/2.07.0	2.12.0/2.14.0
5000m	7.19.0/7.21.0	7.34.0/7.36.0	8.04.0/8.06.0
JR M 3k	4.26.0	4.36.0	5.01.0

Formats outlined in the 2009-2010 Regulations - Long Track p. 7-9.

AGE DIVISIONS: Age as of June 30, 2009

Senior: 19 and older Junior C: 13-14
 Junior A: 17-18 Junior D: 11-12 *SPRINT ONLY*(not eligible for American Cup Points)
 Junior B: 15-16

ALLROUND, SPRINT, & AMERICAN CUP CLASSIFICATIONS:

Senior Men & Junior A, B Men Allround:

2 x 500m, 1000m Sunday, 1500m, 3000m, 5000m

Ladies & Junior C Men Allround:

2 x 500m, 1000m Saturday, 1500m, 3000m

Mens and Ladies Overall Sprint:

2 x 500m, 2 x 1000m

American Cup Points available in the following single distances:

Senior Ladies – 500m #1, 500m #2, 1000m Saturday, 1500m, 3000m, 5000m
 Junior Ladies – 500m #1, 500m #2, 1000m Saturday, 1500m, 3000m
 Senior Men – 500m #1, 500m #2, 1000m Sunday, 1500m, 5000m
 Junior A, B Men – 500m #1, 500m #2, 1000m Sunday, 1500m, 3000m, 5000m
 Junior C Men – 500m #1, 500m #2, 1000m Saturday, 1500m Friday, 3000m Saturday

EVENTS: Please check each of the events in which you wish to compete.

Ladies & Junior C,D Men

<u>GENDER</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<input type="checkbox"/> Male	<input type="checkbox"/> 500m (#1)	<input type="checkbox"/> 1000m(<i>Am Cup</i>)	<input type="checkbox"/> 500m #2
<input type="checkbox"/> Female	<input type="checkbox"/> 1000m (JR D Men)	<input type="checkbox"/> 3000m	<input type="checkbox"/> 1000m(<i>Overall sprint only. No Am Cup Points</i>)
	<input type="checkbox"/> 1500m		<input type="checkbox"/> Team Pursuit

Senior Men & Junior A, B Men

<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<input type="checkbox"/> 500m #1	<input type="checkbox"/> 500m #2	<input type="checkbox"/> 1000m(<i>Am Cup</i>)
<input type="checkbox"/> 3000m	<input type="checkbox"/> 1500m	<input type="checkbox"/> Team Pursuit
<input type="checkbox"/> 1000m(<i>Overall sprint only. No Am Cup Points</i>)	<input type="checkbox"/> 5000m	

QUALIFYING TIMES: Please provide your best times from official results as well as date and location. Times must have been achieved between July 1, 2009 and February 2, 2010.

500m _____ Date & Location _____

1000m _____ Date & Location _____

1500m _____ Date & Location _____

3000m _____ Date & Location _____

5000m _____ Date & Location _____

ALL PARTICIPANTS ARE REQUIRED TO BE A MEMBER OF US SPEEDSKATING, SPEED SKATING CANADA OR AN ISU MEMBER ORGANIZATION. ALL USS MEMBERS MUST HAVE SIGNED USS CODE OF CONDUCT ON FILE. SKATERS SHOULD SUBMIT CODE OF CONDUCT WITH ENTRY IF NOT ON FILE. DRUG TESTING MAY BE DONE.

Signature _____

Parent/Guardian Signature _____
 (if under 18)

****NO LATE ENTRIES ACCEPTED****

ENTRY and WAIVER with fee MUST BE RECEIVED BY February 2, 2010 to be eligible to compete.

ENTRY FEE: \$50 Entry fees are non-refundable

REGISTER ONLINE: www.usspeedskating.org or

RETURN Entry Form, Waiver and Fee payable to:

US Speedskating

P.O. Box 18370

Kearns, UT 84118

Fax: 801-417-5361

Check attached, made payable to US Speedskating

Charge my Visa Master Card American Express

Card# _____ Exp. Date _____

Name as it appears on card _____

Signature _____