



The Olympic Oval invites you to the:  
**2016 Olympic Oval Finale – Canada Cup #4**  
 at the Olympic Oval, Calgary, Alberta, Canada  
**March 17-20, 2016**

## ANNOUNCEMENT

**Program: (Please see Time Standards below!)**

<b>Wednesday, March 16<sup>th</sup></b>	Participant check-in: 09:00-noon & 13:00-16:00 Coaches meeting for March 17 <sup>th</sup> events: 19:00
<b>Thursday, March 17<sup>th</sup></b>	500m & 1000m
<b>Friday, March 18<sup>th</sup></b>	Ladies: 500m & 3000m Men: 5000m
<b>Saturday, March 19<sup>th</sup></b>	Ladies: 1000m & 5000m(Max 12 skaters) Men: 500m & 1000m & 10000m(Max 12 skaters)
<b>Sunday, March 20<sup>th</sup></b>	1500m & Mass Start

\*Program subject to change depending on the size of the entry. **Skaters must be at least Junior C. (Born before July 1, 2002.)**

### General

The 2016 Olympic Oval Finale/Canada Cup 4 will be held in accordance with the 2014 International Skating Union Regulations and is open to all skaters who belong to an ISU member country. Skaters must meet time standards to compete in this event.

### The Track

The Olympic Oval is a standard speed skating track of 400 meters to the lap. The refrigerated ice track has a 5 meter wide warm-up lane. The radii of the inner and outer competition lanes are 26 and 30 meters respectively. The width of the racing track is 4 meters.

### Time Standards for all Distances

		Senior Inside	Senior Outside	Junior Inside	Junior Outside
Women	500	0:44.0	0:46.9	0:46.2	0:49.1
	1000	1:27.2	1:33.0	1:31.6	1:37.4
	1500	2:15.3	2:24.2	2:22.0	2:30.9
	3000	4:44.7	5:03.3	4:55.7	5:17.3
	5000	7:30.00			
Men	500	0:40.0	0:42.5	0:41.5	0:44.0
	1000	1:19.0	1:24.3	1:21.0	1:26.3
	1500	2:01.2	2:07.0	2:05.3	2:11.0
	3000			4:30.0	4:43.0
	5000	7:15.0	7:45.0	7:30.0	8:00.0
	10000	14:00.0			

**Ladies must have the time standard from the 1500m or 3000m to be eligible to compete in the 3000m. Ladies with a standard in any distance are eligible to compete in the 500, 1000, and 1500m.**



**Men must have the time standard from the 1500m or 5000m to be eligible to compete in the 5000m. Men with a standard in any distance are eligible to compete in the 500, 1000, and 1500m. Junior Men must have standard from 1500m, 3000m or 5000m to compete in 5000m.**

**Drawing, Composition of Pairs and Starting Order of Pairs**

The drawings will be carried out in accordance with Rule 244 of the 2014 Regulations of the International Skating Union where applicable. Groupings and pairings may be based on season best times for 2015/16 season submitted for specific distances. For the Mass Start race, skaters will be grouped according to their best 1500m times from the 2015/16 season. ISU Mass Start Rules are in effect.

**Citizenship/Residence requirements and Clearance Procedure**

In accordance with Rule 109 of the ISU Regulations, all skaters who do not have the nationality of the Member by which they have been entered or who, although having such nationality, have in the past represented another Member, must produce an ISU Clearance Certificate.

**Anti-Doping Conditions**

Anti-Doping tests may be carried out in accordance with the valid ISU Anti-Doping Code and the current SSC regulations. World Records will be tested.

**Liability**

In accordance with ISU Rule 119; the International Skating Union, Speed Skating Canada, the 2016 Olympic Oval Canada Cup Finale Organizing Committee, and the University of Calgary assume no responsibility for, or liability with respect to bodily or personal injury or loss of property or damage incurred in connection with the 2016 Olympic Oval Canada Cup Finale. Each Skater is solely responsible for providing insurance coverage thereto.

**Transportation**

Each skater is responsible for his/her own transportation.

**Training Times**

Contact the Olympic Oval for training times and training costs - [ovalguestservices@ucalgary.ca](mailto:ovalguestservices@ucalgary.ca)

**Note: No charge for training on Wednesday, March 16.**

**Official Hotels**

**Hotels Calgary:**

<p><i>Best Western Village Park Inn</i> 1804 Crowchild Trail NW Calgary, AB Individual Bookings: Phone: 1-403-289-0241 Booking code: <b>L-OVAL</b> Group reservations: <a href="mailto:sara@villageparkinn.com">sara@villageparkinn.com</a> Rates: (includes breakfast) King or Double Queen = \$139 + tax King Suite + pull out bed = \$159 + tax</p>	<p><i>Hotel Alma</i> 169 University Gate NW Calgary, AB Bookings: Phone : 1-403-220-5443 <a href="mailto:Esinitsky@ucalgary.ca">Esinitsky@ucalgary.ca</a> Booking code: <b>OVAL</b> Rates: (Include breakfast) 20% off best available rate (Apartment style rooms available)</p>
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**Entries**

Entries for the 2016 Olympic Oval Canada Cup Finale must be submitted to the address on the entry form or submitted electronically.

All entries must contain personal best times skated in a Sanctioned Competition.

**Entry Fees**

Finale Entry: \$80 (CDN) (includes GST)

Mass Start: \$10 (CDN) (includes GST) (Has to be paid cash at registration)

Late Fee: **Double entry fee after Thursday March 10<sup>th</sup>, 2016\***

**\*NOTE: We cannot guarantee a spot in the competition when signing up after the deadline.**

**Entry Deadline: 16:00 p.m., THURSDAY, Mar. 10, 2016**

**Olympic Oval Waiver Form: Skaters in their first competition of the season in the Olympic Oval must fill out the Waiver Form.**

**Send entries to:**

Olympic Oval, Canada Cup #4 Finale

The University of Calgary

2500 University Drive N.W., Calgary, Alberta, Canada T2N 1N4

**Email:** [oval@ucalgary.ca](mailto:oval@ucalgary.ca) | **Telephone:** 1-403-220-8597 | **Fax:** 1-403-284-4815

**For more information visit [www.oval.ucalgary.ca](http://www.oval.ucalgary.ca)**