



# ANNOUNCEMENT

## Canada Cup #1

The Quebec Speed Skating Federation and Speed Skating Canada hereby take the pleasure of inviting you to take part in the  
**Canada Cup #1**

Anneau Gaétan Boucher, Québec, Canada,  
December 2-3-4, 2011

**Organizer:** Organizing Committee (CODEC-AGB) of the Quebec Speed Skating Federation

**Meet Coordinator:** Danielle Beaulieu

Time standards in effect to qualify for this event:

Ladies	Distances	Calgary/Salt Lake		Outdoor	
		Senior	Junior	Senior	Junior
	500m	45.0	47.0	50.0	51.0
	1000m	1.29.0	1.31.0	1.39.0	1.41.6
	1500m	2.19.0	2.21.0	2.34.0	2.37.6
	3000m	4.54.0	4.56.00	5.30.0	5.36.0
Men	500m	40.0	42.0	46.2	46.2
	1000m	1.19.0	1.21.0	1.31.6	1.31.6
	1500m	2.01.0	2.03.0	2.23.5	2.23.5
	3000m jr		4.26.0		5.04.1
	5000m	7.19.0	7.21.0	8.46.8	8.46.8

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

RE: HP Bulletin #160

Note: all times will be verified on [www.speedskatingresults.com](http://www.speedskatingresults.com)







## Program

There will be training sessions available on Tuesday, Wednesday and Thursday from 9h30 to 12h00 and 16h30 to 18h00

### Thursday December 1st 2011

16h - 18h00 Registration  
19h00 Draw and coach's meeting

### Friday December 2nd 2011

8h00 - 9h00 warm-up  
9h30 500 m men  
500 m ladies  
1000 m men  
1500 m ladies  
3000m jr men

### Saturday December 3rd 2011

8h00 - 9h00 Warm-up  
9h30 1000m ladies  
1500m men  
3000m ladies  
5000 m men

### Sunday December 4th 2011

8h00 - 9h00 Warm-up  
9h30 500m (2) ladies  
500m (2) men  
1000m (2) ladies  
1000m (2) men  
5000m ladies \*  
10 000m men \*

\* 3<sup>rd</sup> longest distance to determine final distance qualifiers (Ladies 3000m and Men 5000m).  
Maximum 8 skaters for Ladies 5000m/Men 10000m.

### Doping-control

Doping test may be conducted according to SSC rules.





## Hôtel / Lodging



**Hôtel Sépia**  
3135 chemin St-Louis  
Sainte-Foy, Québec  
G1E 1R9  
Tel : 418-653-4941  
Fax : 418-653-0074  
[www.hotelsepia.ca](http://www.hotelsepia.ca)

### **TARIFS**

84\$ + taxes simple room  
89\$ + taxes double, triple or  
quad with 2 double beds

# block reservation: 78713350, 78713351,  
78713352

- Restaurants available in and around the hotel
- Special rate available until November 21st 2011
- Specify « Patinage de vitesse » when you're making your reservation

**Danielle Beaulieu**  
Meet coordinator

### Registration and information

Maryse Poudrier Coordonnatrice aux compétitions  
Fédération de patinage de vitesse du Québec  
930, avenue Roland-Beaudin Sainte-Foy, Québec G1V 4H8  
Tel : 1-418-651-1973 poste 31      courriel : [mpoudrier@fpvq.org](mailto:mpoudrier@fpvq.org)      Fax : 1-418-651-1977  
1-877-651-1973 poste 31      site web : [www.fpvq.org](http://www.fpvq.org)      Cell : 1-418-929-0944

