



# **SALMON ARM ICEBREAKERS**

5th ANNUAL INTERCLUB

# **ICE** **JAM**

- Date :** Saturday 25 November 2017, 8:15-2:30pm
- Location:** Shaw Centre 2600 10 Ave SE, Salmon Arm, B.C.
- Sanction:** BCSSA Competition Sanction
- Format:** Mixed Ability All Ages: Track: 100m Oval & 111m Oval
- Eligible Skaters:** All Speed Skating Canada registered Skaters  
Comp 4 Life may skate in their own division
- Entry Fees:** Active Start \$25; all other categories \$35 (Includes \$2 for ODC)
- Medical:** As per BCSSA protocol for speed skating events

**Meet Entries:**

- Registration Deadline : **Thursday 16 November, 2017 at midnight**
- Please submit list of registrants to Alex Seal [aeseal@yahoo.com](mailto:aeseal@yahoo.com) on the attached excel spreadsheet. One cheque per club payable to Salmon Arm Ice Breakers.
- **No refund for scratches received after 19 Nov 2017 midnight.**
- Coaches are asked to notify the recording room of all last minute scratches **prior** to the coaches meeting on Saturday morning.

**Seed Time:**

- AS : 100m Oval - 50m, 100m and 200m
- Fund/L2T / T2T: 100m Oval - 100m, 200m, 400m, 1200m, 1500m
- Junior B & up: 111.12m Oval - 500m, 1000m, 1500m on
- Comp 4 life: 111.12m Oval - 500m, 1000m,

**Distances:** Distances skated will be in accordance as set out in the BCSSA Interclub guidelines  
A 500m on the 111.12 oval will also be skated for skater and club points in the **Okanagan Cup Challenge** for all skaters except Active Start.

**Schedule:**

Registration:	8:15am - 9:00 am
Safety Protocol Meeting	9:00 am
Coaches/Officials Meeting:	9:15 am
Warm Ups:	9:15 am
Racing :	10:00am to 2:30 pm

**Skater Equip.:**

All skaters are required to wear equipment as outlined by **SSC Procedures and Regulations D3-100** page 110-112:

[http://www.speedskating.ca/sites/speedskating.ca/files/red\\_book\\_2016\\_2017\\_eng.pdf](http://www.speedskating.ca/sites/speedskating.ca/files/red_book_2016_2017_eng.pdf)

All skaters are required to wear shatter resistant protective sport glasses (clear or yellow are recommended) or a complete visor. Glasses must be held in place by an elastic strap.

Skaters' helmets must conform to SSC Rule D3-100, "No bicycle helmets are allowed". Helmets must be CSA approved and must be securely fastened under the chin.

Skate Tip Blade Safety: ends must be rounded off with min. of 10 mm. radius in accordance with ISU rule 291.

Skaters must wear cut resistant tubes for all competitions/meets and training sessions when NO cut resistant suit is worn. These tubes shall be made of either: Kevlar or Dyneema.

Shin Protection: skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption. Foam alone is not sufficient.

**Coaches:**

Helmet covers will be supplied for this event. Each club coach is responsible for distributing and collecting.

For more information please contact:

Meet Coordinator: Rick Hofmann, email: [rhofmann@shaw.ca](mailto:rhofmann@shaw.ca) 250-804-3121

Chief Recorder: Alex Seal, email: [aeseal@yahoo.com](mailto:aeseal@yahoo.com)

Please bring all meet entry forms and one club cheque to registration. Fees are due prior to skaters going on the ice.

Timers, Place Judges, Lap Counters, and Track Stewards are always needed. If you can help, please email the meet coordinator Rick Hofmann [rhofmann@shaw.ca](mailto:rhofmann@shaw.ca) with the position you would like to do or we can place you in a position where we need help.

Thanking you in advance.



# SALMON ARM ICEBREAKERS



# JAM

## ENTRY Form

### ICE JAM 2017

Sunday, November 25th, 2017, 8:15am-2:30pm

Please submit as many personal best times as possible to create meaningful groupings.  
(if no times please have coaches submit times.)

SKATER NAME: \_\_\_\_\_ CLUB \_\_\_\_\_

BIRTH DATE: \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ SSC# \_\_\_\_\_

day month year

AGE as of JULY 1, 2017 \_\_\_\_\_ CATEGORY \_\_\_\_\_

Seed Time:	50m	100m	200m	400m	1200m	1500m	500m on 111m track	1000m on 111m track	1500m on 111m track
AS									
Fund/L2T									
T2T									
Junior B & up:									
Comp 4 life									

### Waiver:

By signing this entry form, 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 Salmon Arm Recreation Centre, SSC and BCSSA and its member clubs and the Salmon Arm Ice Breakers Speed Skating Club, their agents, officers or members, for any and all injuries suffered by me at said contest to be held November 25, 2017 at Shaw Centre, British Columbia, 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. Financial information will be used to process payment. Organization of competitions/events requires that names will appear on posted race lists and results print outs. Names/Images of participants may be published on boards, websites, media, newsletters and promotional material. Alternative contact and medical information will only be used in a medical emergency. If you have questions about the collection of or use of this information, contact the event Coordinator.

US skaters must provide proof of current membership in the form of a letter from the State Association or an identity card and will need to be shown at registration. US skaters are NOT covered by BCSSA or SSC insurance and must carry their own insurance.

I have read and agree with the BCSSA Concussion Protocol. <http://www.speed-skating.bc.ca/about/safety/>

In Witness Whereof, I Have Hereunto set my Hand and Seal this \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_\_.

Signature of Parent or Guardian: \_\_\_\_\_

Signature of Competitor (if over the age of 18) \_\_\_\_\_

Entry Deadline: November 16, 2017 Midnight send to Alex [aeseal@yahoo.com](mailto:aeseal@yahoo.com)