

# R2RD Short Track

ISSUE 6 | SEPTEMBER | 2018

Welcome to the September edition of "R2RD Short Track". This publication will assist in keeping us informed and on track as we race towards "Team BC ST Trials" and the 2019 Canada Winter Games in Red Deer, AB.

We would like to thank the Calgary Olympic Oval for hosting SD#1 and for inviting Team BC to join their Jr. Relay development opportunity.

In this issue we release our special promo code to pur-

chase Select 2019 Canada Winter Games tickets and passes prior to being released to the general public September 10, 2018. We also explore the SSC competitions Calendar, design our skin suits, review changes to the ISU short track rules and we welcome Lorelei to the Calgary Olympic Oval in the role of Competitions Coordinator.

We can't wait to celebrate with you!

## Ticket Sales

Select 2019 Canada Winter Games tickets and passes are now available for an exclusive pre-sale prior to being released to the general public September 10th, 2018. Purchase tickets today!

A reserved number of Games passes, Waskasoo family passes and Opening and Closing Ceremonies tickets are available to participants, as well as friends and family. **A 10 per cent early bird discount is available from now until October 10, 2018.**

Access the ticket pre-sale by clicking the Tickets Alberta promo [code link](#) and entering our pre-sale code: **CG19MISSION**.

Passes purchased during the pre-sale are delivered by mail starting in October 2018 up until Games time. Opening and Closing Ceremonies tickets may be printed at home or mailed with the passes.

1. Buy Tickets
2. Competition Calendar
2. Skin Suit Design
2. Competitions Coordinator
3. ISU Rule Changes
4. Team BC ST Ranking List



## IMPORTANT DATES

- Oct 5-7 WEC#1 Calgary
- Nov 3-4 ST Team Selection
- Nov 5 Team Ice/Prep Camp

## CONTACT

Lorelei St Rose 250-961-0893  
lorelei.strose@bcspedskating.ca

Duane Swan 250-961-2769  
duane.swan@bcspedskating.ca

# Buy Tickets

# 2

MONTHS TO TRIALS

# Calendar Changes & Skin Suit Design

## CALENDAR

SSC HPST has proposed changes for the upcoming quadrennial. The SSC HP bulletins will be released soon and can be accessed [here](#). There are some significant changes and we encourage you to review your season plan along with the SSC Bulletins with your primary coach.

### November competition

(Formerly: National Qualifier, now: Junior Qualifier. Same date and number of days as previously announced (Nov 16-18) Laval, QB

### February competition

(New competition. Becomes the new Canadian Open National Qualifier) Montreal, QB Qualification to compete: All skaters from the September competition, except those at World Cups, X athletes from senior rank, Y athletes from junior rank, remaining by time. Serves as competition to qualify for Senior and Junior Selections in March."

### Skin Suit Design

Now is the chance to assist in the design of our R2RD ST and LT skin suits. Download the [ST template](#) and [LT template](#) along with the [Team BC Uniform guidelines](#) and submit your designs to [chris.acton@bcspeedskating.ca](mailto:chris.acton@bcspeedskating.ca) before October 5th, 2018.

**Lorelei St.Rose**

**Competitions Coordinator**

Olympic Oval | University of Calgary

2500 University Dr. NW, Calgary, AB T2N 1N4

P: [403.220.8597](tel:403.220.8597) | C: [250.961.0893](tel:250.961.0893) | E:

[lorelei.strose@ucalgary.ca](mailto:lorelei.strose@ucalgary.ca)

[oval.ucalgary.ca](http://oval.ucalgary.ca) | [Like us on Facebook](#) | [Follow us on Twitter](#)



Oct 5-7 WEC#1 Calgary , AB

Nov 3-4 ST Canada Winter Games Team Selections Kamloops

Nov 5 BC ST Team Ice and Prep Camp Kamloops

Nov 16-18 Junior Qualifier Laval, QC

Dec 1 ST Single Distance #2 Calgary, AB

Dec 14-16 Canadian JR ST Championships Calgary, AB

Feb 1-3 WEC#3 Calgary, AB

Feb 1-3 Canadian Open National Qualifier Montreal, QC

Feb 15-23 Canada Winter Games

Mar 15-17 Canadian Jr Selections Sherbrook, QC



Meet Lorelei St. Rose in her new role as Competitions Coordinator with the Olympic Oval / University of Calgary. Lorelei adds this position to her Canada Winter Games, Team BC Short Track Coach assignment. The next time you are at the Oval stop by Lorelei's office to say hi!

*Each issue of "R2RD Short Track" will feature athletes and their coach. Send us a picture if you are an athlete or coach who would like to be featured in the next issue.*

# ST Rule Changes

Inside ISU

## SPECIAL REGULATIONS SHORT TRACK SPEED SKATING

**Rule 280** “e) Besides the standard track there will be four (4) or six (6) other tracks laid out which are symmetrical to the standard track but moved in the direction of the straight with equal intermediate distances of up to 0.7 meters when seven (7) tracks are used, up to one (1) meter when five (5) tracks are used to preserve good ice conditions. For all tracks one (1) finish line will be used. For the starting lines see diagram in Technical Rules.”

**Rule 282** “1. A mixed gender team competition will follow the listed basic requirements;”

“a) The Program components may include:

- Individual Races
- Team Races
- Relay for Mixed Gender Teams”

“b) Participants Teams of 2 Ladies and 2 Men can participate.”

**Rule 295** “g) During each Qualifying Round there shall be allowed only one person per participating Skater in the designated coaching area. When needed a Team Official (technician) may enter the Coaches Box to repair equipment of a Skater.”

**Rule 297** “c) Any Skater/Relay Team who is bound to be lapped, either for the first time or other time, must move to the outside and may not interfere with the Skater(s)/Relay Teams overtaking him/them. Violation with interference will result in a Yellow or Red Card.”

**Rule 298** “12. If a Skater is interfered with and falls before the last block of the first curve after the starting line, the Skaters shall be called back to start again. The decision whether the interference is an offence according to the Racing Rules is a decision of the Referee.”

## SSC Redbook

**D3-100** Eye Protection: Guidance: **Clear lenses**. The higher the level of shatter resistance and the more extensive the protection, the better.

The ISU Short Track Speed Skating Technical Committee, through the support of the ISU Development Program, will conduct a live stream on the latest changes to the Special Regulations and Technical Rules for the season 2018/19.

[The live stream will be](#) available on the ISU Development Projects YouTube Channel. The live stream is intended to provide in-depth details and explanations on the latest changes that will be in force starting from season 2018/19.

**Who is the live stream aimed at?**

Coaches, Skaters and referees will find the information useful.



# R2RD ST Ranking

	Athlete Female	WE#1	WE#2	WE#3	WE#4	Total
1	Janie Green	31	31	29		62
2	Samantha Spencer	30	32	30		62
3	Annabelle Green	29	29	32		61
4	Ainsley Spencer	28	30	28		58
5	Laura Hall	27	27	31		58
6	Emily Coons	26	25			51
7	Ramanjit Chauhan	25	22	26		51
8	Hana Hoffman		24	27		51
9	Heather Stewart		21	25		46
10	Sherilyn Chung	32	Jr Nat			32
11	Brooke Braun		28			28
12	Martina Antifay		26			26
13	Peyton Stonehouse-Smith		23			23

	Athlete Male	WE#1	WE#2	WE#3	WE#4	Total
1	Keanan St. Rose	32	32	32		64
2	Lukas Macdonald	31	29	31		62
3	Marshall Shupe	30	31	30		61
4	Craig Miller	27	26	29		56
5	Noah Hyun	24	28	28		56
6	Boston Mah	29	23	27		56
7	Bryan Leon	28	27	26		55
8	Kieran Hanson	25	25			50
9	Scott Coons	26	22			48
10	Jared Bolland	22	24	24		48
11	Nathaniel Benn	20		23		43
12	Adam Mong		15	25		40
13	Adam Abbott	21	14			35
14	Joshua Telizyn		30			30
15	Dylan Baliski	23				23
16	Nyam Newlove		21			21
17	Jacob Rubuliak		20			20
18	Avery Quinn		19			19
19	Riley Pickerell		18			18
20	Isaiah Jessie Uribe		17			17
21	Zackery Carpenter		16			16
22	Erik Haaheim		13			13
23	Luke Davidson		12			12
24	Tahlon Flamma		11			11

