

R2RD Short Track

Welcome to the October 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 WEC#1 and our final qualification selection competition.

In this issue we review best practices in preparation for our team Selection Trials taking place in Red Deer, AB October 13-14.

We have a look inside the Gary W. Harris Canada Games Center, review changes to the ISU short track rules and publish our final R2RD Short Track Ranking List.

We can't wait to celebrate with you!

The Gary W. Harris Canada Games Center hosts badminton, figure skating, wheel chair basketball, squash, and short track speed skating. [Lets look inside!](#)



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IMPORTANT DATES

Oct 13-14 ST Team Selection Red Deer, AB

CONTACT

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

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

Short Track Trials

October 13-14

Red Deer, AB

Preparing for Trials

Five females, five males and two alternates will be selected at the short track trials to represent Team BC at the Canada Winter Games. Working with your primary coach to prepare a detailed competition plan will improve performance and reduce anxiety.

Week prior: ensure equipment is in order and that your coach is familiar with your equipment in the event an ice side adjustment or replacement is required. Review and know the rules of the competition and prepare a strategy that exploits your strengths utilizing your typical methods of racing. Establish positive mental health by eliminating negative thoughts and doubts from yourself and others.

Day prior: review with your primary coach your strategy and planned outcomes. Arrange and pack equipment, food, and a detailed race plan for each distance including timelines. Sleep a minimum of eight hours.

Day of: Arrive at the venue a minimum of ninety minutes prior to your ice warm up. Conduct a pre-planned off ice warm up and review the first race with your primary coach. Protect your personal space and remain focused on your prepared strategy.

Debrief end of day: Review performance and strategies for next day with your coach. Thank officials and return to your accommodation with a pre-planned recovery proto-

Register For Trials

Registration for the event is available via the Calgary Speed Skating Association's [registration platform](#). You must create an account (some of you may already have an account if you have competed in meets hosted by CSSA in the past), then you can register for the event. Registration for the TEAM BC ST Selection Trials is open until October 5th.

BC skaters can use practice ice in Red Deer on Friday evening. Please see the [sign up sheet](#) for instructions and available times.

CALENDAR

Sep 28-30 WEC#1 Calgary , AB

Oct 13-14 ST Canada Winter Games Team Selections Red Deer, AB

Nov 16-18 ST Canada Cup 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 National Open Qualifier Montreal, QC

Feb 15-23 Canada Winter Games

Mar 15-17 Canadian Jr Selections Sherbrook, QC

Registration Deadline

October 5, 2018

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.

When will the live stream take place?

On the occasion of the ISU Global Officials Seminar Short Track on August 25, 2018 at 14:00 CEST. 5:00am BC Time

R2RD ST Ranking Female

	Athlete Female	WE#1	WE#2	WE#3	WE#4	Total
1	Sherilyn Chung	32	Jr Nat		32	64
2	Laura Hall	27	27	31	31	62
3	Janie Green	31	31	29	30	62
4	Samantha Spencer	30	32	30	29	62
5	Annabelle Green	29	29	32	27	61
6	Ainsley Spencer	28	30	28	28	58
7	Emily Coons	26	25		26	52
8	Hana Hoffman		24	27	24	51
9	Ramanjit Chauhan	25	22	26	22	51
10	Martina Antifay		26		25	51
11	Heather Stewart		21	25		46
12	Brooke Braun		28			28
13	Peyton Stonehouse-Smith		23			23
14	Hanna North				23	23

Any ties for qualification ranking will be broken by the skaters' best combined 500m + 1500m time achieved during the two R2RD competitions in which they accumulated points. (R2RD ST Bulletin Page 6)



R2RD ST Ranking Male

	Athlete Male	WE#1	WE#2	WE#3	WE#4	Total
1	Keanan St. Rose	32	32	32	31	64
*2	Marshall Shupe	30	31	30	32	63
3	Lukas Macdonald	31	29	31	30	62
4	Craig Miller	27	26	29	28	57
5	Noah Hyun	24	28	28	29	57
6	Boston Mah	29	23	27	26	56
7	Bryan Leon	28	27	26	22	55
8	Joshua Telizyn		30		23	53
9	Scott Coons	26	22		25	51
10	Jared Boland	22	24	24	27	51
11	Kieran Hanson	25	25		24	50
12	Nathaniel Benn	20		23	21	44
13	Adam Mong		15	25	19	44
14	Adam Abbott	21	14			35
15	Erik Haaheim		13		18	31
16	Dylan Baliski	23				23
17	Nyam Newlove		21			21
18	Jacob Rubuliak		20			20
19	Asher Barnsdale				20	20
20	Avery Quinn		19			19
21	Riley Pickereil		18			18
22	Isaiah Jessie Uribe		17			17
23	Thomas Cameron				17	17
24	Zackery Carpenter		16			16
25	Luke Davidson		12			12
26	Tahlon Flamma		11			11

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*Marshall Shupe: Granted Bye from short track trials October 13-14, 2018

