

# R2RD Short Track

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

We would like to thank the Fort St John Elks Speed Skating Club, SSC, BCSSA, officials, coaches, volunteers and the City of Fort St John for hosting the R2RD LT team selection trials at the Pomeroy Sport Centre.

Congratulations to all of the athletes who took part in the BC Team qualification pro-

cess and who competed at the BC Team selection trials in Fort St John and Red Deer, AB!

In this issue we announce our Team BC Short Track Team, we explore the Canadian Anti Doping Program, review the ISU codes and language, purchase Canada Games tickets and Merchandise and we assist BC Team Athletes with their Canada Winter Games Registration.

We wish you and your family a very healthy and happy New Year!!

Team BC is pleased to offer merchandise for purchase to its family, friends, and supporters. Click [here](#) to order items on-line.

The Canada Games store has something for everyone! From hoodies and t-shirts to Waskasoo plush toys, a gift from the Games is sure to be a winner this holiday season.

Check out our merchandise collections at [canadagamesgear.ca](http://canadagamesgear.ca).



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1. Games Merchandise
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## IMPORTANT DATES

Jan 25-Team BC athlete registration and CCES deadline.

## CONTACT

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

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

February 15-23

Canada Winter Games

# Anti Doping Resources

The Canadian Centre for Ethics in Sport (CCES) is the custodian of the Canadian Anti-Doping Program (CADP); the set of rules that govern anti-doping in Canada. The CADP consists of several components such as in- and out-of-competition testing, education, medical exemptions, and the consequences of doping violations. The CADP is compliant with the World Anti-Doping Code and all international standards.

The Canada Games Council has adopted the CADP which means that you can be confident that you are part of a world-class anti-doping program that is designed to protect athletes' rights and ensure a level playing

field. The Canada Games Council's anti-doping policy reflects and supports the CADP. Canada Games athletes are required to take the CCES online modules in reference to Anti-Doping.

The CCES [Athlete Zone](#) is a hub of resources and information for athletes.

The [Global DRO](#) provides athletes and support personnel with information about the prohibited status of specific substances based on the current WADA Prohibited List.

An enrolment key will be provided to BC Team athletes and coaches to enable access to the [CCES online modules](#).

## Registration Athletes

Completing the [CCES online education](#) course is a mandatory requirement for all athletes, coaches, and support staff as part of the Canada Games registration process.

This course is now live and available online! This course is to be completed before the Team BC registration deadline, which is **Friday January 25<sup>th</sup> at 4:00pm PST**.

Athletes and coaches have received instructions via email on how to complete the course (either for the first time or if you've completed the course previously).

Please contact the [office](#) in the event that you require assistance with your Team BC registration!

## CALENDAR

Jan 18-20 WEC#3 Calgary, AB

Jan 25-Team BC athlete registration and CCES deadline.

Feb 1-3 Canadian National Open Qualifier Montreal, QC

Feb 15-23 Canada Winter Games

Mar 15-17 Canadian Jr Selections Sherbrook, QC

CANADIAN CENTRE  
FOR ETHICS IN SPORT

## CANNABIS IN SPORT

EDUCATION KIT

[Download Your Education Kit Here](#)

# ISU Language and Codes

Guidance, [Code and Language](#) on Racing Rules can be downloaded from the BCSSA Officials [Recourses Page](#).

Rule Changes for this season can be [found here](#).

<b>Code</b>	
<b>PEN</b>	PENALTY to skater number 46 from BRA (Preceded by 1 of the following)
<b>PEN</b>	PENALTY to TEAM BRA (for the relay) (Preceded by 1 of the following)
<b>YC-B</b>	YELLOW CARD for dangerous behavior
<b>YC-2</b>	Yellow Card for 2 Penalties in a single race (Followed by 2 of the following), PEN for skater number 46 from BRA
<b>YC-LAP</b>	Yellow Card for Impeding the Race
<b>RC-B</b>	Red Card for extremely dangerous behavior
<b>RC-COC</b>	Red Card for Breach of Code of Conduct
<b>RC-LAP</b>	Red Card for Impeding the Race
<b>ADV</b>	Advancements - Announce after any of above Skater number 56 from ZIM is Advanced to the next round.
<b>Infringements in the straight</b>	
<b>S1</b>	In the Straight   Lane Change   from Outside to In   causing Contact
<b>S2</b>	In the Straight   Lane Change   from Inside to Out   causing Contact
<b>S3</b>	In the Straight   Arm Block
<b>S4</b>	In the Straight   Arm Push
<b>S5</b>	In the Straight   Push from behind   causing Contact
<b>Infringements in the corner</b>	
<b>C1</b>	In the Corner   Lane Change   from Outside to In   causing Contact
<b>C2</b>	In the Corner   Lane Change   from Inside to Out   causing Contact
<b>C3</b>	In the Corner   Arm Block
<b>C4</b>	In the Corner   Arm Push
<b>C5</b>	In the Corner   Push from behind   causing Contact
<b>Infringements in the corner entry</b>	
<b>E1</b>	In the Corner Entry   Lane Change   from Outside to In   causing Contact
<b>E2</b>	In the Corner Entry   Lane Change   from Inside to Out   causing Contact
<b>E3</b>	In the Corner Entry   Arm Block
<b>E4</b>	In the Corner Entry   Arm Push
<b>E5</b>	In the Corner Entry   Push from behind   causing Contact
<b>Infringements at the Start</b>	
<b>ST1</b>	At the Start   Lane Change   from Outside to In   causing Contact
<b>ST2</b>	At the Start   Lane Change   from Inside to Out   causing Contact
<b>ST3</b>	At the Start   Arm Block
<b>ST4</b>	At the Start   Arm Push
<b>ST5</b>	At the Start   Push from behind   causing Contact
<b>ST6</b>	At the Start   2nd False Starts
<b>Infringements at the Finish</b>	
<b>F1</b>	At the Finish   Lane Change   from Outside to In   causing Contact
<b>F2</b>	At the Finish   Lane Change   from Inside to Out   causing Contact
<b>F3</b>	At the Finish   Arm Block
<b>F4</b>	At the Finish   Arm Push
<b>F5</b>	At the Finish   Push from behind   causing Contact
<b>F6</b>	At the Finish   Kicking Out at Finish Line
<b>Others :</b>	
<b>OF1</b>	In the Corner Entry   Off Track
<b>OF2</b>	In the Corner   Off Track
<b>EQP</b>	For not wearing mandatory equipment
<b>ASS</b>	For Assistance
<b>Specific to Relay:</b>	
<b>R1</b>	For Missed relay touch
<b>R2</b>	For Illegal relay
<b>R3</b>	For blocking by infield skater
<b>R4</b>	For Extra team skater on the track causing obstruction
<b>R5</b>	For Lane Change during exchange causing Contact/ Obstruction
<b>R6</b>	For illegal leg blocking during exchange

## HELPFUL LINKS

The Canada Games webpage is a good resource for spectator information, and can be found here: <https://www.canadagames.ca/2019/>

Team BC's webpage is a great place to visit for news and information specific to Team BC leading into and at the Games. The website can be explored here: <https://teambc.org/>

### Ticketing:

Tickets can be purchased directly from the Canada Winter Games webpage, [here](#). (note: Speed Skating is a Week 1 Sport)

Opening Ceremonies is a ticketed event. If family and friends would like to attend they will need to purchase a ticket.

### Accommodation:

Family and Friends should book ASAP. If rooms are fully booked, we encourage calling and trying again as blocks can free up and be released.

Accommodation information can be found and booked online [here](#).

# Team BC ST Team Female



**SHERILYN CHUNG**

PORT COQUITLAM LIGHTNING SPEED SKATING CLUB



**ANNABELLE GREEN**

RIDGE MEADOWS RACERS SPEED SKATING CLUB



**JANE GREEN**

RIDGE MEADOWS RACERS SPEED SKATING CLUB



**AINSLEY SPENCER**

PORT COQUITLAM LIGHTNING SPEED SKATING CLUB



**SAMANTHA SPENCER**

PORT COQUITLAM LIGHTNING SPEED SKATING CLUB



**MARTINA ANTIFAY**

KAMLOOPS LONGBLADES SPEED SKATING CLUB  
TEAM ALTERNATE



“If a skater is injured following their selection to TEAM BC ST, they will be required to prove adequate levels of recovery, both from a medical and a performance perspective. The determination of what constitutes adequate recovery will be made by medical professionals and the TEAM BC ST Selection Committee and will be based upon an assessment of the skater’s ability to perform at a level equal to current members of TEAM BC ST. The final date for finalizing such decisions is one week prior to the registration deadline for the 2019 CWG, i.e. January 26, 2019. If a skater is subsequently deemed medically unfit to compete in the 2019 CWG, they may be replaced in accordance with the 2019 Canada Winter Games Short Track Speed Skating Technical Package”.

# Team BC ST Team Male



**NOAH HYUN**  
PORT COQUITLAM LIGHTNING SPEED SKATING CLUB



**LUKAS MACDONALD**  
VANCOUVER VELOCITY SPEED SKATING CLUB



**CRAIG MILLER**  
PRINCE GEORGE BUZZARDS SPEED SKATING CLUB



**MARSHALL SHUPE**  
RIDGE MEADOWS RACERS SPEED SKATING CLUB



**KEANAN ST ROSE**  
PRINCE GEORGE BUZZARDS SPEED SKATING CLUB



**JARED BOLLAND**  
RIDGE MEADOWS RACERS SPEED SKATING CLUB  
TEAM ALTERNATE



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

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