

We are pleased to announce that registration is now open for the [2024 Atlantic Long Track Speedskating Championship \(The Atlantic Cup\)](#). We look forward to welcoming skaters and families to the Halifax Emera Oval on 27-28 January 2024.

Registration will close on January 17th. This is an SSC Sanctioned event.

### **COMPETITION FORMAT**

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1. YOUTH (7-10 years-old skating age) will compete in mass start races grouped based on the 300m times submitted.
2. YOUTH (11-13 years-old skating age) will compete in distances that will be run at the 2024 SSC Canadian Youth Long Track Competition in a single distance format.
3. NEO-JUNIOR (14-15), JUNIOR (16-18), SENIOR (19-29) and MASTERS (30+) skaters will be competing in four Olympic style events and one ISU Mass-Start 10-lap event. Olympic-Style events will follow a single distance format.

#### IMPORTANT NOTES:

- Registered skaters will be placed in all events automatically, based on skating age.
- Skaters 11-13 that are not ready for the distances that they are automatically registered in, may be placed in the Youth (7-10) at the request of their coach. The coach's request must be received by the chief referee by Saturday, January 20, 2024 by 12:00pm noon.
- Any skater that does not wish to compete in an event, must notify the chief referee as soon as possible. Coaches may also withdraw skaters at the Zoom coaches meeting on Friday, January 26th at 8:30pm.
- Pairing lists will not be re-arranged within one hour of the scheduled start of the event.

#### CATEGORIES AND EVENTS:

##### Age Group / Category

- YOUTH (7-10)
  - ✓ 100m MS / 500m MS
  - ✓ 300m MS / 200m MS
- YOUTH (11-13)
  - ✓ 300m MS
  - ✓ 500m OS (x2 if time allows)
  - ✓ 7-lap ISU Mass Start
  - ✓ 1500m MS
  - ✓ 1000m MS
- SKATERS (14+)
  - ✓ 500 OS (x2 if time allows)
  - ✓ 1500m OS
  - ✓ 10-lap ISU Mass Start
  - ✓ 1000m OS
  - ✓ 3000m OS

PRACTICE ICE: Friday January 26th, 2024 - 7:00am – 8:30am and 4:00pm – 6:00pm

Halifax Emera Oval

Please check the Emera oval website for additional speed skating practice times and facility closures

at: <https://www.halifax.ca/parks-recreation/programs-activities/outdoor-recreation/emera-oval>

#### MEET CONTACTS:

Meet Coordinator: Merrill Rasmusen [atlanticcuplt@gmail.com](mailto:atlanticcuplt@gmail.com)

Chief Referee: Brent Thompson [brent.speedskating@gmail.com](mailto:brent.speedskating@gmail.com)

COACHES MEETING: Friday, January 26th , 2024 - 8:30 PM via Zoom

**\*NO REFUNDS IN CASE OF CANCELLATION DUE TO WEATHER\***

### Registration Options & Pricing

	Price
Youth (7-10) Mass-Start	\$30.00
Youth (11-13) Hybrid Mass Start/Olympic Style	\$55.00
NEO-JUNIOR (14-15), JUNIOR (16-18)	\$55.00
Senior (19-29), Masters (30+) Olympic Style	\$55.00
Coach Registration	\$0.00

### MANDATORY EQUIPMENT:

Skaters must comply with Speed Skating Canada rules regarding required skater safety equipment.

Equipment for long track racing is listed in the Red Book section D3 pages 48-51 for long track competition.

### D3-200 Long Track Olympic Style training and competition

- Ankle Protection – cut and puncture resistant anklet made of Kevlar or Dyneema.
- Skate Blades – tips of skate blades shall be rounded to a minimum radius of 1cm.

(NOTE: THOSE SKATERS PARTICIPATING IN A MASS START OR TEAM PURSUIT RACE WILL REQUIRE FULL SAFETY EQUIPMENT AS OUTLINED BELOW FOR THAT RACE.

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### D3-300 & 301 Long Track Mass Start Competition

- Ankle Protection – cut and puncture resistant anklet made of Kevlar or Dyneema.
- Neck Protection – neck protection made of Kevlar, Dyneema, or ballistic nylon.
- Eye Protection – shatter resistant glasses held in place with a strap or complete visor.
- Hand Protection – leather or synthetic glove offering cut or puncture resistance.
- Head Protection – a helmet must be worn.
- Shin Protection – hard plastic or puncture resistant full frontal shin coverage.
- Skate Blades – tips of skate blades shall be rounded to a minimum radius of 1cm.
- Knee Protection – impact absorbing full frontal knee coverage. (Youth 10-13 yrs of age)