



LET'S GO RACING !!!

COMPETITION INFORMATION

AGE CLASSES

Under Canadian Amateur Speed Skating Association (CASSA) rules: "A skater's racing class shall be his/her age on June 30th prior to the competition."

Pee Wee	6-7
Bantam	8-9
Midget	10-11
Juvenile	12-13
Junior	14-15
Intermediate	16-17
Senior	18+
Masters	30+

TYPE OF COMPETITION

Ability Meets.

Skaters are grouped based upon skill level and biological maturity rather than strictly by age birth date and gender. All skaters race a heat and advance to a final in all distances. Boys and girls race together. This way, everyone is encouraged to take things less seriously and consider each meet as an experience and to do their best, rather than focusing on winning.

Age Class Meets.

Skaters are grouped based upon age and gender. Depending on the number of skaters, groups may be divided into heats or semi-finals. Distances skated are based on Provincial standards.

SPEED SKATING COMPETITION/MEETS

-Speed skaters love to race. We go to races in Belleville, Brampton, Cambridge, Clarington, Kingston, London, Kitchener, Ottawa, Brockville, Sault Ste Marie, Sudbury and certain meets in New York, Michigan and Cleveland. All our racers are registered with the Canadian Amateur Speed Skating Association (CASSA). All are eligible to compete in meets. A card is issued later in the year with the skater's registration number. Each meet has a registration fee to cover expenses.

-Events schedule is posted on the club website at the beginning of the season and racing forms can be downloaded as they become available. Notices are also posted during practice sessions. If a skater wishes to compete, fill out the form and hand it to the Registrar before the deadline on the form.

-Some meets are two days and some are only one day. The big thing about a meet is that it is a day or two of "indoor camping". Meets have been designed at the club level to provide competitors with many well administered races. The children have as much fun playing with their friends between the races, as they do during the races.

-Currently, Ontario Speed Skating Association (OSSA) sanctioned meets are conducted in an all day format. This means that skaters race throughout the day. For younger or beginning skaters, this is a benefit as it allows them to see good technique and proper form, exhibited by the older and more experienced racers. The young cradle division (for children less than 6 years of age) usually takes place at one short time period during the day with a few shorter distance races.

PREPARING FOR COMPETITION

-Pack your racing bag and make sure you have the following:

- * Skates
- * Skate guards
- * Knee pads
- * Shin guards
- * Gloves
- * Helmets
- * Neck guard

-Bring extra skating clothes, as they flood the ends of the ice surface. This is because the older skaters put grooves in the ice and water is used to fill them.

-A handheld hair dryer to dry racing clothes in the event of a fall or slip.

-A couple of blankets to sit on or to keep warm. Books, homework, hand held games etc... For in between races.

-A note pad or a small diary to keep track of your times and accomplishments. The race results and times are posted in the arena on sheets during the day.

-Camera/video camera.

-Pack nutritious lunches and snack foods such as granolar bars, fruits, vegetables, water and juices. A small cooler containing these items works great.

-Get a good night's sleep, relax and arrive early at the arena.

WHAT TO EXPECT ON COMPETITION DAY

- When you first arrive at the rink, check in with your coaches, they will tell you which dressing room to use and give you additional information:

- * Helmet cover with your racing number for the duration of the meet.
- * The racing group/category you are in.
- * There are usually warm ups for all skater groups. Each group has about 10 minutes, schedules will be posted.
- * Race schedules will be posted. Look for them, check for the race numbers that apply to your group and plan to get ready accordingly.

- Skaters report to the "Clerk Of The Course" who lines up the skaters in their groups in one area of the arena called the "Heat Box". One group will be on ice and the next six or so line up in the heat box.

- After one race, skaters can usually take their skates off as there may be one hour wait until the next race. This will depend on the size of the meet. In the younger groups, there are usually 5 or 6 skaters in a race or "on the line". In older groups, the number is smaller.

- If the racing starts in the morning, each group will get in 2 or 3 races before there is a lunch break. For each racing distance, there will be a preliminary race called a "Heat" and then a "Final". It depends on where the skater placed in the "Heat" that decides which "Final" the skater will race in. Advancements to a final are determined either by Place Advancement or by Time Advancement. Both methods are in use but only one method per meet.

-The A finals earn more points than B finals and B finals earn more points than C finals etc... No matter where you finish, as long as you finish the race, you earn points. The skater in each group/category to accumulate the most points from the distances raced is declared the winner for that meet. Typically, the first three finishers in each category are presented with an award to recognize their accomplishments.

-Each race is measured in metres, ranging from 111m to 3000m in the older groups. A 111m distance is once around the track and the 3000m distance raced by older children is 27 laps.

-Once the skaters are lined up and the "Starter" fires the gun, the race is on. However, if someone falls before passing the third marker, the race may be called back and there will be a restart.

-Each skater is racing in a group, however, we try to stress to each skater, especially the young ones, that they are trying to beat their last personal best (PB) time.

-PBs are what we strive for at The Oakville Speed Skating Club. Each time you go on the ice to race, you are achieving a better time than the last time you raced that particular distance.

RULES AND REGULATIONS

- A few simple rules govern the sport and are enforced by the "Chief Referee" of the meet who closely monitors the racing from the ice.

1. No body contact is allowed at any time during the race.
2. Each skater is allowed one false start without penalty of disqualification.
3. Safety equipment is mandatory and should be checked before taking the ice.
4. Corner blocks may be hit, but not skated inside of.
5. Shorter distances are allowed a maximum of 5 skaters on the start line. Longer distances may have up to 6.
6. The skater in the lead has the right of way.
7. Should a skater fall before the third corner block, the "Starter" can call back the race and re-start the race.

ADDITIONAL INFORMATION

1. Please discuss and provide Registration forms to the Club Registrar, President or the person in charge of meets.
2. The meet will either be an Age Class or an Ability Meet, see registration forms.
3. We believe every single skater in our club regardless of age or ability is capable of participating and enjoying the experience.
4. Two or three Oakville coaches will be at the competitions.
5. We will be assigned a dressing room for the club.
6. At certain meets, you can participate even if you can only attend one of the two days. Expect at least 4 separate races per day.