

2016 Washington State Short Track Speed Skating Championship

HOSTED BY: **Puget Sound Phoenix Speedskating Club**

Date: April 3, 2016 (Sunday) from 1:30 p.m. until ~ 6:00 p.m.

Location: Puget Sound Hockey Center,
1918, Stewart Street, Tacoma, WA, 98421

Check-In: 1:30 p.m. ~ 1:45 p.m. (2nd Floor)

Warm Ups: 2:00 p.m. ~ 2:20 p.m.

Racing: 2:30 p.m. ~ 5:30 p.m.

Entry Fee: \$30 per skater (\$70 maximum per family)

Entry Due Date: **March 28, 2016** (Monday before the competition.)

All skaters must be members of U.S. Speedskating or Speedskating Canada.

NOTE: This is NOT a U.S. Speedskating sanctioned competition.

Meet Director: **Chang Lee (Club Coach)**

For more information contact: Jan Zurcher, (253) 709-2340

Mail or e-mail entries. Payment can be made at rink on race day.
Checks payable to: Puget Sound Speed skating Club or PSSC

Mail to: 31811 Pacific Highway South
Suite B - #373
Federal Way, Washington
98003

E-mail to: jan.zurcher@me.com

Competition will be run using a modified ability meet format.

All skaters will skate 3 distances.

Trophy will be awarded by actual rank within an age class (advanced and novice).

Required Equipment: Helmet, cut resistant gloves, long sleeves, neck protection, knee pads and shin guards. Safety glasses and dyneema suit liner are highly recommended.

Schedule (All skaters will skate 3 distances):

2:00 -- 2:09 – Warm up (Slower skaters)

2:10 – 2:20 – Warm up (Faster skaters)

2:30 – 5:30 – Races [ice cut before 1st distance, after a set of races (track only)]

6:00 – 6:30 – Awards