

Location: ATB Centre, 74 Mauretania Rd W, Lethbridge AB T1J 5A8

Skaters and Distances:

Group 1 – Skaters will skate the 100m track: 200m, 400m, 1500m

- Skaters will be placed into divisions and seeded based on submitted 400m times.
- This group is intended for T2T's but L2T's comfortable with the 1500m may register.

Group 2 – Skaters will skate the 100m track: 400m, 300m, 200m and either the 100m or 800m.

- Skaters will be placed into divisions and seeded based on submitted 200m and/or 400m times.
- This group is intended for younger skaters or novice T2T skaters who do not want to race the 1500m.

Group 3 – Skaters will skate the 111m track

- Junior/Senior will skate 1000m, 500m and 1500m
- Masters will skate 777m, 500m, and 1000m
- Skaters will be seeded based on submitted 500m times.

Skaters may also sign up for extra distances:

- 3000m (111m track – Open to Group 3 skaters only)
- 3000m points (100m track)
- 2000m points (100m track)
- 500m (111m track)

Relays will be run at the end of the day on Saturday (time permitting). Skaters who wish to participate will be able to sign up.

Awards: 1st, 2nd and 3rd place medals will be presented by gender for all divisions.

Sanctions: Speed Skating Alberta and Speed Skating Canada sanctions pending

Time: Registration: 7:30 a.m on Saturday October 30th, 2021.
Warm-Ups: 8:00 a.m.
Coaches' Meeting 8:15 a.m.on Saturday - may be done virtually via Zoom the night before, details will be confirmed soon.
(Note: Times are approximate and final schedule will be sent to coaches)

Entry Fees and Registration: \$70/skater. Registration will be completed via Google Form:

A list of skaters per club will be emailed once the registration is closed, and each club will need to send a cheque to Lethbridge to be handed in at Registration on Saturday morning.

- Entry Deadline:** Registration deadline is Friday October 15th, 2021 at 11:59pm. Late entries accepted until 11:59pm on Sunday October 19th, 2021 (Late registration fee will be waived) **Absolutely no late entries will be accepted after 11:59pm on October 19th, 2021.**
- Team Registration:** 7:30 a.m. Saturday morning before races in the Arena lobby.
- Medical Policy:** Please note that skaters will not be allowed to race if they have not followed Speed Skate Canada's "Return to Speed Skating Protocol" guidelines and received formal medical clearance to compete following a concussion. No refunds will be issued to injured skaters who have registered but either did not complete or failed to follow the protocol.
- On-Site Food:** There will be a hospitality room for officials, volunteers and coaches only. The concession and licensed lounge will be open, and there are also a few food options nearby.
- Volunteers:** Volunteers will be needed on race day to ensure all positions are filled. Our volunteer signup page can be accessed by clicking on the following link:
[Lethbridge Speed Skating Association: LSSA's 2021 Bridge Bolt Volunteer Signup \(signupgenius.com\)](https://signupgenius.com/Lethbridge-Speed-Skating-Association-LSSA's-2021-Bridge-Bolt-Volunteer-Signup)

Near-by Businesses:

- **Walking Distance:** Tim Hortons, Original Joe's Restaurant & Bar, MAMA LA Vietnamese Cuisine, Freshii, Subway, McDonald's, No Frills and Boston Pizza.
- **By Car:** Booster Juice, TacoTime, Pizza Hut, The Chopped Leaf, Safeway, and a selection of other food services 5-10 minutes north on Metis Trail or University Drive.

Hotels: There are a range of hotels available in Lethbridge, but the weekend of our meet is a very busy one here in Lethbridge so it's important to confirm your room as soon as possible. We have two hotel blocks available for you:

Option 1: Wingate by Wyndham (located at 120 Stafford Drive S). This hotel is offering a Standard Room with two Queen beds and includes a complimentary continental breakfast for up to 4 guests for \$112.00 plus tax per night, a Junior Family Suite for \$122.00 plus tax per night, or a Deluxe Family Suite for \$137.00 plus tax per night. The hotel has an indoor pool, fitness center and free parking. Approximate drive time to the venue is 9 minutes.

Please call the hotel at 1-866-494-9292 and reference group code "**102921LSS**" when booking. See attached page for the hotel's block booking regulations.

Option 2: Best Western Plus (located at 209 41st St S). This hotel is offering a standard room with 2 Queen beds for \$119.99 plus tax. This rate includes a full hot breakfast. The hotel has an indoor pool, waterslide, hot tub and fitness center. Approximate drive time to the venue is 15 minutes.

Please call the hotel locally at 403-329-6844 and reference group name "**LSSA21**". See attached page for the hotel's block booking regulations.

***** ROOMS AT EITHER HOTEL MUST BE BOOKED BY OCTOBER 15TH, 2021 TO QUALIFY FOR THE SPECIAL LSSA RATES*****

Questions? Please contact Cherise Eaves at lssa.sk8r@gmail.com