



Rocky Mountain House

Speed
Skating
Club

ROCKY MOUNTAIN HOUSE
FAST IS FUN
SHORT TRACK MEET

Date **Saturday, February 22, 2025**

Location **Bunch Arena - Rocky Regional Recreation Centre**
5332 50 Street Rocky Mountain House, Alberta

Schedule

Registration	8:00 am in Arena Lobby
Coaches Meeting	8:15 am in the Subway Room
Warm Ups	8:30 am - 9:15 am
Races Start	9:30 am
Races End	To be determined
Awards	Following the Last Race in the Subway room
<i>Please note that times are approximate</i>	

Format All points Ability Meet, SSA sanction.
13 years and younger skate 100m in a Single Distance format. Most skaters will race a 200m, 400m and 800m/1000m Superfinal depending on division. Beginner skaters will skate appropriate distances. Skaters 14 and older, including any Masters, will be grouped into Ability Divisions and skate on 111m track, distances will be 500m, 777m and 1500m Super Final.
****PLEASE NOTE:** Rocky Mountain House has a hybrid rink, allowing a wider track for 111m racers**

Entry \$50/skater

Process

Registration	
Friday, February 14th	Registration Deadline Absolutely NO late entries will be accepted
Tuesday, February 18th	Draft division List sent out to clubs for feedback
Friday, February 21st	Final List will be provided to clubs

- Results** Protocol will be emailed to each participating club posted by SSA
- Awards** Medals for all divisions, 1st, 2nd and 3rd place.
- Hotels** Best Western - PH.403 844 3100 (4407 41 Ave RMH - Just off Highway 11)
Canalta - PH. 403 846 0088 (4406 41 Ave RMH - Just off Highway 11)
Walking Eagle Inn - PH. 866-845-2131 (4819 45 Street RMH - Just off Highway 11)
Tamarack Inn - PH: (403) 845-5252 (4904 45 Street RMH - Just off Highway 11)
- Registrations** Registration will be through IceReg at the link below:
<https://icereg.ca/#!/events/rmhssc-fast-is-fun-short-track-meet-2025>
- On Site Food** There will be a free lunch, snacks and drinks provided to all officials, volunteers and coaches. The recreation center features a concession on the second floor beside the curling lounge. Subway, Edo, Quesada Burritos & Tacos, The Burger Parlour and Tim Hortons are a short walk from the arena.
- Volunteers** RMHSSC is a small Club and volunteers will be needed on race day to ensure all positions are filled. Please contact us if you can help out! **We will supply a free lunch.** Contact meet coordinator Fiona Barnett, rmhssc.president@gmail.com or visit <https://volunteersignup.org/XCHP4?classic>
- Inquires** Meet Coordinator - Fiona Barnett at rmhssc.president@gmail.com
- AB HUB Camp** SSA is hosting a HUB Camp on Sunday, February 23, 2025 in Rocky Mountain House. The camp will include ice sessions, dryland technical sessions and a strength component. We will also have the SSA Rockering machine at the camp to assist with any required blade maintenance.
Cost: \$40
Lead Coaching Team:
Samantha Morrison, Sport Coordinator, Speed Skating Alberta
Joffrey Larocque, Head Coach, Grizzlies Speed Skating Club
**Club coaches are welcome to participate and assist our Lead Coaching Team.
- Draft Schedule**
8:30-9:00 Warm up
9:00-10:15 Group 1 Ice Session
9:00-10:00 Group 2 Dryland Session
10:30-11:45 Group 2 Ice Session
10:45-11:45 Group 1 Dryland Session
12:00 Camp Debrief
See you at Camp!
- AB HUB Camp Questions:** Contact Lorelei St Rose, Director, Sport at lstrose@speedskatingalberta.ca
Registration for the camp will be open until February 22, 2025