

Speed Skating (Long Track)

1. Age Categories:

Men: 55 years of age and over

Women: 55 years of age and over

(Note: depending on entries, separate age categories may be instituted)

2. Events:

Competitive:

500 metres competitive

1000 metres competitive

Recreational

500 metres recreational

Definitions:

Competitive Category is designed for skaters who consider themselves accomplished skaters in hockey, figure skating, speed or other skating. Speed skating competition experience is not required.

Recreational Category is for all other skaters who will enjoy competing for fun, in an event on the Long Track Oval which will be used in the 2010 Olympic Games.

3. Participation:

- There will be no limit to the number of participants in each event.
- Zones may send as many participants as they wish.
- No skater will be allowed to skate in both categories.

4. Competition:

- Qualifying heats and finals will be held in each event if necessary.
- Up to 6 skaters will skate abreast in each race.
- At least two skaters will qualify from each heat.
- Each skater will be guaranteed a minimum of two races per event.

5. Rules

- All skaters are required to wear helmets.
- Skaters may wear any type of skate.
(Note: Helmets and skates will be available for rent)
- Skaters must skate without blocking, obstructing, impeding or endangering other skaters.
- Officials may disqualify or otherwise penalize skaters in breach of this important rule and / or can order re-races at their discretion.
- Officials' decisions are final.

5. Medals:

- Gold, Silver, and Bronze medals will be awarded to the top three finishers in each event in each age category.