



2023 Pacific NorthWest Short Track Open

Sunday, January 15, 2023
Sponsored by: Puget Sound Speedskating Club
Sanctioned by: US Speedskating
Hosted by: PS ICE SPORTS at Tacoma Twin Rinks

Puget Sounds Speedskating Club is pleased to announce the *2023 Pacific NorthWest Short Track Open*. This US Speedskating sanctioned event will be raced on a 111m track on one of the rink's two 200' x 85' sheets of ice. Races will be organized by ability and awards will be given according to placement determined by points totals based on race times in each gender and age group.

LOCATION: (30 miles south of Seattle/Tacoma International Airport)

Tacoma Twin Rinks
2645 S 80th St
Tacoma, WA 98409

SCHEDULE: (All times are subject to change)

Saturday, January 14, 2023

Check-in:

Practice: (\$10*)

Coach's Meeting:

* \$10 practice fee collected at Check-in

Exact Time T.B.D.

2:30 pm - 4:00 pm

Exact Time T.B.D.

Sunday, January 15, 2023

Check-In:

Equipment Check:

Warm-up:

Opening Ceremony & Races:

Awards:

Exact Time T.B.D.

Exact Time T.B.D.

Exact Time T.B.D.

9:00 am - 2:00 pm

Exact Time T.B.D.

MEET DIRECTOR:

Mark S Soldan
MarkSSoldan@gmail.com
(510) 551-5087

LINKS:

PugetSoundSpeedskating.com
teamusa.org/US-Speedskating/
PSIceSports.com

ELIGIBILITY AND ENTRIES:

Skaters of all abilities, ages, and from all countries are welcome. All skaters must be active members in good standing of US Speedskating or of their country's NGB (National Governing Body). All skaters will be entered into all eligible individual and relay races. Notify race organizers if you wish to be excluded from any race(s).

The entry fee is \$50 per skater, maximum of \$120 per family. All Entries must be received by Friday, December 23, 2022 to avoid late fees. Late entries will incur an additional \$25 late fee per entry. Entry fees are not refundable.

Make checks payable to "PSSC". Mail entry forms with payment to the following address. Please include an email address to receive receipt of payment. For electronic forms of payment, email <mailto:MarkSSoldan@gmail.com> to make arrangements.



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Mark S Soldan
2005 Overview Dr NE
Tacoma, WA 98422

All skaters are required to attend Check-in and Equipment Check.

RACE/AWARD FORMAT:

Each competitor will race 4 races: a 111m or 444 m Time Trial, a Sprint Race, a Long Distance Race, and a Relay. Races in the *2023 Pacific NorthWest Short Track Open* will be organized according to skater ability, determined by entry seed times. Event officials or organizers may rearrange race participants in the interest of safety. Relay races will be run after individual distance races. Awards will be given in each gender and age group with placement determined by points totals based on race times in each gender and age group.

SAFETY EQUIPMENT:

Consistent with *US Speedskating 2023 Short Track Speedskating Rules and Regulations*, every skater is required to wear 1) full-body cut-resistant protection, 2) an ASTM compliant helmet, 3) Level 3 cut-resistant gloves, 4) appropriate safety eye protection, and 5) shin protection, padded or padded hard shell knee protection, and have neck protection of cut-resistant nature fully covering the neck. Division E-G skaters (age 10 and younger) may wear two skinsuits/uniforms in lieu of a cut-resistant suit and may wear non cut-resistant gloves.

During the EQUIPMENT CHECK, every skater will be required to show that they have the required safety equipment and that their front and rear skate tips are rounded at least 1 cm.

COVID-19:

If you have any cold symptoms or have tested positive for COVID-19 in the last 5 days, you may not attend this event. In response to the COVID-19 pandemic, PSSC has adopted policies that are in addition to Federal, State, Local, or Tacoma Twin Rinks requirements. At the time of this writing, PSSC requires that well-fitting masks be worn by all skaters, volunteers, and spectators AT ALL TIMES while indoors during all on and off-ice practice and exercise. The only time that masks are optional indoors is during official races. Bandana and neck gators are not acceptable masks. This policy is enforced and may be amended at any time without notice by any event official, organizer, volunteer, or PSSC members. Any attempt to evade this policy, misrepresent health or testing status, or failure to comply with this policy or the afore mentioned parties will lead to immediate expulsion from the event and refunds will not be provided.

HOTELS:

For lodging and travel advice, please visit the TRAVEL TACOMA website at:

<https://www.traveltacoma.com/sports/skate/>



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ENTRY FORM

(Submit one form for each participant)

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2005 Overview Dr NE
Tacoma, WA 98422

PARTICIPANT INFORMATION

Name: _____ Gender: ☐ M ☐ F

Club: _____ DOB: _____ Age as of July 1, 2022: _____

Seed Times (REQUIRED): 222 m: _____ 333 m: _____ 500 m: _____ 1000 m: _____

NGB Member Number: _____ ☐ US Speedskating ☐ Other: _____

Parent/Guardian Name: _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____ Phone: _____

Medical Insurance Provider: _____

Insurance Member Number: _____ Group/Policy Number: _____

Divisions and Distances

The age of the skater shall be the age the competitor is
before July 1 preceding the competition

Division	Age
Junior G	6 & Under
Junior F	7-8
Junior E	9-10
Junior D	11-12
Junior C	13-14
Junior B	15-16
Junior A	17-18
Senior	19-29
Master	30 & Older



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WAIVER & RELEASE

(Submit one form for each participant)

In consideration of my involvement in the sport and activities under the auspices of U.S. Speedskating and/or Puget Sound Speedskating Club, I acknowledge, appreciate, and agree that: 1) I risk bodily injury, including paralysis, dismemberment, disability, and death and while particular rules of my sport, equipment, and persona training and discipline may reduce this risk this risk of injury does exist, as well as the risk of damage to or loss of property. 2) I knowingly and freely assume all such risks; both known and unknown, even if arising from the negligence of the Releasees or others; 3) I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual or unnecessary hazard during my presence or participation, I will bring such to the attention of the nearest official; and, 4) I, for myself, and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release, hold harmless, and promise not to sue US Speedskating, Puget Sound Speedskating Club, Tacoma Twin Rinks, PS ICE SPORTS, The City of Tacoma, or other sponsoring or participating organizations, their officials, volunteers, staff, sponsors and/or agents ("Releasees") with respect to any and all injury and loss arising from my participation, whether caused by the negligence of the Releasees or otherwise. I have read this Release of Liability and Waiver Agreement, fully understand its terms and sign it freely and voluntarily.

Participant's Signature: _____

Participant's Name (Printed): _____ Date: _____

FOR PARTICIPANTS OF MINORITY AGE
(Under age 18 at the time of registration)

This is to certify that I/we as parent(s)/guardian(s) with legal responsibility for this participant, do consent and agree not only to his/her release, but also for myself/ourselves, and my/our heirs, assigns and next of kin to release and indemnify the Releasees from any and all Liability incident to my/our minor child's involvement as stated above.

Parent/Legal Guardian's Signature: _____

Parent/Legal Guardian's Name (Printed): _____ Date: _____