The Olympic Oval invites you to the
**2020 Olympic Oval Finale – Canada Cup #4**
at the Olympic Oval, Calgary, Alberta, Canada
March 19 - 22, 2020

**ANNOUNCEMENT**

Program: (Please see Time Standards below)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, March 18th</td>
<td>Participant check-in: 09-00-noon &amp; 13.00-16.00&lt;br&gt;Coaches meeting for March 19th events: 19.00</td>
</tr>
<tr>
<td>Thursday, March 19th</td>
<td>500m &amp; 1000m</td>
</tr>
<tr>
<td>Friday, March 20th</td>
<td>Ladies: 500m &amp; 3000m&lt;br&gt;Men: 5000m</td>
</tr>
<tr>
<td>Saturday, March 21st</td>
<td>Ladies: 1000m &amp; 5000m (Max 12 skaters)&lt;br&gt;Men: 500m &amp; 1000m &amp; 10000m (Max 12 skaters)</td>
</tr>
<tr>
<td>Sunday, March 22nd</td>
<td>1500m &amp; Mass Start</td>
</tr>
</tbody>
</table>

*Program subject to change depending on the size of the entry. Skaters must be at least Junior C2. (Born before July 1, 2005.)*

**General**
The 2020 Olympic Oval Finale/Canada Cup 4 will be held in accordance with the 2018 International Skating Union Regulations and is open to all skaters who belong to an ISU member country. Skaters must meet time standards and age requirements to compete in this event.

**The Track**
The Olympic Oval is a standard speed skating track of 400 meters to the lap. The refrigerated ice track has a 5 meter wide warm-up lane. The radii of the inner and outer competition lanes are 26 and 30 meters respectively. The width of the racing track is 4 meters.

**Ladies 5000m and Mens 10000**
Max of 12 skaters per gender. This may be adjusted due to the entry list.
Eligibility

INTERNATIONAL ATHLETE TIME STANDARDS FOR ALL DISTANCES

<table>
<thead>
<tr>
<th>Distance</th>
<th>Senior Inside</th>
<th>Senior Outside</th>
<th>Junior Inside</th>
<th>Junior Outside</th>
</tr>
</thead>
<tbody>
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<td>0:46.0</td>
<td>0:48.0</td>
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<td>1:35.0</td>
</tr>
<tr>
<td>1500</td>
<td>2:15.0</td>
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<td>2:20.0</td>
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<tr>
<td>3000</td>
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<tr>
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<td>7:30.0</td>
<td></td>
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</tbody>
</table>

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<thead>
<tr>
<th>Distance</th>
<th>Senior Inside</th>
<th>Senior Outside</th>
<th>Junior Inside</th>
<th>Junior Inside</th>
<th>Junior Outside</th>
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</thead>
<tbody>
<tr>
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<td>0:42.0</td>
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<tr>
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<td>1:21.0</td>
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<td>1:23.0</td>
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</tr>
<tr>
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<td>2:04.0</td>
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<td>2:06.0</td>
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</tr>
<tr>
<td>3000</td>
<td>7:10.0</td>
<td>7:30.0</td>
<td>4:25.0</td>
<td>4:40.0</td>
<td></td>
</tr>
<tr>
<td>5000</td>
<td>14:00.0</td>
<td></td>
<td>7:25.0</td>
<td>7:45.0</td>
<td></td>
</tr>
</tbody>
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CANADIAN TIME STANDARDS FOR ALL DISTANCES. SEE BULLETIN 190 (Appendix C, page 17)

https://www.speedskating.ca/teams/long-track/bulletins-hp-long-track-committee

Ladies must have the time standard from the 1500m or 3000m to be eligible to compete in the 3000m. Ladies with a standard in any distance are eligible to compete in the 500, 1000, and 1500m.

Men must have the time standard from the 1500m or 5000m to be eligible to compete in the 5000m. Men with a standard in any distance are eligible to compete in the 500, 1000, and 1500m. Junior Men must have standard from 1500m or 500m to compete in 5000m.

Drawing, Composition of Pairs and Starting Order of Pairs
The drawings will be carried out in accordance with Rule 244 of the 2018 Regulations of the International Skating Union where applicable. Groupings and pairings may be based on season best times for 2019/20 season submitted for specific distances. For the Mass Start race, skaters will be grouped according to their best 1500m times from the 2019/20 season. ISU Mass Start Rules are in effect. All safety equipment (ISU Requirement) is mandatory.
Citizenship/Residence requirements and Clearance Procedure
In accordance with Rule 109 of the ISU Regulations, all skaters who do not have the nationality of the Member by which they have been entered or who, although having such nationality, have in the past represented another Member, must produce an ISU Clearance Certificate.

Anti-Doping Conditions
Anti-Doping tests may be carried out in accordance with the valid ISU Anti-Doping Code and the current SSC regulations. World Records will be tested.

Liability
In accordance with ISU Rule 119; the International Skating Union, Speed Skating Canada, the 2020 Olympic Oval Finale Organizing Committee, and the University of Calgary assume no responsibility for, or liability with respect to bodily or personal injury or loss of property or damage incurred in connection with the 2020 Olympic Oval Finale. Each Skater is solely responsible for providing insurance coverage thereto.

Transportation
Each skater is responsible for his/her own transportation.

Training Times
Contact the Olympic Oval for training times and training costs - ovalguestservices@ucalgary.ca
Note: No charge for training on Wednesday, March 18

Official Hotels Calgary

<table>
<thead>
<tr>
<th>Best Western Village Park Inn</th>
<th>Hotel Alma</th>
</tr>
</thead>
<tbody>
<tr>
<td>1804 Crowchild Trail NW Calgary, AB</td>
<td>169 University Gate NW Calgary, AB</td>
</tr>
<tr>
<td>Individual Bookings: Tel: 1-403-289-0241</td>
<td>Bookings</td>
</tr>
<tr>
<td>Booking code: L-OVAL</td>
<td>Phone: 1-403-220-5443</td>
</tr>
<tr>
<td>Group reservations: <a href="mailto:sara@villageparkinn.com">sara@villageparkinn.com</a></td>
<td><a href="mailto:Esinitsky@ucalgary.ca">Esinitsky@ucalgary.ca</a></td>
</tr>
<tr>
<td></td>
<td>Booking code: OVAL</td>
</tr>
</tbody>
</table>
Entries
Entries for the 2020 Olympic Oval Finale / Canada Cup #4 must be submitted to the address on the entry form or submitted electronically.
All entries must contain personal best times skated in a Sanctioned Competition since July 1, 2018.

Entry Fees
Finale / CC#4 Entry: $90 (CDN) (includes GST)
Finale Mass Start: $10 (CDN) (includes GST) (Paid in cash at registration)
Late Fee: Double entry fee after Thursday March 12th, 2020*
*NOTE: We cannot guarantee a spot in the competition when signing up after the deadline.

Entry Deadline: 12 midnight, THURSDAY, Mar. 12, 2020

Send entries to:
Olympic Oval Finale / Canada Cup #4 The University of Calgary
2500 University Drive N.W., Calgary, Alberta, Canada T2N 1N4
Email: oval@ucalgary.ca | Tel: 1-403-220-7954 | Fax: 1-403-284-4815 | Web: oval.ucalgary.ca
The Olympic Oval invites you to the
2020 Olympic Oval Finale – Canada Cup #4
at the Olympic Oval, Calgary, Alberta, Canada
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ENTRY FORM

Name of Skater: ____________________________ Sex: M F
Class: JR SR Master

Address: __________________________________________________________
(street) (city) (prov./state) (country) (postal code)

Date of Birth: ___/ ____/____ Day/month/year

Local Emergency Contact: __________________________

Emergency Telephone #: __________________________

Season Bests: 500m______1000m______1500m______3000m______5000m______10000______

Email address: __________________________ Province______ Country __________________________

ENTRY FEE: $90 (CDN)
Entry Deadline is March 12, 2020 - Midnight
Entry form and entry fee must be received by the Olympic Oval before the entry deadline or participant will be charged double the entry fee. ABSOLUTELY NO REFUNDS.

(Mass Start - $10 – Paid in cash at registration; March 18th)

Skaters must be at least Junior C2. (Born before July 1, 2005.)
Season Best from 2018/19 or current season are needed

Fill in only for races you will compete in.

Thursday
March 19

500m Ladies/Men

1000m Ladies/Men

Friday, March 20

500m Ladies

3000m Ladies

Saturday,
March 21

500m Men

1000m Ladies/Men

Sunday,
March 22

1500m Ladies/Men

Mass Start
Ladies/Men

5000m Men

5000m Ladies

10000m Men

Time Standards on next page

Turn over to complete form
Time Standards for all Distances - 2018/19 or 2019/20 Season Bests Senior Junior A, B and C2

INTERNATIONAL ATHLETE TIME STANDARDS FOR ALL DISTANCES

<table>
<thead>
<tr>
<th>Distance</th>
<th>Women</th>
<th>Senior Cal/SLC</th>
<th>Senior Other rinks</th>
<th>Men</th>
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Men must have the time standard from the 1500m or 5000m to be eligible to compete in the 5000m. Men with a standard in any distance are eligible to compete in the 500, 1000, and 1500m.

5000m Ladies and 10000m Men – top 12 seed times submitted.

In witness whereof I have hereunto set my hand and seal this __________ day of __________, 2020

______________________________  ________________________________
Signature of Contestant         Signature of Parent/Guardian (If under 18 yrs of age)

WAIVER FORMS MUST BE COMPLETED PRIOR TO COMPETING

THESE FORMS CAN BE FOUND AT:
www.oval.ucalgary.ca or at Oval Front Desk

Credit card payment – Call Oval Front Desk- 403-220-7954