



What to Expect at a Short Track Speed Skating Meet

Speed skating meets, also known as competitions, is a time when skaters can put their skills and speed to use, racing against skaters from other clubs! The Sudbury Sprinters Speed Skating Club encourages all members to participate in meets and this document will highlight what to expect at a meet.

Skaters are placed into heats based on their age and speed, so that all racers are challenged at their level. Skaters participate in a variety of races in varying lengths, typically beginning with sprint distances in heats of 3 to 5 skaters per heat. Skaters must use a combination of skill, speed, and strategy, seizing opportunities to overtake other skaters when possible to slide into the lead.

The SSSSC typically attends a couple of meets throughout the season as a club. Information regarding the meets Sudbury Sprinters are attending (registration, fees, etc.), will be communicated to the parents/guardians and skaters when information is obtained from the organization. At least one SSSSC coach will attend the identified meet. There are a number of other meets throughout the season SSSSC skaters can attend with the approval of the organizer. SSSSC cannot guarantee a coach will be able to attend those meets to support the skater. In the past, we asked a coach from another attending club to assist our skater(s). If you have a skater who would like to participate at one of the meets SSSSC is not attending, please reach out to Natalie (natalie.lefort@gmail.com).

Equipment to Take to a Meet:

- Skates with guards
- Blade socks (soft guards)
- Knee pads
- Shin guards
- Cut resistant gloves (check with Natalie if you need to borrow a pair)
- Safety glasses (and band, check with Natalie if you need one)
- Certified racing helmet
- Bib style neck guard
- Ankle kevlar
- Club suit or appropriate skating clothes
- Towel for drying skate blades



Additional Items:

- Extra skating clothes (if a skater falls, they will likely get wet)
- Clothing layers to put on in between races to keep skaters warm
- Hair blow dryer (to quickly dry a suit!)
- Blankets to keep warm and sit on benches
- Activities to keep skaters busy in between races (books, homework)
- Camera or video camera (no flashes are allowed as it distracts skaters and accident could occur)
- Lunch box or small cooler to keep snacks and lunches for the day

Food/Nutrition to be Race Ready!

- Skaters should be eating a nutritious breakfast before they arrive, including protein and carbs and hydration.
- Skaters will have an assigned lunch hour, but should be eating and hydrating after races and allowing time for digestion before the next race.
- Have prepared lunch and snacks packed with you, as there will not be much time to leave the arena to grab food, especially if you have more than a skater to watch!

Foods to Bring:

- Proteins
- Carbs
- Whole grains
- Fruit
- Veggies
- Fluids
- Homemade snacks

Foods to Avoid:

- Junk food (candy, pop, chips, etc.)
- Concession stand foods (hot dogs, pizza, french fries, etc.)



What to Expect When You Arrive:

- 1) Please arrive 30 minutes before warmups start. If you do not know what group your skater is in before the meet, please arrive at 7:30am.
- 2) Follow signs to the change rooms. Change rooms are shared between clubs, but assigned. Look for 'Sudbury' or 'Sudbury Sprinters'.
- 3) Find the SSSSC coach and make sure they know you have arrived.
- 4) Group assignments are sent a few days before the meet, and will be distributed when obtained. This will tell you the warmup time for your skater.
- 5) Most clubs are now using WhatsApp to communicate the order of races, and results. This link will be sent to you when it is distributed.
- 6) The coaches will tell you where they want to meet the skaters after each race and can answer questions you may have.
- 7) Skate bags and equipment can be left in the change room. Coolers and other items should be kept in the stands to save space in the change room.

What to Expect for Warmup:

- 1) Please be quick to get skates on and off for warmup. This will be when the most amount of skaters are in the change room at one time. Being prepared and calm to help your skater is important!
- 2) Skaters need to be ready a few minutes before their warmup time.
- 3) Skaters get 5-10 minutes of ice warmup time in their designated racing groups. This is an important time for the skaters to warm up their muscles and be confident on the ice they will soon be racing on.
- 4) If skaters are practicing starts, remind them ahead of warmup time this needs to be done in the centre of the rink and not at the start line.
- 5) After warmup, put skate guards on the blades to walk back to the change room. Then thoroughly dry the blades and put on skate sock/soft guard, until the skater needs to put the skates back on.
- 6) Skaters can warm up off the ice before each race. Practicing starts, running, doing stairs are examples of dry land warmup good to do before races.



What To Do To Prepare for Racing:

Race Structure:

- Races occur in order of groups as they are posted on the walls/WhatsApp. Each race is a specific distance, and for each distance the groups are further divided into heats.
- Follow the series number posted on the electronic scoreboard and beware of the series number your skater will race in next. Late skaters will not be allowed on the ice.
- Give yourself enough time to get your skater ready to reduce stress before the race.

Points:

- Points are earned in final races (not the heats). The heats are used to determine the final groups a skater will race: A, B, C or D. 'A' finals award the highest number of points, then 'B' and so on. A skater accumulates points from all their distances raced and the total of those points determines overall placing for the meet.

Personal Bests (PBs):

- A skater's primary goal at a meet is to earn a PB time! This is earned when a skater races a distance faster than he or she has ever raced before. PBs are the goals worth celebrating, regardless of how they placed in the race.

What to Expect at Race Time:

- 1) Before the race, skaters are called into a specific area by the Clerk of the Course. This area is called the 'heat box' where skaters are organized into their racing groups.
- 2) Skaters need to be there with the Clerk approximately 15-20 minutes before their race time to ensure they are in order for racing. They will be checked for equipment and will not be allowed on the ice if they are missing any equipment, which would result in a disqualification for improper equipment. It is the parents/guardian job to make sure skaters have all the mandatory equipment on.
- 3) Once your skater is in the heat box, find a place to watch the race and cheer your skater on! Parents/guardians are not allowed in the heat box or clerk of course area.

What to Expect After a Race:

- 1) Put on skate guards to walk back to the change room.
- 2) Thoroughly dry the blades and put on skate socks/soft guards.
- 3) Have skaters talk with coaches and debrief about the race. Coaches can offer suggestions and tips for the next race.
- 4) Questions regarding the race results must go through your coach. Parents/guardians and skaters are not allowed to challenge referees or enter the recorder's office. Violation of this rule with an aggressive or hostile interaction can result in the skater and parent removal from the rink.
- 5) At the end of the meet, medals are awarded for the top 3 placements in each group. Your coach will inform you if your skater is eligible for an award. Then you can go to the medal ceremony being held at the end of the meet!