



## Saratoga Cup ST Ability Meet & NEST #1

When: Saturday, November 4, 2023

Location: 30 Weibel Ave, Saratoga Springs, NY 12866

- Short track ability meet hosted by Saratoga Winter Club and sanctioned by US Speedskating.
  - Spots are limited to the first 100 skaters - first come, first serve.
    - All age groups and abilities are welcome
  - Registration will open on September 17th at 7pm ET.
  - Registration will close on October 29th at 7pm ET.

**Please register at:**

<https://form.jotform.com/222655683069162>

Entry Fee: **\$75.00** per skater (**\$45.00** for Novice)

We will honor a \$5 discount per skater for families signing up 3 or more.

ENTRY FEES ARE NONREFUNDABLE. NO LATE ENTRIES WILL BE ACCEPTED.

**All skaters must be members of U.S. Speedskating to participate in the meet.**

**Meet waiver is required to be signed prior to getting on the ice.**

At the time of check-in, the parent or legal guardian of each skater will be required to sign off of the Release of Liability and Waiver Agreement. If a skater will not be accompanied at the meet by their parent or legal guardian, the skater must bring to the registration a copy of the Release of Liability and Waiver Agreement signed by their parent or legal guardian.

### **Format and Divisions:**

This is an **Ability Meet** (All Points). All skaters will race in a heat and final. First place of each heat goes to the A Final. The Super Finals are based on overall points. All athletes will skate in a Super Finals for their longest distance.

Skaters will be grouped according to their seed time, with consideration being given to the age of skaters in each group. Except for NEST, divisions may be mixed gender. Since skaters will be seeded by time, each skater must provide a 500m or 333m seed time skated within the past year (after July 1<sup>st</sup>, 2021).

**NEST** - skaters ages 12 and older as of 7/1/23 who meet the qualifying time standard of 1:48.0 for men and 1:58.0 for women in the 1000 meters. The time must be skated in a USS sanctioned competition since July 1, 2021.

**Ability** - Skaters younger than 12 years old will compete in the Ability Division. Skaters ages 12 and older who do not meet the NEST qualifying time standard will also compete in the Ability Division. Consideration will be given to the age of skaters in each group.

**Novice** - This division is for skaters in their first year and new to racing.

Each participant will skate at least 3 distances with the possibility of a relay at the end of the day if there is time.

**Required Equipment:**

Helmet, cut-proof gloves, eye protection, long sleeves, knee pads, neck protection and shin guards must be worn by all participants.

**Recommended Equipment:**

Full-body cut-resistant protection (either integrated into the skinsuit or separate).

**Check-in:**

Weibel Rink (30 Weibel Ave, Saratoga Springs, NY 12866)  
Friday, November 3rd / 5:30pm - 7:30pm  
Saturday, November 4th / 7:30am - 8.30am

**Practice Ice:**

Friday, November 3rd: 7:00pm to 9:00pm. Fee: \$10.

**Race Day Schedule: TBD**

**Partner Hotels:**

Fairfield Inn & Suits Saratoga Malta  
101 Saratoga Village Boulevard Malta, New York 12020

Please follow the link below for a group rate of \$104 by October 4<sup>th</sup>. Room availability very limited.

[Book Your Group/Corporate Rate | Marriott International](#)

The Inn at Saratoga

231 Broadway, Saratoga Springs, NY 12866

Please call the hotel at (518) 583-1890 for a group rate of \$134 by October 3rd.

Code: "Saratoga Winter Club".

Many other lodging accommodations in the area. Please reach out for guidance if needed.

Contact: Karolina Quinn / karolina.quinn21@gmail.com / 518-813-2163