



Track Championship	Day 1	Friday July 5	Toronto	<ul style="list-style-type: none"> <li>4pm- Open practice at the 400-meter track at Ken Cox Park, next to Humber College</li> <li>7pm- Technical meeting (officials, coaches, Speed Committee members, Club delegates) at 3199 Lake Shore Boulevard West/ Ouest., Toronto, Ontario, Canada M8V 1K8 Lake Class B117 (44) next to the 400-meter track</li> </ul>
	Day 2	Saturday July 6	Toronto	<ul style="list-style-type: none"> <li>8am- Check-in and general warm-up</li> <li>9am- Races on the track begin</li> <li>4pm- Completion of Day 1 competition</li> <li>RSC Speed Committee- Annual Meeting- 6pm, Humber Lakeshore Campus- 3199 Lake Shore Boulevard West, Toronto, Ontario, Canada M8V 1K8 Lake Class B117 (44)</li> </ul>
	Day 3	Sunday July 7	Toronto	<ul style="list-style-type: none"> <li>8am- General warm-up</li> <li>9:30am- Races on the track begin</li> <li>1:30pm- Completion of Day 2 competition</li> <li>2pm- Awards <i>*please wear uniform on podium &amp; no hats</i></li> </ul>
	Day 4	Monday July 8	Toronto	<ul style="list-style-type: none"> <li>Rain day: Competition if rained out on Saturday or Sunday</li> <li>8am- General warm-up</li> <li>8:30am- Races on the track begin</li> </ul>

### 2013 ROLLER SPORTS CANADA OUTDOOR CHAMPIONSHIPS- SCHEDULE WITH CATEGORIES AND DISTANCES- JULY 5, 6, 7, 8, Ken Cox 400M TRACK, TORONTO, ONTARIO

*\*As per the 2013 Rules for RSC Speed; age categories may be combined & men and women may skate together. Officials will make an announcement on competition day.*

*\* For entire competition for each distance, women race first followed by men*

JULY 6, EVENTS GROUP 1	JULY 6, EVENTS GROUP 2	JULY 6, EVENTS GROUP 3
9am- Introduction (*First year RSC event)- 300 time trial 9:10am- Grand Master- 300-meter time trial 9:15am- Master- 300-meter time trial 9:25am- Senior- 300-meter time trial 9:55am- Junior- 300-meter time trial 10:25am- Freshmen- 300-meter time trial 10:30am- Juvenile- 300-meter time trial 10:35am- Primary- 300-meter time trial	10:40am- Introduction- 1000 meters 10:50am- Master & Grand Master- 10km elimination 11:25pm- Senior- 15km elimination 12:25pm- Junior- 15km elimination 12:55pm- Freshmen, Juvenile & Primary- 500 meters <i>*45-minute lunch break*</i>	1:45pm- Open (Junior, Senior, Master and Grand Master together)- 1000 meters heats (men only) 1:55pm- Introduction- 5km elimination 2:15pm- Freshmen & Juvenile- 5km points 2:35pm- Primary- 100 meters 2:50pm- Open (Junior, Senior, Master and Grand Master together)- 1000 meters finals
JULY 6, EVENTS GROUP 4	JULY 7, EVENTS GROUP 5	IMPORTANT NOTE: SCHEDULE CHANGE
4pm- Introduction- 500 meter 4:10pm- Master & Grand Master- 500 meter 4:20pm- Senior- 500 meter finals 4:30pm- Junior- 500 meter finals 4:40pm - Freshmen, Juvenile & Primary- 200 meters	9:30am- Introduction- 2km points 9:35am- Freshmen, Juvenile & Primary- 1000 meters 9:50pm- Open (Junior, Senior, Master and Grand Master together)- 10km points and elimination 10:55pm- Relays- Freshmen- 1800 meters 11:20pm- Relays- Open- 3000 meters	<i>*This latest program has been adjusted as of July 5<sup>th</sup> due to weather implications and the number of participants. Officials may need to further adjust the schedule based on the weather conditions and forecast. An announcement will be made during the competition.</i>

## PARTICIPANTS

The Toronto Inline Skating Club is pleased to lead the planning and hosting of the 2013 Canadian Outdoor Championships. TISC last hosted the Canadian Outdoor Championships in 2009.

We would like to extend a warm welcome and offer our best wishes to all skaters who have come to support the 2013 Canadian Outdoor Championships, including all those from Alberta, Ontario and Quebec.

The Toronto Inline Skating Club is pleased to field a number of skaters for this competition. In supporting these skaters, TISC fully understands and recognizes the commitment, hard-work, challenges and skill required for all athletes competing this weekend to perform at their best.

With that in mind, the Toronto Inline Skating Club wishes everyone the best performances possible at the 2013 Canadian Outdoor Championships and beyond!



### INTRODUCTION- FIRST YEAR RSC EVENT

Maggie Dort (Ontario)

Kerry Taylor (Ontario)

### PRIMARY 9-10

Mathilde Charron- (Quebec)

Bohdan Hrotovytsky (Ontario)

### JUVENILE 11-12

Electra Halushak (Ontario)

Xavier Charron (Quebec)

### FRESHMEN 13-14

Alexis Halushak (Ontario)

Marco Frusteri (Ontario)

Christopher Langridge (Ontario)

### JUNIOR 15-19

Mackayla D'Mello (Alberta)

Erika Sanchez (Quebec)

Amanda Tickner (Ontario)

Eric Ellis (Alberta)

Adrian Rudy (Ontario)

Andres Medina (Ontario)

Juan Diego Zuluaga (Quebec)

Alex Rudy (Ontario)

Eren Rudy (Ontario)

### SENIOR 15+

Morgane Echardour (Ontario)

Shannon Hegarty (Ontario)

Manon Langlais (Quebec)

Peter Doucet (Ontario)

Brett Ellis (Alberta)

Leonardo Frusteri (Ontario)

Seyed Amir Hejazi (Ontario)

Jesse Pauley (Ontario)

Travis Shaw (Ontario)

Morgan Williams (Ontario)

### MASTER 36+

Annette Hollmann (Quebec)

Mathieu Beauchamp (Quebec)

Stéphane Charron (Quebec)

Jeff Langridge (Ontario)

### GRAND MASTER 46+

Brigitte Beaudry (Quebec)

## CONNECT WITH RSC SPEED

The RSC Speed Committee has put an important emphasis on developing and establishing good communication methods with RSC members. Please keep in touch by using the following-

### ONLINE

[www.rollersports.ca](http://www.rollersports.ca)

### TWITTER

@RSCVitesseSpeed

### FACEBOOK

Look for Roller Sports Canada- Speed, Vitesse

### EMAIL

[newsletter@rollersports.ca](mailto:newsletter@rollersports.ca)



## OFFICIALS AND VOLUNTEERS

We would like to thank our team of dedicated officials and volunteers who all helped to make this competition possible.

A lot of time and energy has gone into helping and supporting our team of officials and volunteers to be well prepared to provide you with the best competition.

All of our officials and volunteers are very happy to be here. They have worked very hard and now look forward to a great competition!



**MEET MANAGER:** Wayne Burrett

**CHIEF REFEREE:** Sina Melli

**ASSISTANT REFEREE:** Mike Murray

**ASSISTANT REFEREE:** Andrew Hegarty

**ANNOUNCER:** Simon Clement

**RESULTS AND TABULATION:** Judy Penner

**LAP COUNTING:** Bill Halushak

**TIME CLOCK OPERATION:** Eric Gee

**TIMING:** Alain Quintard, Frank Bennett, Tim Rudy

**PLACE JUDGES:** Georg Nikodym, Brian Rudy

**FIRST AID:** Sherry Tickner

**ADDITIONAL SUPPORT:** Monique Halushak, David Rudniski, Jacky Shu

**PHOTOGRAPHY:** Eric Gee

**HOST CLUB:** Toronto Inline Skating Club

**REGISTRATION:** Peter Doucet

**COORDINATORS:** Peter Doucet, Wayne Burrett

## RULEBOOK REVISION

RSC's Speed Committee remains committed to building a sustainable structure for long-term-growth for RSC Speed and the sport of roller and inline speed skating in Canada.

Two important and recent changes implemented by the Speed Committee include a drawing-up of a set of by-laws that govern the election and operation for RSC Speed and a revision of the rule book.

As a result of much work, the Rules for RSC Speed were published and distributed in March 2013.

The Rules for RSC Speed include a number of changes, including a revision of age categories, distances, and the creation of the Open category. The Open category allows for skaters of Junior, Senior, Master and Grand Master age categories to compete together.

Other changes include allowing officials to decide, based on certain criteria, if different categories should be combined to provide skaters with a better racing experience.

Another important change is the use of a new points system. Points awarded to each participant will be based on the number of participants for each distance. For example, if there is one skater in a distance, that skater will earn 1 point. If there are two skaters, first place will earn 1 point and second place will earn 2 points. Also, the top-5 finishers of each distance will receive bonus points with 0.5 for 1<sup>st</sup>, 0.4 for 2<sup>nd</sup>, 0.3 for 3<sup>rd</sup>, 0.2 for 4<sup>th</sup> and 0.1 for 5<sup>th</sup>.

## MESSAGE FROM THE RSC SPEED COMMITTEE

The RSC Speed Committee wishes all participants, coaches, officials, volunteers and supporters a wonderful event and weekend in Toronto for the 2013 Canadian Outdoor Championships.

This competition serves not only as a National Championship, but also as a celebration of our beautiful sport! All the athletes have worked hard to prepare. We are all looking forward to witnessing the skaters take to the track to race and compete at their best.

We would like to extend our appreciation for all the work, energy, and time put in by the Toronto Inline Skating Club and all the volunteers involved with organizing and running the 2013 Canadian Outdoor Championships.

During last two years, we have lived important changes within RSC. These changes, which have been initiated by skaters and volunteers who care deeply about the sport, have been implemented with the aim of providing good competitions and a supportive structure for clubs and skaters.

Enjoy each other's company, work hard, be fast and be safe!

### ATHLETES' PLEDGE

In the name of all competitors, I promise that we will take part in the Canadian Championships, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of sport, and the honour of our teams.

### OFFICIALS' OATH

In the name of all judges and officials, I promise that we will officiate in these Canadian Championships, with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship.

### SERMENT DES ATHLÈTES

Au nom de tous les concurrents, je promets que nous prendrons part à ces championnats canadiens, en respectant et suivant les règles qui les régissent, fidèles aux principes du véritable esprit sportif, pour la gloire du sport et l'honneur de nos équipes.

### SERMENT DES OFFICIELS

Au nom de tous les juges et officiels, je promets que nous remplirons nos fonctions pendant les présents championnats, en toute impartialité, respectant et suivant les règles qui les régissent, fidèles aux principes du véritable esprit sportif.

## 2012 NATIONALS

Quebec played host to the 2012 Canadian Outdoor Championships. This event was unique as it was the first time the competition was held on both track (in Ste-Foy) and road (in Laval).

