



Short Track Speedskating Championship
September 27-28, 2008 • Plymouth, MN

2008 AMERICAN CUP 1 INFORMATION SHEET

Plymouth Ice Center, 3650 Plymouth Blvd., Plymouth, MN 55446

For updates prior to the event, visit <http://pwspeedskating.homestead.com/2008AmericanCup.html>

Divisions and Races					
American Cup B Division	500	1,000	1,500	1,500 Super Final	Qualifying time in a 1,000 meter time trial or mass-start race: 1:42 (men) and 1:53 (women).

These times must be met in order to be eligible to skate in the American Cup. Skaters must have reached the age of 13 before July 1, 2008. The American Cup Race Series "B" division is only open to permanent residents of the United States.

Entry Fee and Deadline

Entry: Submit American Cup entry forms with \$50.00 fee and the waiver/release. All participants will receive an event t-shirt.

Make checks payable to: **US Speedskating**

All must be RECEIVED by Wednesday, September 17, 2008.

Requirements

Helmet, gloves, long sleeves, knee pads, neck protection and shin guards

Skater Registration — Plymouth Ice Center

American Cup skaters must check in and pick up their race packets at the ice rink on Friday, September 26, between the hours of 4:00 p.m. – 8:00 p.m. A \$10.00 helmet cover deposit will be taken at the time of registration. Deposit will be refunded upon return of the helmet cover at the end of the meet on Sunday.

Contact Information

Meet Director: Greg Oly, 763-476-9375, gvoly@comcast.net

Registration Information

Send forms and checks to: **US Speedskating, Attn: AmCup 1, P.O. Box 18370, Kearns, UT 84118**

Race Times

(exact times available at event)

Saturday, September 27 Warm up: 10:00 a.m. - 11:00 a.m.
Race starts at 11:15 a.m.

Sunday, September 28 Warm up and race info available Saturday.

Practice Schedule for September 23-26, 2008

\$10.00 fee per skater due at practice session

Tuesday, September 23 3:30 p.m. – 5:30 p.m. (Salt Lake City)

Wednesday, September 24 10:00 a.m. – 12:00 p.m. (Salt Lake City)

Thursday, September 25 10:00 a.m. – 12:00 p.m. (Salt Lake City)
12:10 p.m. – 1:30 p.m. (Marquette)
1:40 p.m. – 3:00 p.m. (Open for others)

Friday, September 26 10:00 a.m. – 12:00 p.m. (Salt Lake City)
12:10 p.m. – 1:30 p.m. (Marquette)
1:40 p.m. – 3:00 p.m. (Open for others)
6:00 p.m. – 8:00 p.m. (Open for others
and no fee due)

Accommodations

Country Inn & Suites by Carlson — Plymouth
210 Carlson Parkway North
Plymouth, MN 55447
(888) 201-1746
<http://www.countryinns.com/plymouthmn>
Fri–Sat: Starting at \$89.00
Sun–Thurs, Sun: Starting at \$94.00

Radisson Hotel & Conference Center
3131 Campus Drive
Plymouth, MN 55441
(888) 201-1718
http://www.radisson.com/minneapolismn_plymouth
Sun, Thurs–Sun: Starting at \$99.00
Mon–Wed: Starting at \$119.00

Mention "Short Track Speedskating Championship" to get special rates.



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2008 AMERICAN CUP 1 ENTRY FORM

You may register online
at: usspeedskating.org

Return this portion with the waiver/release form and announcer form.

Name: _____ Male Female

Club: _____ Association: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

E-mail: _____ Phone: _____

USS/SSC#: _____ Exp. Date: _____ Birth Date: _____ Age as of 6-30-08: _____

T-shirt size: Adult S Adult M Adult L Adult XL

1,000m qualifying and seed time met during 2007-2008 or 2008-2009 (1:42 men, 1:53 women):

Time: _____

Date and competition: _____

All Am Cup skaters must list time, competition and date. Times will be verified. Skaters may be asked to provide protocol. 1000m Qualifying Times - 1:42 for men, 1:53 for Women (USS Short Track Regulations p. 5)

Times must have been established between July 1, 2007 and Sept. 17, 2008. Submitted times must be achieved in an ISU or any national governing body sanctioned event and must be printed in a published protocol (USS Short Track Regulations p. 3). Skaters must have reached the age of 13 by July 1, 2008 in order to participate (USS Short Track Regulations p. 5).

Signature of skater (parent, if under 18): _____

Name and phone number of parent (if under 18): _____

If parent not present, name of person responsible for skater (if under 18): _____

By signing this entry form, the above-named participant certifies that he/she has read the USS Code of Conduct and agrees to abide by it.

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Entry Fee and Deadline. Entry fee is non-refundable.

Make check attached payable to: US Speedskating.

American Cup entry forms with \$50.00 fee and the waiver/release must be **RECEIVED by Wednesday, Sept. 17, 2008.**

Mail forms and check to: US Speedskating, Attn: AmCup 1, P.O. Box 18370, Kearns, UT 84118

Questions: Contact Greg Oly at 763-476-9375, gvoly@comcast.net



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2008 AMERICAN CUP 1 RELEASE OF LIABILITY AND WAIVER AGREEMENT

Return this portion with the entry fee and announcer form.

NOTE: THIS RELEASE OF LIABILITY AND WAIVER AGREEMENT MUST BE READ AND SIGNED BEFORE THE PARTICIPANT IS PERMITTED TO TAKE PART IN THE 2008 AMERICAN CUP COMPETITION ON SEPT. 27-28, 2008, IN PLYMOUTH, MN BY SIGNING THIS AGREEMENT, THE PARTICIPANT AFFIRMS HAVING READ IT.

In consideration of my involvement in the sport and activities under the auspices of U.S. Speedskating, 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 personal training and discipline may reduce this risk, this risk of injury does exist, as well as the risk to 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 U.S. Speedskating, the Greater Minnesota Speedskating Association, Plymouth Wayzata Speedskating Club, the Plymouth Ice Center, the city of Plymouth, the International Olympic Committee, the United States Olympic Committee, the International Skating Union or other sponsoring organizations, their officers, 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, except that which is the result of gross negligence or wanton misconduct.**

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 Signature: _____

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

Mail with entry form and waiver/release to: US Speedskating, Attn: AmCup 1, P.O. Box 18370, Kearns, UT 84118

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2008 AMERICAN CUP 1 ANNOUNCER'S INFORMATION SHEET

Return this form with the entry fee and waiver/release form.

Name: _____

Age: _____ Male Female

Club: _____ Association: _____

Skating Level (check one): Am Cup Senior Division Am Cup B Division Gopher Open Mini Cup

School: _____ Grade: _____

Favorite Music Group: _____ Favorite TV Show: _____

Other Interests: _____ Favorite Meet: _____

Favorite Distance to Race: _____ Favorite Speedskater: _____

Favorite Speedskating Memory: _____

How Did You Get Started in Speedskating? _____

I Like Speedskating Because: _____

Hometown Newspaper: _____ My E-mail Address: _____

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Questions: Greg Oly, 763-476-9375, gvoly@comcast.net

