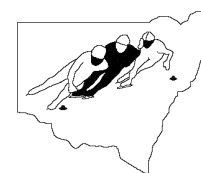


Ice Speed Skating Association of NSW Inc.



Enquiries: janet.taylor@lansa.com.au or 0415 800 653

Entry Form

2006 Australian Open Short Track Speed Skating Championships

September 29
September 30

3.00-7.30pm
7.00-10.00am and 3.30-6.45pm

Closing date for entries: September 1st 2006

I, _____, a registered skating member
of _____ Club, hereby apply to enter the 2006 Australian Open
Short Track Championships in the Division marked below.

Division to enter : The division for your age is based on your age at July 1, 2006. Please bring your AAIRC ID card to supply proof of age, if required.

You may enter only one division. You may skate one division higher than your age provided you can skate at the times for the division you enter.

Seeding: Please provide your best time this season for the distance indicated for the division you enter.

I wish to enter: Please tick the division, and tick whether you are a lady or a man. Note that you must be able to skate the distance in at least the time listed for your division. "sec" = time in seconds.

Min. Time	Lady ✓	Min. Time	Man ✓	Your best time	Divisions	Age (Ladies & Men)	Distances to be skated
1 lap in 27sec		1 lap in 25sec		400m:	Nipper	Up to 9 years	333m, 111m, 222m, 444m
125m in 30sec		125m in 28sec		500m:	Midget	< 12 years	400m, 125m, 250m, 500m
250m in 38sec		250 m in 35sec		1000m:	Sub Junior	< 15 years	800m, 250m, 500m, 1000m.
250m in 35sec		250m in 30sec		1500m:	Junior	< 19 years	1000m, 250m, 500m, 1500m.
Bronze level tba		Bronze level tba		1500m:	Senior	19 years & over	1500m, 500m, 1000m, 3000m
Bronze level tba		Bronze level tba		1500m:	Veteran	31 years & over	1500m, 500m, 1000m, 3000m.
				250m	AWD	All ages	400m, 125m, 250m, 500m

Note: Should it be necessary, one or more divisions will be combined to ensure a viable division. Men and Ladies divisions may also be combined, but in that event, separate points will be awarded for the ladies and men, in order to name a Lady Champion and a Man Champion and the subsequent finishing places.

Please remember the Racing Rule that you must skate each race on its merits or risk disqualification.

I agree to abide by the Rules of the Competition, as laid down in the Announcement. I understand that no responsibility for any injury incurred during these Championships can be accepted by the Organisers, the Ice Speed Skating Association of NSW Inc.

Amount enclosed: _____

Nipper, Midget & Sub-Junior	\$116.00
All Other Divisions	\$120.00
Presentation dinner	tba

Signature of Skater

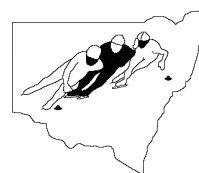
Signature of parent or guardian
(if the skater is under 18 years of age)

Contact
in event of a query: _____ or emergency: _____

Payment: Cheques payable to **ISSA of NSW Inc.**

Ice Speed Skating Association of NSW Inc.

Enquiries: janet.taylor@lansa.com.au or 0415 800 653



2006 Australian Open Short Track Speed Skating Championships Announcement & Invitation

You are invited to attend the 2006 Australian Open Short Track Speed Skating Championships,
organised by the

Ice Speed Skating Association of NSW Inc.

under sanction from the Australian Amateur Ice Racing Council Inc.

The championships will be held at:

at Erina Ice Arena,
Erina Fair Shopping Centre, Erina, NSW
phone: (02) 4367 8244

on Friday September 29 3.00-7.30pm
and Saturday September 30 7.00-10.00am and 3.30-6.45pm

Entry forms and payment,
by September 1, to:

Event Co-ordinator,
Ice Speed Skating Association of NSW Inc.
76 Bardwell Road, Bardwell Park 2207

Payment:

Please make cheques payable to
ISSA of NSW Inc

Closing Date for entries: September 1st 2006

Late entries or entries received without payment by the closing date will result in the entrant not being accepted.

Lost your entry form? Entry forms can be obtained from www.aairc.org

Competition Regulations: The Australian Open Short Track Speed Skating Championships will be conducted under ISU Regulations.

Registration: On Friday September 29, 9.00-11.00am at Erina Ice Arena

Referee's Welcome: Friday September 29, 11.00

Drugs: The ISSA (NSW) Inc has adopted the AAIRC Anti Doping Policy. You may be subjected to drug testing. It is your responsibility to be familiar with the policy and ensure that you comply with it. See the latest communications at www.aairc.org
With your entry form, please supply a medical certificate with a complete list of all medications you currently take. This list will be held in strictest confidence.

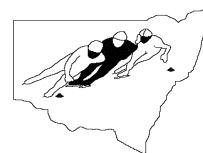
Competition practice sessions at the Erina Ice Arenan:

Thurs Sept 28 5.45-7.30pm The practice ice time will be allocated to each state &
Fri Sept 29 9.00-11.00am NZ. Rink entry is \$12.00 for two sessions.

Entry to Rink: Visitors are welcome. There is a \$4.00 charge for visitor entry to the rink. Entry for officials is free but only if you have an "officials" badge. If you are volunteering for duties, please contact me so that I can prepare your badge which you can collect from the Registration desk.
Erina Ice Arena's behaviour policies must be abided by at all times.

Presentation Dinner: 7.30pm for 8.00pm. Location still to be announced, but we hope it will be close to the Erina Ice Arena

Ice Speed Skating Association of NSW Inc.



About Erina

The rink is slightly over an hour's drive from Sydney. The area around the rink is lovely with beaches, the closest being Terrigal, and national parks. It was once a holiday area, but now is more a Sydney satellite so has all the amenities, including the loveliest shopping centre called Erina Fair. (The rink is at ErinaFair. I will certainly be spending the time between the morning and afternoon sessions wandering around it.)

In the general area there is also the Australian Reptile Park (where they milk snake venom) and Brisbane Waters, which has public cruises.

For a better idea of what the area is like, I recommend that you visit this excellent web site:

www.centralcoastaustralia.com

Getting to Erina

If you're coming from Brisbane or Melbourne, you can fly to either Sydney or Newcastle Airports. Newcastle airport is further away from Erina, but it is a quieter journey to and from the airport.

The rink may hire a bus to take you from Sydney Airport to Erina, but that will depend on numbers and times of arrival. Contact me when you have booked your flights. Otherwise, if you come to Sydney, I'd recommend getting a train to Gosford (fare \$18.60 or adults, \$11.60 for children). (Return journey with a plane to catch will be easier on the nerves!)

By train, you can take the train from Sydney airport to Central (making sure you are at the front of the train to be in the right place for the lifts at Central station) and then go to the country trains for a train to Gosford. Gosford trains leave every 30 minutes and the trip takes about 1 hour & 45 minutes.

From Gosford you can hire a people mover (Tarago). As an example, for 4 days:

Budget's cost is \$431.89 (800km) with the usual excess (\$2,750 or \$330 with extra \$22 per day). Same price from Newcastle but from Sydney it is \$501.30 with unlimited kilometres

Avis's cost is \$446.50 unlimited ks with similar excess. From Newcastle, same vehicle is \$414.05 for 4 days.

There is more variety for renting a vehicle from Sydney airport, and you've probably got your own preferred rental agency, so I didn't extend those inquiries.

Accommodation

Being a holiday destination, there is so much accommodation in the area. I've given just some of examples here, but if you visit www.wotif.com, you will find dozens more. The main things to concern you, as this is a long weekend, are: (a) some of the venues are fully booked already (b) prices for September are higher than now due to the long weekend and school holidays - but not all venues have worked out their September prices. So my advice is to book asap.

Formule 1 Motel, Gosford Phone:(02) 4325 7692 email: F5442-RE@accor.com	Budget Accom, \$59 per night 6 minutes from rink	65 Pacific Highway, West Gosford
Best Western Gosford Motor Inn & Apartments Phone: (02) 4323 1333 www.gosford.bestwestern.com.au	\$98 -\$110 for 1 queen + 1 single bed, \$15 per extra person. 5 minutes from rink	23 Pacific Highway, Gosford
Galaxy Motel, Gosford www.galaxymotel.com.au	Budget accom, Fr \$112 per night to \$168 for 2 Beds 6 minutes from rink.	Next to RSL Club
Terrigal Pacific Resort Ph: 02 4385.1555	\$165 studio for 2 people, 5 minutes drive to rink, 1 min to beach	224 Terrigal Dr, Terrigal
Erina Gardens Ph: 02 4367 7789	Budget cabin accomm. Only 200m to rink. Full weekly bookings only	33 Karalta Rd, Erina
Country Comfort Motel Ph: 02 4384 1166	Quality motel at the Beach, \$136 per person, incl. breakfast. 6 mins to rink.	154 Terrigal Drive, Terrigal
Crowne Plaza Terrigal Ph: (02) 4384 9111	5 Star Luxury Hotel \$290 per night midweek, \$390 weekend. On beachfront - 8 mins to rink	Pine Tree Lane, Terrigal

The rink

Due to the location, we expect lots of public interest in these championships, so hopefully it will be an opportunity to increase knowledge and interest in speed skating. I'm sure we're all interested in doing that!

If I can help you with anything, please contact me. I look forward to seeing you at Erina...

Janet Taylor