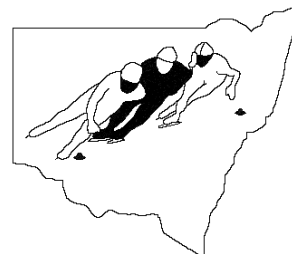


Ice Speed Skating Association of NSW Inc

Inquiries & skate schooler times to: janet.taylor@lansa.com.au



The 2006 Sydney Endurance Plate

When? Thursday 1st June 2006. 6.30PM – 8.30PM
Where? Canterbury Olympic Ice Rink
Rink Entry Fee? Payable at the door.
Competition Entry Fee? Full club members \$8.00 Payable at the registration table.
Skate School Skater, no competition fee

Divisions? There will be 4 divisions to enter: Skate School, Nippers/Midgets, Sub Junior/Junior and Open. Age is based on age at July 1st 2005
Any skater may enter the Open Division provided they can compete at the Open divisions times.
There must be at least 4 skaters in a division otherwise skaters will be moved up to the nearest age group division.

Conditions: This competition will be used to select the 2006 Duke Trophy Team.
If you wish to be considered for the Duke Trophy, you must race in this event.

Please notify your club captain or club president if you will be racing - so they can notify Janet Taylor.

Skate Schoolers: BEFORE this event, skate schoolers must be timed over a 2 lap standing start and the time notified to the race organiser, Janet Taylor.

Competition regulations: The Sydney Endurance Plate will be conducted using ISU Racing Rules, i.e. ISU rules 292, 293 & 294. Skaters must complete all distances to be eligible to win the competition. Winners of each division will be the skaters who score the most points over the entire competition. Any competitor who breaks an Australian record for his/her age division in any event will receive a double point bonus for that race.

Competition format

Skate Schoolers	125, 250 & 222m
Nippers/Midgets	125, 250 & 500m
Sub Jun/Juniors	500m heats and finals 1000m B Super Final for skaters ranked 7 down 1000m A Super Final for skaters ranked 1-6
Open Division	1500m heats and finals 1000m finals only 3000m A Super Final for skaters ranked 1-8

PROGRAM MAY BE SUBJECT TO CHANGE ON THE NIGHT.

Remember that you skate at your own risk.