



OHIO INVITATIONAL
and
HEARTLAND SERIES #4
SATURDAY, DECEMBER 3, 2022
CLEVELAND HEIGHTS COMMUNITY CENTER ICE RINK
1 MONTICELLO BLVD.
CLEVELAND HEIGHTS, OHIO

Sanctioned by U.S. Speedskating and the Ohio Speedskating Association

REGISTRATION

Registration online only - deadline is November 27, 2022 at 11:59 pm EST

Saturday, December 3, 2022

Check in at Cleveland Heights Rink	10:15-11:15 AM
Warm Up	11:45 AM
Racing	12:45PM to about 8:00 PM

Heartland Racing Series #4 (HRS)

This series will be run in conjunction with the Ohio Invitational. In order to qualify to skate in the HRS, a skater must be age 12 or older (as of 7/1/22), and have achieved a 1000m seed time of 1:48 for men, 1:58 for ladies. Times must be skated since July 1, 2021 or later in a sanctioned competition with a published protocol. Skaters race the 500, 1000, and 1500, plus a special distance, time permitting. Please note that the HRS is open to any qualified skater nationwide or from other countries who wish to participate in this series.

TENTATIVE OHIO INVITE DIVISIONS

Masters 40& over
Masters 30-39
Senior (19+)
Junior A (17-18)
Junior B (15-16)

Junior C (13-14)
Junior D (11-12)
**Junior E (9-10)*
**Junior F (7-8)*
**Tiny Tot (6 & under)*

All-points format will be used. All skaters, registered and novice, are invited to enter. Divisions, excluding Heartland, will be constructed based on ability (seed time and age). Events and divisions may be combined based on entries and time constraints. For example, slower Jr C skaters may be combined with similarly seeded Jr D skaters to give every skater a good racing experience. All groups will be broken out for awards.

*** Junior E, Junior F and Tots will skate on 85m track.**

ENTRY FEE & DEADLINE

ONLINE ENTRY DEADLINE of November 27, 2022

ENTRIES LIMITED TO 80 COMPETITORS

ENTRY FEE OF \$60(\$130 max per family)

Helmet Cover Deposit of \$10.00 required at check-in – please have exact change

****NO LATE ENTRIES WILL BE ACCEPTED****

ENTRY FEE IS NON-REFUNDABLE

Lindsay's Law

A new law was passed in Ohio and went into effect in July, 2017. All parents of competitors and competitors (19 years of age and younger) taking part in sporting events in the State of Ohio are required to complete a training video raising awareness of the danger of Sudden Cardiac Arrest (SCA) in youth athletes. This is required as soon as you take part in an organized sporting event (race & camp) in Ohio and **a signed form has to be on file on an annual basis**. Coaches will have to view the video and review the handouts. This is now Ohio State Law. To give you a head start, we have included all necessary documents here for your convenience on the following link.

<https://odh.ohio.gov/know-our-programs/lindsays-law/>

Please send all completed forms to **Elizabeth O'Brien** at secretary@ohiospeedskating.com if you plan on competing or coaching in Ohio in the coming season. Doing this before the day(s) of the Ohio Invitational/Heartland Series event will save time during the registration process. Thank you in advance for your understanding as we all abide by this law.

Click on link below to access online registration (NOTE: ENTRIES LIMITED TO 80 SKATERS)

<https://2022-ohio-invitation-heartland-series.eventbrite.com/>

REQUIREMENTS

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

COVID SAFETY MEASURES

COVID is still with us. Individuals who are experiencing any possible symptoms of COVID-19 should not attend the event. At this point in time, there are no rules in place that we need to follow in regards to COVID. If that should change, we will let you know as best we can.

VOLUNTEERS

As you know, it takes an army to put on a good speedskating meet. Bonus! All volunteers get free food and drink in the hospitality suite. Please consider helping out. Both skilled and trainable bodies needed. Jobs include ice crew and block chasers (competent skaters of any discipline), timers, judges, hospitality aides, runners, and heat box. Sign-up here: <https://www.signupgenius.com/go/10c084bafad22a7f85-20221>

For questions about the meet contact Elizabeth O'Brien at email: secretary@ohiospeedskating.com