



2014 Championship	Day 1	Friday June 27	Toronto	<ul style="list-style-type: none"> • 4pm- Open practice at the 400-meter track at Ken Cox Park, next to Humber College • 7pm- Race Orientation Meeting (officials, coaches, Speed Committee members, Club delegates) at 3199 Lake Shore Boulevard West/ Ovest., Toronto, Ontario, Canada M8V 1K8 Lake Class B116 (43) next to the 400-meter track
	Day 2	Saturday June 28	Toronto	<ul style="list-style-type: none"> • 8am- Check-in and general warm-up • 9am- Races on the track begin • 4:05pm - Completion of Day 1 competition • RSC Speed Committee- Annual Meeting- 6pm, Humber Lakeshore Campus- 3199 Lake Shore Boulevard West, Toronto, Ontario, Canada M8V 1K8 Lake Class B116 (43)
	Day 3	Sunday June 29	Toronto	<ul style="list-style-type: none"> • 8am- General warm-up • 9:30am- Races on the track begin • 3:15pm- Completion of Day 2 competition • 3:30pm - Awards <i>*please wear uniform on podium</i>

2014 ROLLER SPORTS CANADA OUTDOOR CHAMPIONSHIPS- SCHEDULE WITH CATEGORIES AND DISTANCES- JUNE 27, 28, 29, Ken Cox 400M TRACK, TORONTO, ONTARIO

**As per the 2014 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.*

** Please be advised the competition schedule may change due to weather forecast and other unforeseen circumstances. Please plan for races to be run up-to 2 hours ahead of schedule. Announcements will be made on race day regarding any changes..*

JUNE 28, EVENTS BLOCK 1	JUNE 28, EVENTS BLOCK 2	JUNE 28, EVENTS BLOCK 3
8:45am - Draw for 300-meter time trial start order 9am - Senior Men 300-meter time trial heats 9:35am - Freshmen 300-meter time trial 9:37am - Junior 300-meter time trial 9:43am - Senior women 300-meter time trial 9:50am - Master 300-meter time trial 9:57am - Grand Master 300-meter time trial 10am - Introduction 300-meter time trial 10:02am - Senior men 300-meter time trial final	10:15am - Junior women 15km elimination 11 am - Junior men 15km elimination 11:45am - Senior women 15km elimination 12:30pm - Senior men 15km elimination 1:15pm – Master, Grand Master 5km, Introduction 4km points. and Freshmen 5km points	2:30pm – Senior women 500-meter semi final 2:40pm - Senior men 500-meter semi final 2:50pm – Freshmen, Master, Grand Master, Introduction 500-meter final 3:00pm – Junior women 500-meter final 3:10pm – Junior men 500-meter finals 3:20pm – Senior women 500-meter B & A finals 3:30pm – Senior men 500-meter C, B, & A finals
JUNE 29, EVENTS BLOCK 4	JUNE 29, EVENTS BLOCK 5	JUNE 29, EVENTS BLOCK 6
9:30am - Open A, Group C- 10km Points 9:55am - Open A, Group B- 10km Points 10:35am - Open A, Group A- 10km Points 11:15am - Open Y 2km points and Introduction 2km	12:15pm - Open A 1000-meter heats 1pm - Open A 1000-meter semi-finals 1:10pm - Open Y & Introduction 1000-meter finals 1:45pm - Open A groups 4, 3, 2, 1 1000-meter finals	2:45pm - Relays- All Categories - 3000 meters

PARTICIPANTS

The Toronto Inline Skating Club is pleased to once again plan and host the 2014 Canadian Outdoor Championships. TISC hosted the Canadian Outdoor Championships in 2009 and 2013.

We would like to extend a warm welcome and offer our best wishes to all skaters who have come to support these 2014 Canadian Outdoor Championships, including all who traveled from Alberta, Quebec and of course Ontario..

The Toronto Inline Skating Club is pleased to field a number of skaters for this competition. Supporting these skaters helps TISC understand and recognize 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 2014 Canadian Outdoor Championships and beyond!



Introduction

Cleo Frances Shedden – Alberta

Freshmen 13-14

Chris Langridge – Ontario

Junior 15-19

Karelle Berger- Quebec

Eric William Ellis – Alberta

Andres, Felipe Medina - Ontario

Adrian Rudy - Ontario

Alex Rudy – Ontario

Erika Sanchez – Quebec

Amanda, Mary, Tickner – Ontario

Senior 15+

Sergio Almeralla – Ontario

Audrey Anctil – Quebec

Maggie Dort – Ontario

Peter Doucet – Ontario

Morgane Echardour – Ontario

Leonardo Echeverri-Sandoval – Ontario

Brett Ellis – Alberta

Christopher Fiola – Quebec

Shannon Hegarty – Ontario

Nicolas Laborde – Colombia/ Quebec

Manon Langlais – Quebec

Benoit Larivière Lord – Quebec

Marc-Olivier Lemay – Quebec

Valérie Maltais – Quebec

Jesse Pauley – Ontario

Travis Shaw – Ontario

Morgan Allan Williams – Ontario

Juan Diego Zuluaga Mejia – Quebec

Master 36+

Jeff Langridge – Ontario

Kerry Taylor- Ontario

Candy Wong - Ontario

Grand Master 46+

Annette Hollmann Quebec

CONNECT WITH RSC SPEED

The RSC Speed Committee emphasizes and works hard on establishing and maintaining ongoing communications with RSC registrants. Keep in touch -

ONLINE

www.rollersports.ca

TWITTER

@RSCVitesseSpeed

FACEBOOK

Look for
Roller Sports Canada- Speed, Vitesse

EMAIL

speedcommittee@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!

When you have the opportunity, please thank them for their hard work and for giving their time.



MEET MANAGERS: Simon Clement, Alain Quintard

CHIEF REFEREE: Sina Melli

ASSISTANT REFEREE: Mike Murray

ANNOUNCERS: Simon Clement, Peter Doucet

RESULTS AND TABULATION: Judy Penner, Brian Rudy

TIME CLOCK OPERATION: Eric Gee

TIMING & PLACE JUDGES: Eric Gee, Graeme Tickner, Alain Quintard, Georg Nikodym

LAP COUNTING: Scott Pauley, O'Brian Campbell, Cynthia Head

FIRST AID: Sherry Tickner

ADDITIONAL SUPPORT: Jacky Shu, Dave Kozachuk

HOST CLUB: Toronto Inline Skating Club

COORDINATOR, REGISTRATION: Peter Doucet

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.

Important tasks the Speed Committee worked on include an update to the "RSC Speed Committee- Rules and Regulations". This document guides the election and operation for RSC Speed.

The RSC Speed Committee also had an in-depth revision of the "Rules for RSC Speed". Many of the updates were put in place after considering feedback from a survey from participants of the 2013 Canadian Championships and also feedback from TISC; last year's host of the Canadian Championships.

As a result of much work, the "Rules for RSC Speed" were published and distributed in March 2013 and once again in 2014.

The update to the "Rules for RSC Speed" include a number of revisions, including an update on how the Open Category operates. The Open Category allows for skaters of various categories to compete together.

Another important change is the adoption of the points system used in previous RSC Rulebooks.

The Rules for RSC Speed now feature a section detailing various infractions.

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 2014 Canadian Outdoor Championships.

This competition is our National Championship. It is a celebration and showcase of our beautiful sport!

All the athletes have worked hard to prepare, despite the challenges courtesy this past Winter. Now that the sun is out and the temperatures are suitable, 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 2014 Canadian Outdoor Championships.

During last three years, many changes took place 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.

RECENT NATIONALS

Quebec hosted the 2012 Canadian Outdoor Championships. This event was unique as it was the first time the competition was held on track (in Ste-Foy) and road (in Laval). In 2013, TISC hosted Nationals!

