## CHARLES GORMAN MEMORIAL SPEED SKATING COMPETITION



January 14 & 15, 2023

TD STATION (FORMERLY HARBOUR STATION)



THANK YOU to all of the businesses and individuals who have supported SJASSC through their generous donations of services, products, advertising and funds.

This includes but is not limited to:



Dykeman's Hardware & Marine Ltd.

Subway Saint John

Murphy's Restaurants Ltd.

Hilton Saint John

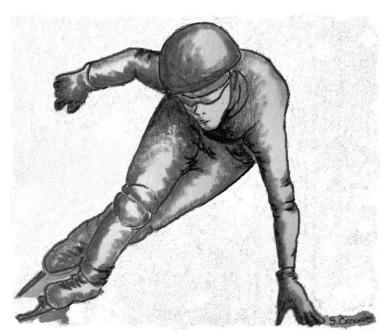
## \$

## Emergency Procedures



Please be advised that in the case of any medical emergency the 1st responders will be the Paramedics located at rink side. No one else shall give assistance on ice unless specifically asked by the Paramedics.

Participating Clubs
Annapolis Valley
Caraquet
Codiac Cyclones
Dartmouth Crossing
Fredericton
Halifax Regional
Hampton
Prince Edward Island
Saint John
St Croix Blades





# Dykeman's Hardware & Marine Ltd.

72 Adelaide St Saint John NB (506) 634-1852



### Thank You for Sponsoring Lunch for our Volunteers



#### Many nearby locations close to TD Station

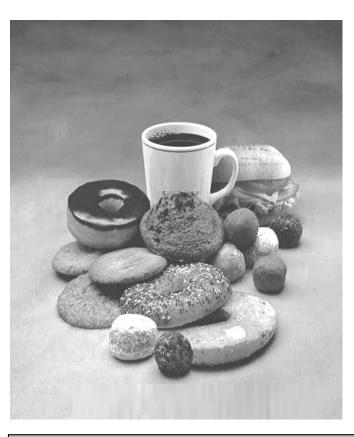
Just Down the Street 56 City Rd

Saint John, NB E2L 3M7 0.4 km 506-642-7827 **Easiest From Pedway** 

28 King Street Saint John, NB E2L 1G3 0.9 km 506-652-2222 **Closest Drive Through** 

95 Landsdowne Ave Saint John, NB E2K 3A1 1.7 km 506-657-3366

#### Let them know that you are supporting them, for supporting us



# Thank You Murphy's Restaurants Ltd.

(franchisee for 17 Greater Saint John restaurants)

for providing coffee to our volunteers

**Closest Locations** 

Closest Drive Through 199 Hilyard St, Saint John, NB E2K 4V2 In The Pedway 39 King St Saint John NB. E2L 4W3

www.sjspeedskaters.ca ≈ sjassc@gmail.com

## We are proud to be the Host Hotel for the "Charles Gorman Memorial Speed Skating Championships"

Our team at Hilton Saint John would like to wish all skaters from around the Maritimes and beyond, the Best of Luck at this Meet.



We'll take care of the details so you can concentrate on the MEET!

One Market Square Saint John, N.B. E2L 4Z6 Tel: (506) 693-8484 Fax: (506) 657-6610

www.hiltonsaintjohn.com



#### OFFICIALS and VOLUNTEERS List - January 14 & 15, 2023

**Meet Coordinator** – Brad Dochstader **Assistant Coordinator** – Tanya Horgan

**Chief Referee** – Brent Thompson **Assistant Referee** – Denis Boudreau

Chief Starter – Brian Cole
Assistant Starters – Charles MacNeil

Chief Recorder – Cathy Dochstader
Assistant Recorders – Adam Leclerc, Tracy Harris

Chief Electronic Timing – Jamie Dunnett

Assistant Electronic Timing – Rob Lunn, Greg Artz

Lap Counters – John Ward, Juan Antonio Carretero, Roberto Sgrosso

Chief Line Judge – Connie Dunnett

Assistant Line Judges – Erica Ward, Matt Munro, Eva Lu, Ben Clement

Chief Timer – Sean MacDougall
Assistant Timers – Miriam Wilson, Stephen Crawford, Dave Wolfe, Sue Kaneko, Daniel Britt

Clerk of the Course (Bullpen) – Joanna Adams
Assistant Clerks – Angie Munro, Christine Murray, Anabelle Locas

Runners – Colin Dochstader, Tessa Sgrosso, Susan Tao

**Corner Stewards** – Luke Wolfe, Gillian Buote, John Crawford, Sam Myers, Conor Murray, Anthony Cormier-Losier, Hannah Duguay

Water Stewards (Off-Ice) - Ryan Scott, Luke Searle

Warm-up Supervisor – John Crawford

**Announcers** – Filipe Lamprea, Benoît Locus

**Medical Paramedics –** Maritime Paramedic Services (Chris Wall)

Check-in - Angie Munro

Hospitality - Kristina Korotovskikgh, Natalie Sgrosso, Tanya Horgan

#### 2023 Charles Gorman Memorial Championship SATURDAY SCHEDULE OF EVENTS

Start	Race	Division	Skaters	# on line	Track	Event				i i	Time Resurface	
			8		COAC	HES ME	ETING					
8:00		8, 7	30			Warm u						
8:10		6,5	27				Warm up					
8:20		4, 3	23			Warm u						
8:30		2, 1	22			Warm u	ip.					
		3 5		-	Full Flo	1000		<u> </u>	-			
9:00	1	8	16	8	85	3 Laps		2 races	A-B	2+4		
	2	7	14	8	100	400	Heat	2 races	A-B	2+4		
	3	6	12	8	100	600	Heat	2 races	A-B	2+4		
	4	5	15	6	100	1000	Heat	3 races	A-C	1+3		
	5	4	12	6	100	1500	Heat	2 races	A-B	2+2		
					rack Flo						0:15	
	6	3	10	6	111	1500	Heat	2 races	-	2+2		
	7	2	11	6	111	1500	Heat	2 races	THE RESERVE AND ADDRESS.	2+2		
	8	1	12	6	111	1500	Heat	2 races	A-B	2+2		
					Full Flo	STATE OF THE PARTY	-				0:20	
	9	8	16	8	85	3 Laps		2 races	A-B	8 1		
	10	7	14	8	100	400	Final	2 races	A-B			
	11	6	12	8	100	600	Final	2 races	A-B			
	12	5	15	6	100	1000	Final	3 races	A-C			
	13	4	12	6	100	1500	Final	2 races	A-B		-	
					rack Flo				_		0:15	
	14	3	10	6	111	1500	Final	2 races	A-B			
	15	2	11	6	111	1500	Final	2 races	A-B			
	16	1	12	6	111	1500	Final	2 races	A-B			
	- 4 -		- 10			L FLOO		12				
	17	8	16	6	100	200	Heat	3 races	Territorio del	1+3	-	
	18	7	14	6	100	200	Heat	3 races	A-C	1+3		
	19	6	12	4	100	200	Heat	3 races	A-C	1+1		
	20	5	15	4	100	200	Heat	4 races	A-D	1+0		
	21	4	12	4	100	200	Heat	3 races	A-C	1+1		
	22	3	10	4	111	500	Heat	3 races	A-C	1+1	0.45	
	- 22	-	- 44		rack Flo		110-01	10			0:15	
	23	2	11	4	111	100000000000000000000000000000000000000	DOWNSON AND PROPERTY.	3 races	CONTRACTOR SALES	A COMMON PROPERTY.		
	24	8	12 15	4	111	500	Heat	3 races		1+1		
	25	7	100000	6	100	200	Final	3 races	A-C			
	26		15	6	100	200	Final	3 races	A-C			
	27	6 5	12	4	100	200	Final	3 races	A-C	0 0		
	28	4	15 12	4	100	200	Final	4 races	A-D			
	29	4	12		Full Flo		Final	3 races	A-C	3	0:20	
	30	3	10	4	111	500	Final	3 races	A C		0.20	
	31	2	11	4	111	500	Final Final	3 races	A-C	-	-	
	32	1	12	4	111	500	Final	3 races	A-C			
	R1	8	16		- 111	E to E		1 races	A			
	R2	7	14		-	EtoE	The second second	1 races	A			
	I\Z	-	141	Т	rack Flo		ricitay	1 10000	_	-	0:15	
	R3	6	12		100	2400	Relay	1 races	Λ.		0.15	
	R4	5	15		100	2400	Relay	1 races	A	0		
	R5	4	12		100	3000	Relay	1 races	A	-		
	СЛ	4	12	Т	rack Flo		rveidy	1 races	А	_	0:15	
	R6	3	10		111	3000	Relev	1 races	Ι Λ	9	0.15	
	- 25.53	3	10		1111		Relay	1 races	A			
			44		444	3000	Relay	1 races	Λ			
	R7 R8	2	11 12		111	3000 3000	Relay	1 races	A	4 -		

## 2023 Charles Gorman Memorial Championship SUNDAY SCHEDULE OF EVENTS

Start	Race	Division	Skaters	# on line	Track	Event					Resurface
			8:15.4		CHES	MEETING	(if rea	uired)			Resultace
8:00		8, 7	30	1111 007	CIILO	Warm up		m cu)			
8:10		6, 5	27			Warm up					
8:20	-	4, 3	22			Warm up					
8:30	-		23	_		Warm up					
8.30		2, 1	23		Full Flo						0:20
9:00	33	- 8	16	6	85	2 Laps	Heat	3 races	A-C	1+3	1
0.00	34	7	14	6	100	300	Heat	3 races	A-C	1+3	-;
-	35	6	12	5	100	400	Heat	3 races	A-C	1+1	
	36	5	15	5	100	400	Heat	3 races	A-C	1+1	-
	37	4	12	5	100	400	Heat	3 races	A-C	1+1	
_	38	3	10	6	111	1000	Heat	- Company of the Comp	and the same of the same of	2+2	
	30	3	10		Frack FI	THE RESERVE OF THE PARTY OF THE	neat	2 races	A-D	2+2	0:15
	39	2	11	6	111	1000	Heat	2 races	A-B	2+2	0.10
	40	1	12	6	111	1000	Heat	2 races	A-B	1.0	
_	4117	-		1177		and the second second second second	-	A STATE OF THE PARTY OF THE PAR	and the second second	2+2	
	41	8	16	6	85	2 Laps	Final	3 races	A-C	0	
	42	7	14	6	100	300	Final	3 races	A-C	-	
	43	6	12	4	100	400	Final	3 races	A-C	_	
	44	5	15	4	100	400	Final	4 races	A-D	2	
					Frack FI	NEW YORK THE PARTY OF THE PARTY					0:20
	45	4	12	4	100	400	Final	3 races	A-C		
	46	3	10	6	111	1000	Final	2 races	A-B		
	47	2	11	6	111	1000	Final	2 races	A-B		
	48	1	12	6	111	1000	Final	2 races	A-B		2
	49	8	16	8	85	5 Lap	Final	2 races	A-B		
	50	7	14	8	100	600	Final	2 races	A-B		
		55		Lun	ch – Fu	II Flood					
	51	6	12	8	100	1000	Final	2 races	A-B	j	
	52	5	15	8	100	1500	Final	2 races	A-B		
		20 91			Track Fl	ood					0:15
	53	4	12	8	100	2000	Final	2 races	A-B	Į.	
	54	3	10	8	111	3000	Final	2 races	A-B	<u>.                                    </u>	2
				- 1	Track FI	ood					0:15
	55	2	11	8	111	3000	Final	2 races	A-B		
	56	1	12	8	111	3000	Final	2 races	A-B		
					FINIS						

#### **DIVISION LIST**

Skater names	Club	Category	Gender	
Bruce, Carter	Prince Edward Island	19-T2C	М	
LAWSON, Jayson	Fredericton	17-T2C(JrA/Int2)	М	
EARLE, Harrison	Fredericton	16-T2C(JrB/Int1)	М	Division 1
BRUCE, Addison	Prince Edward Island	18-T2C(JrA/Sr1)	М	111m Track
DOCHSTADER, Nathan	Saint John	16-T2C(JrB/Int1)	М	
RIOUX, Nathan	Caraquet	15-T2T/(JrB/2)	М	
ROBITAILLE, Philippe	Codiac Cyclones	16-T2C(JrB/Int1)	М	1500m / 500m
CARRETERO, Emilio	Fredericton	18-T2C(JrA/Sr1)	М	1000m / 3000pts
WILSON, Conor	Hampton	14-T2T (Jr1)	М	
WASSON, Angela	Codiac Cyclones	16-T2C(JrB/Int1)	F	
HARRIS, Jacob	St Croix Blades	16-T2C(JrB/Int1)	M	
JONES, Kaj	Fredericton	16-T2C(JrB/Int1)	М	
PAYNE, Mya	Fredericton	17-T2C(JrA/Int2)	F	
WARD, Jack	Fredericton	14-T2T (Jr1)	М	Division 2
BOWER, Katie	Fredericton	15-T2T/(JrB/2)	F	111m Track
DUNNETT, Gregor	Saint John	16-T2C(JrB/Int1)	М	
ARRUDA KYRIAKIDIS, Maceo	Halifax Regional	14-T2T (Jr1)	М	1500m / 500m
WANG, Hejin	Hampton	14-T2T (Jr1)	F	1000m / 3000pts
BRUCE, Jane	Prince Edward Island	15-T2T/(JrB/2)	F	
FLYNN, Molly	Fredericton	13-T2T(Juv2)	F	
JONES, Rein	Fredericton	13-T2T(Juv2)	М	
MACPHEE, Caleb	St Croix Blades	15-T2T/(JrB/2)	М	
LAWSON, Allyson	Fredericton	15-T2T/(JrB/2)	F	
ADAMS, Christine	Fredericton	15-T2T/(JrB/2)	F	
MUNRO, Nora	Saint John	13-T2T(Juv2)	F	Division 3
DUNNETT, Adam	Saint John	16-T2C(JrB/Int1)	М	111m Track
REYNARD, Brendan	Prince Edward Island	13-T2T(Juv2)	М	
HELFENSTEIN, Jasmine	Halifax Regional	14-T2T (Jr1)	F	1500m / 500m
HASLETT, Morgan	Saint John	17-T2C(JrA/Int2)	F	1000m / 3000pts
PLOURDE, Noah	Codiac Cyclones	14-T2T (Jr1)	М	
KANEKO, Aya	St Croix Blades	14-T2T (Jr1)	F	
COWPER, Eli	Dartmouth Crossing Speed Skate	14-T2T (Jr1)	М	
LOCKYER, Marcus	Dartmouth Crossing Speed Skate	14-T2T (Jr1)	М	

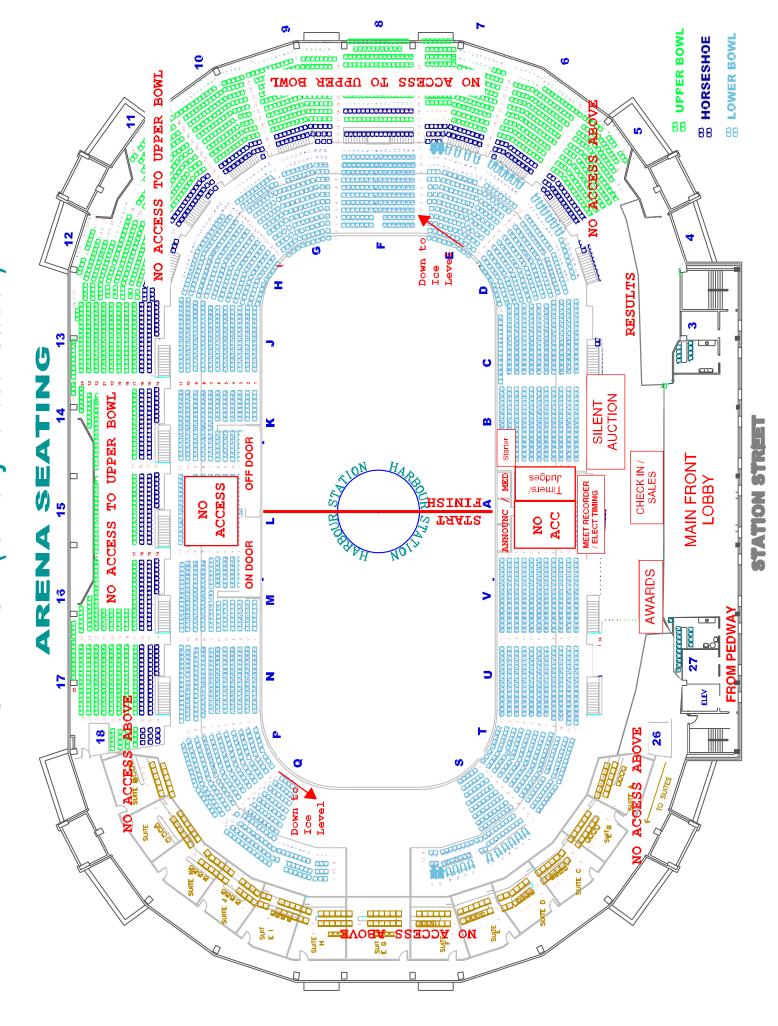
#### **DIVISION LIST**

Skater names	Club	Category	Gender	
STYMIEST, Griffin	Fredericton	12-L2T/T2T	М	
WEBB, Seren	Codiac Cyclones	12-L2T/T2T	F	
TAYLOR, Jacob	Prince Edward Island	13-T2T(Juv2)	M	Division 4
HARMON, Jacob	Dartmouth Crossing Speed Skate	13-T2T(Juv2)	M	100m Track
HAYDEN, Christian	Prince Edward Island	11-L2T/T2T	M	1500m / 200m
WHITE, Austin	Hampton	14-T2T (Jr1)	M	400m / 2000pts
XU, Yiran (Matthew)	St Croix Blades	12-L2T/T2T	M	
CLEMENT, Lauric	Fredericton	10-L2T	M	
MARSHALL, Corwinn	Dartmouth Crossing Speed Skate	11-L2T/T2T	М	
WILE, Trenton	Dartmouth Crossing Speed Skate	13-T2T(Juv2)	М	
DAIGLE, Juliana	Codiac Cyclones	13-T2T(Juv2)	F	
COUTURE, Sam	Fredericton	12-L2T/T2T	М	
TAYLOR, Ada	Annapolis Valley	13-T2T(Juv2)	F	
LOCAS, Penelope	Fredericton	11-L2T/T2T	F	
BARRY, Hayley	Halifax Regional	10-L2T	F	Division 5
PITTMAN, Riley	Dartmouth Crossing Speed Skate	12-L2T/T2T	M	100m Track
WARD, Ben	Fredericton	12-L2T/T2T	M	1000m / 200m
ISMACH, Lian	Codiac Cyclones	16-T2C(JrB/Int1)	F	400m / 1500m
TAO, Liam	Fredericton	11-L2T/T2T	M	, 255
LU, Luke (Zihan)	Saint John	11-L2T/T2T	M	
WILLIAMS, Violet	Hampton	11-L2T/T2T	F	
KANEKO, Kai	St Croix Blades	11-L2T/T2T	М	
STEVENS, Macullam	Saint John	13-T2T(Juv2)	М	
MARCHAND, Adalyn	Halifax Regional	10-L2T	F	
GRAHAM, Kyan	Codiac Cyclones	9-FUNd/L2T	М	
MUNRO, Evan	Saint John	11-L2T/T2T	М	
JACK, Davis	Prince Edward Island	9-FUNd/L2T	M	
COMUZZI-STONE, Mila	Fredericton	12-L2T/T2T	F	
TAYLOR, Ellie	Annapolis Valley	10-L2T	F	Division 6
STYMIEST, Bronwyn	Fredericton	11-L2T/T2T	F	100m Track
KNOTT, Hugh	Fredericton	10-L2T	М	
LI, Alicia	Hampton	9-FUNd/L2T	F	600m / 200m
JOSEPH, Kenzie	Halifax Regional	9-FUNd/L2T	F	400m / 1000m
BLIGHT, Sophie	Fredericton	10-L2T	F	
ZWICKER, Liam	St Croix Blades	11-L2T/T2T	M	
HARRIGAN, Maeve	St Croix Blades	11-L2T/T2T	F	
COUTURE, Nicholas	Fredericton	10-L2T	M	
SHERWOOD, Landyn	Fredericton	10-L2T	M	
LANDRY, Riley	Codiac Cyclones	10-L2T	М	

Charles Gorman Memorial Speed Skating Championship Jan 14th & 15th, 2023, Saint John, NB

#### **DIVISION LIST**

Skater names	Club	Category	Gender	
REDMOND, Domenic	Dartmouth Crossing Speed Skate	10-L2T	М	
FINLEY, Lachlan	St Croix Blades	11-L2T/T2T	М	Division 7
JOHNSON, Julian	Fredericton	11-L2T/T2T	М	100m Track
ARTZ, Draco	Saint John	10-L2T	М	
AZIZ, Rayan	Saint John	10-L2T	М	400m / 200m 300m / 600m
HARRIGAN, Nolan	St Croix Blades	9-FUNd/L2T	М	300111 / 000111
WOLF, Eleanor	St Croix Blades	9-FUNd/L2T	F	
LECLERC, Maddie	Fredericton	8-FUNd	F	
SGROSSO, Luca	Saint John	10-L2T	М	
BINT, Eilidh	Dartmouth Crossing Speed Skate	13-T2T(Juv2)	F	
SANCHEZ, Sebastian	Fredericton	11-L2T/T2T	М	
LOCKYER, Ryan	Dartmouth Crossing Speed Skate	10-L2T	М	
FINLEY, Elliott	St Croix Blades	9-FUNd/L2T	М	
WILLIAMS, Autumn	St Croix Blades	11-L2T/T2T	F	
MCCONCHIE, Adele	Hampton	9-FUNd/L2T	F	
SAHA, Obnik	Fredericton	8-FUNd	М	
SCHOLTEN, Nicolas	Fredericton	9-FUNd/L2T	М	
MILES, Tilly	Fredericton	8-FUNd	F	Division 8
SEARLE, Maximus	Saint John	9-FUNd/L2T	М	85m Track
SCOTT, Rowan	Saint John	7-FUNd	М	3 Laps / 200m
MORGAN, Julia	Fredericton	9-FUNd/L2T	F	2 Laps / 5 Laps
GOODWIN, Verity	St Croix Blades	9-FUNd/L2T	F	
ZHANG, Andy	Saint John	10-L2T	М	
XUE, Naomi	Saint John	9-FUNd/L2T	F	
ALFONSO, Daniela	Saint John	8-FUNd	F	
HE, Lafay	Saint John	9-FUNd/L2T	F	
MATHURIN, Noam	Codiac Cyclones	6-FUNd	F	
WOLF, Gareth	St Croix Blades	9-FUNd/L2T	М	
LI, Carter	Saint John	6-FUNd	М	
WILSON, Carrie	Hampton	5 and under - FUNd	F	



#### **PARKING** exit only M DRESSING ROOMS DRESSING ROOMS DR5 DR<sub>2</sub> DR3 DR4 DR1 **BULLPEN** STAGÎNG AREÂ sharpening tables ON DOOR OFF DOOR Lower MEETING West VOLUNTEERS 0 Entrance **WEST** EXIT No Access ONLY **PARKING** Up to Bowl Level FINISH No Access ANNOUNCER No Access o 0 **TD Station** (formerly Harbour Station) ARENA / ICE LEVEL **STATION STREET**

### PENALTY DESCRIPTIONS

Code	Description
PEN PEN YC-B YC-2 YC-LA RC-B RC-CO RC-LA	Red Card for extremely dangerous behavior  Red Card for Breach of Code of Conduct
ADV	Advancements - Announce after any of above  Skater number 56 from ZIM is Advanced to the next round.
	Infringements in the straight
S1 S2 S3 S4 S5	In the Straight - Lane Change - from Outside to In - causing Contact In the Straight - Lane Change - from Inside to Out - causing Contact In the Straight - Arm Block In the Straight - Arm Push In the Straight - Push from behind - causing Contact  Infringements in the corner
	miningements in the corner
C1 C2 C3 C4	In the Corner - Lane Change - from Outside to In - causing Contact In the Corner - Lane Change - from Inside to Out - causing Contact In the Corner - Arm Block In the Corner - Arm Push In the Corner - Push from behind - causing Contact
	Infringements in the corner entry
E1 E2 E3 E4 E5	In the Corner Entry - Lane Change - from Outside to In - causing Contact In the Corner Entry - Lane Change - from Inside to Out - causing Contact In the Corner Entry - Arm Block In the Corner Entry - Arm Push In the Corner Entry - Push from behind - causing Contact  Infringements at the Start
ST1	At the Start - Lane Change - from Outside to In - causing Contact
ST2	At the Start - Lane Change - from Inside to Out - causing Contact
ST3	At the Start - Arm Block
ST4	At the Start - Arm Push
ST5	At the Start - Push from behind - causing Contact
ST6	At the Start - 2nd False Starts

#### Infringements at the Finish

- F1 At the Finish Lane Change from Outside to In causing Contact
- F2 At the Finish Lane Change from Inside to Out causing Contact
- **F3** At the Finish Arm Block
- F4 At the Finish Arm Push
- **F5** At the Finish Push from behind causing Contact
- **F6** At the Finish Kicking Out at Finish Line

#### Others:

- **OF1** In the Corner Entry Off Track
- OF2 In the Corner Off Track
- **EQP** For not wearing mandatory equipment
- **ASS** For Assistance

#### Specific to Relay:

- R1 For Missed relay touch
- R2 For Illegal relay
- R3 For Blocking by infield skater
- **R4** For Extra team skater on the track causing obstruction
- R5 For Lane Change during exchange causing Contact/Obstruction
- R6 For Illegal leg blocking during exchange

intact

Premier Sponsor supporting Canadian Speed Skaters through Speed Skate Canada for over 10 years.

Charles Gorman Memorial Speed Skating Championship Jan 14th & 15th, 2023, Saint John, NB

#### THE BASICS OF ABILITY COMPETITIONS

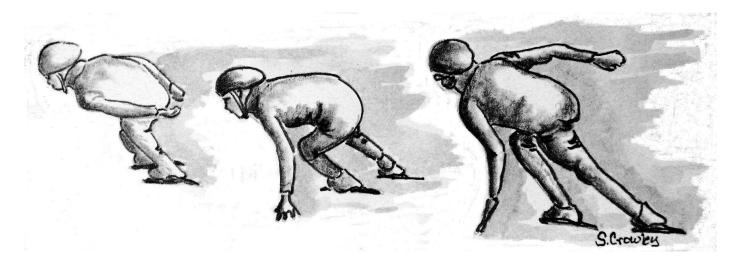
- The Maritime Provinces run Ability Competitions on 85m, 100m and 111m tracks. Younger skaters use the shorter, narrower 85m track which requires smaller, lighter skaters to develop better technique and more lean.
- The Ability competitions group skaters by ability (speed) only. In all divisions, males and females compete together. This ensures that all skaters have meaningful competition.
- 3. All participants skate a heat and a final for all races, with the exception of the last race, which may be skated as a final only, based on the ranking (accumulated points) from the previous races in that competition. The first place skater in each heat advances to the final along with the next fastest skater(s).
- Divisions are seeded by times from the Meet Manager database for that season (database maintained by the Data Coordinator).
- 5. Recognition will be given to both genders within a division by awarding prizes to the top three male and the top three female skaters in each division.

Starting Positions: Starting line positions are randomly assigned by computer.

Advancement to Finals is by 1st place + time.

Points System for Finals

Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	23	31	13	41	3
2	816	12	106	22	22	32	12	42	2
3	666	13	86	23	21	33	11	43	1
4	543	14	70	24	20	34	10	other	1
5	443	15	57	25	19	35	9		
6	362	16	46	26	18	36	8		
7	295	17	37	27	17	37	7		
8	241	18	30	28	16	38	6		
9	196	19	25	29	15	39	5		
10	160	20	24	30	14	40	4		



#### REMINDERS

We ask you to note the following....

- Skaters are asked to only practice starts from the centre line for safety reasons. Corner starts are not allowed during
- Check your equipment before you arrive at the bull pen. Helmets, helmet covers, neck guards, gloves, ankle protectors and safety glasses. Please ensure your laces are tied well and tucked in. It would be a shame to be disqualified for an equipment infraction having come all this way!
- · Clubs are asked to ensure that their assigned dressing rooms are kept as tidy as possible. Additional charges may be levied against the Clubs responsible should additional cleaning be required.
- PLEASE NO FLASH PHOTOGRAPHY.

#### RACING RULES

The general skating rule is that the competitors, by their way of skating, shall contribute to the honest sporting and safe progress of the race in order to determine the result of the race on its merits. Breaches of the racing rules are considered as follows:

FALSE START: In the following situations the Starter shall declare a false start:

- a) When a Competitor intentionally is slow in taking their starting position.
- When one of the Competitors breaks from their mark, thereby causing the other Competitors to
- c) When a Competitor leaves the starting position after the word "Ready", but before the shot is fired.
- When the Starter calls the Competitors of the race for a New Start AFTER a False Start has been declared, then the Competitor committing a next false start in this race shall be disqualified from the race concerned.

OFF-TRACK: Shortening the distance to be skated with one or both skates on the left side of the curve marked by track marking blocks.

IMPEDING: Deliberately impeding, blocking, charging, or pushing another competitor with any part of the body.

ASSISTANCE: Permitting to give and/or receive assistance during a race. This will not apply to the push the skater

receives from their team-mate in a relay event.

TEAM SKATING: During a race any action that in any way is beneficial to the result of another is considered team skating

and all involved shall be penalized. This does not apply to relay races.

KICKING OUT: Deliberately kicking out of any skate during any part of a race thereby causing danger (including at the

finish line, or throwing the body across the finish line) is forbidden and will lead to a penalty.

PENALTY (DQ) Penalized (Disqualified) skaters receive last place points in a final.

A skater who does not finish a race, as a result of an infraction, will receive the points of the position (DNF)

ahead of those penalized.

(DNS) A skater, who does not start in a Semi-Final, advances to the lowest final for that distance with the

permission of the Chief Referee.

(DNS) A skater, who does not start in a Final, receives no points for that Final.

Charles Gorman Memorial Speed Skating Championship Jan 14th & 15th, 2023, Saint John, NB