

R2RD Short Track

Welcome to the November, 2018 edition of "R2RD Short Track". This publication will assist in keeping us informed and on track as we race towards the 2019 Canada Winter Games in Red Deer, AB.

We would like to thank the Red Deer Central Lions Speed Skating Club, AASSA, BCSSA, officials, coaches, volunteers and Canada Games staff for hosting our team selection trials at the Gary W. Harris Canada Games Center. The venue, organization and competitive environment was fantastic.

Congratulations to all of the athletes who took part in the BC Team qualification process and who competed at the BC Team selection trials in Red Deer, AB!

In this issue we publish our final R2RD Short Track Ranking List prior to our team announcement, we explore the Canadian Anti Doping Program, introduce the Cannabis in Sport Education Kit and we check in on the MNP Canada Games Torch Relay journey.

We can't wait to celebrate with you!

A special mention and thank you to Michael Mong of the Vancouver Velocity Speed Skating Club. Michael's photographs can be viewed and purchased [here](#). All purchases support the replacement of equipment for the Vancouver Velocity Speed Skating Club. Thanks Michael!



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5. Team BC ST Ranking List



IMPORTANT DATES

Dec 7-9 Team BC LT Selection Trials Pomeroy Sport Centre, Fort St. John

CONTACT

Lorelei St Rose 250-961-0893
lorelei.strose@bcspeedskating.ca

Duane Swan 250-961-2769
duane.swan@bcspeedskating.ca

February 15-23

Canada Winter Games

Anti Doping Resources

The Canadian Centre for Ethics in Sport (CCES) is the custodian of the Canadian Anti-Doping Program (CADP); the set of rules that govern anti-doping in Canada. The CADP consists of several components such as in- and out-of-competition testing, education, medical exemptions, and the consequences of doping violations. The CADP is compliant with the World Anti-Doping Code and all international standards.

The Canada Games Council has adopted the CADP which means that you can be confident that you are part of a world-class anti-doping program that is designed to protect athletes' rights and ensure a level playing

field. The Canada Games Council's anti-doping policy reflects and supports the CADP. Canada Games athletes are required to take the CCES online modules in reference to Anti-Doping.

The CCES [Athlete Zone](#) is a hub of resources and information for athletes.

The [Global DRO](#) provides athletes and support personnel with information about the prohibited status of specific substances based on the current WADA Prohibited List.

An enrolment key will be provided to BC Team athletes to enable access to the [CCES online modules](#).

Cannabis Key Messages

Cannabis is prohibited in sport, no matter its legal status in Canada.

Cannabis is just one of many substances which are legal in Canada, yet prohibited in sport.

Athletes must apply for medical exemptions if they intend to use a prohibited medication, and their use of the medication must be medically justified.

Any use of cannabis is at the athlete's own risk.

The threshold is not a shield.

CALENDAR

Nov 16-18 ST Canada Cup Laval, QC

Dec 1 ST Single Distance #2 Calgary, AB

Dec 14-16 Canadian JR ST Championships Calgary, AB

Feb 1-3 WEC#3 Calgary, AB

Feb 1-3 Canadian National Open Qualifier Montreal, QC

Feb 15-23 Canada Winter Games

Mar 15-17 Canadian Jr Selections Sherbrook, QC

CANADIAN CENTRE
FOR ETHICS IN SPORT

CANNABIS IN SPORT

EDUCATION KIT

[Download Your Education Kit Here](#)

MNP Canada Games Torch Relay

The MNP Canada Games Torch Relay is a significant element of the Canada Games and has united communities across the nation for the past 51 years. It officially began in Ottawa on October 4th from the Centennial Flame on Parliament Hill and will visit over 40 communities across Canada before arriving in Red Deer for the Opening Ceremony of the 2019 Games. In total, 48 communities will be visited through the MNP Canada Games Torch Relay, with 26 torch relay stops and 22 celebration stops being hosted across Canada.

Over 100 inspiring Canadians are carrying the Roly McLenahan torch as torchbearers in the National MNP Canada Games Torch Relay. Torchbearers were selected for their outstanding contributions to sport, youth and community. To learn more about the torchbearers, [click here](#) to read the torchbearer profiles.

Torch Relay Stops: Ottawa, ON October 4, 2018 Edmonton, AB January 8, 2019 Halifax, NS October 9, 2018 Lloydminster, AB January 9, 2019 Montreal, QC October 11, 2018 Medicine Hat, AB January 12, 2019 Niagara Region, ON October 20, 2018 Lethbridge, AB* January 16, 2019 London, ON* October 22, 2018 Calgary, AB January 18, 2019 Thunder Bay, ON October 25, 2019 Rimbey, AB January 23, 2019 Winnipeg, MB* November 1, 2018 Leduc, AB January 25, 2019 Regina, SK November 6, 2018 Blackfalds, AB January 29, 2019 Saskatoon, SK* November 10, 2018 Olds, AB January 31, 2019 Victoria, BC November 21, 2018 Lacombe, AB February 2, 2019 Kelowna, BC November 30, 2018 Sylvan Lake, AB February 5, 2019 Prince George, BC* December 8, 2018 Ponoka, AB on February 7, 2019 Grande Prairie, AB* January 5, 2019 Red Deer, AB February 15, 2019

Celebration Stops Markham, ON October 12, 2018 Kamloops, BC* December 5, 2018 Toronto, ON October 12, 2018 Drumheller, AB January 11, 2019 Kenora, ON October 30, 2018 Taber, AB January 15, 2019 Portage la Prairie, MB November 2, 2018 Vegreville, AB January 9, 2019 Brandon, MB* November 2, 2018 Stettler, AB January 10, 2019 Humboldt, SK November 7, 2018 Kananaskis, AB January 21, 2019 Prince Albert, SK November 8, 2018 Airdrie, AB January 22, 2019 Surrey, BC November 23, 2018 Rocky Mountain House, AB January 24, 2019 Abbotsford, BC November 27, 2018 Wetaskiwin, AB January 26, 2019 Chilliwack, BC November 27, 2018 Maskwacis, AB January 26, 2019 Vernon, BC December 4, 2018 Innisfail, AB January 30, 2019

52 North Entertainment

The 52° North Music and Cultural Festival features Juno and Canadian Country Music Association award winners and is the first multi-cultural event to ever be hosted in central Alberta during the winter. More than 80 music, theatre and visual artist groups perform over 10 nights as part of 52° North Music.

All 52° North entertainment is free to the public and hosted at the Gary W. Harris Celebration Plaza. The 52° North also features local artisans, food vendors and sponsor activations. Additional talent and headliners are to be announced in January 2019.

Performers include:

- ◆ Alan Doyle
- ◆ Bif Naked
- ◆ Brett Kissel
- ◆ Busty & the Bass
- ◆ Frannie Klein
- ◆ Gord Bamford
- ◆ Red Deer Symphony Orchestra
- ◆ Scott Helman
- ◆ The Strumbellas
- ◆ Walk Off The Earth
- ◆ Wide Mouth Mason



R2RD ST Trials Female

	Athlete Female	WE#1	WE#2	WE#3	WE#4	Trials
1	Sherilyn Chung	32	Jr Nat		32	3816
2	Laura Hall	27	27	31	31	2994
3	Samantha Spencer	30	32	30	29	2116
4	Janie Green	31	31	29	30	1917
5	Ainsley Spencer	28	30	28	28	1724
6	Annabelle Green	29	29	32	27	1712
7	Brooke Braun		28			1522
8	Martina Antifay		26		25	1497
9	Emily Coons	26	25		26	884
10	Hana Hoffman		24	27	24	646
11	Ramanjit Chauhan	25	22	26	22	580

“The TEAM BC ST final selection will be made following the completion of the TEAM BC Long Track selection process, i.e. no sooner than December 10th . The announcement will be posted to the BCSSA website”.

“If a skater is injured following their selection to TEAM BC ST, they will be required to prove adequate levels of recovery, both from a medical and a performance perspective. The determination of what constitutes adequate recovery will be made by medical professionals and the TEAM BC ST Selection Committee and will be based upon an assessment of the skater’s ability to perform at a level equal to current members of TEAM BC ST. The final date for finalizing such decisions is one week prior to the registration deadline for the 2019 CWG, i.e. January 26, 2019. If a skater is subsequently deemed medically unfit to compete in the 2019 CWG, they may be replaced in accordance with the 2019 Canada Winter Games Short Track Speed Skating Technical Package”.



R2RD ST Trials Male

	Athlete Male	WE#1	WE#2	WE#3	WE#4	Trials
1	Keanan St. Rose	32	32	32	31	3816
2	Craig Miller	27	26	29	28	2925
3	Lukas Macdonald	31	29	31	30	2741
4	Joshua Telizyn		30		23	2016
5	Marshall Shupe	30	31	30	32	Bye
6	Noah Hyun	24	28	28	29	1644
7	Kieran Hanson	25	25		24	1441
8	Jared Bolland	22	24	24	27	1260
9	Scott Coons	26	22		25	1221
10	Bryan Leon	28	27	26	22	847
11	Boston Mah	29	23	27	26	826
12	Erik Haaheim		13		18	478
13	Adam Mong		15	25	19	432
14	Nathaniel Benn	20		23	21	408

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***Marshall Shupe: Granted Bye from short track trials October 13-14, 2018**

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