



## Middle Atlantic Short Track Championships, March 4, 2023

The Rinks (SportsCenter of Connecticut) - 784 River Road (Route 110) - Shelton, CT 06484

### Registration

<https://secure.getmeregistered.com/MASTC>

### Format

- This is an Ability meet.
- NEST\* MEN (1:48/1000m & 12+)
- NEST\* WOMEN (1:58/1000m & 12+)
- Ability/Masters skaters will be grouped by seed time and age.
- NOVICE - please enter in the Novice category if this is your first season of racing

### Equipment

- Blade check at registration, please ensure blade tips adequately rounded
- Required: Helmet, leather or cut proof gloves, neck guard, long sleeves, knee pads, shin pads,
- Optional (strongly recommended): cut suit and protective glasses

### Schedule – Saturday, March 4<sup>th</sup>

Check-in: 8:30am – 9:15am (Mezzanine)

Warm-ups: 9:20am – 10:10 am (Upper)

Racing: 10:30 am - 4:30 pm (Upper)

Awards: After racing (Mezzanine)

### Food and Beverage

**PLEASE NOTE:** The Rinks does not allow external food to be prepared or stored (i.e., no slow cookers or crock pots) anywhere on the premises. Open area of Mezzanine will have tables for eating lunch. Mezzanine glass room is for officials and volunteers ONLY.

### Recommended Nearby Hotels

- Hilton Garden Inn Shelton, 25 Old Stratford Rd, Shelton, CT 06484 – 2.9 miles (8 min)
- Hampton Inn (Milford) 129 Plains Rd, Milford, CT 06460 - 5.3 miles (9 min)
- Hyatt House Shelton, 830 Bridgeport Ave, Shelton, CT 06484 – 3.4 miles (9 min)
- Hampton Inn in Shelton (indoor water slide!), 695 Bridgeport Ave, Shelton, CT 06484 – 3.2 miles (8 min)
- Homewood Suites by Hilton Stratford (across from Sikorsky aircraft), Homewood Suites by Hilton, 6905 Main St, Stratford, CT 06614 – 1.5 miles (4 min)

Any questions – contact Meet Director (Deb Wheelock, [debwheelockct@gmail.com](mailto:debwheelockct@gmail.com)) or CTSS and MASA President (Jonathan Winter [jwinter06@gmail.com](mailto:jwinter06@gmail.com))

\* NorthEast Short Track (NEST) Racing: This division is for skaters age 12 years or older as of July 1, 2022 that can meet the qualifying time. These skaters skate the Olympic distances, 1500m, 500m and 1000m. Participation in NorthEast is opt-in so skaters must choose to register for the division and will not be automatically enrolled based on their time.