



**2010 U.S. Speedskating Championships  
Utah Olympic Oval  
Salt Lake City, UT – Dec. 26-30, 2009**

Name: \_\_\_\_\_

Male \_\_\_ Female \_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

USS # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Club: \_\_\_\_\_

Coach(must have taken Level 2) \_\_\_\_\_ Club \_\_\_\_\_

*Competition Format outlined in Regulations – Long Track p. 11 available at [www.usspeedskating.org](http://www.usspeedskating.org). Selection procedures outlined in Olympic Athlete Selection Procedure available at [www.usspeedskating.org](http://www.usspeedskating.org). Skaters must have reached the age of 15 as of July 1, 2009 and meet at least one of the qualifying times to be eligible to compete.*

**EVENTS:** Please check each of the events in which you wish to compete

<u>SATURDAY</u>	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>GENDER</u>
<input type="checkbox"/> 500m #1	<input type="checkbox"/> 1000m #1	Rest Day	<input type="checkbox"/> 1500m	<input type="checkbox"/> 1000m #2	<input type="checkbox"/> Male
<input type="checkbox"/> 500m #2	<input type="checkbox"/> 3000m(ladies only)			<input type="checkbox"/> 5000m(ladies only)	<input type="checkbox"/> Female
	<input type="checkbox"/> 5000m(men only)			<input type="checkbox"/> 10,000m (men only)	

**QUALIFYING TIMES:** Please provide your best times as well as date and location for all races in which you are competing. Skaters may achieve the time standards (listed on p. 10 of the 2009-10 USS Regulations-Long Track) at any ISU or US Speedskating sanctioned competition or recognized time trial skated between 1 July 2008 and 11 October 2009 in order to compete.

500m \_\_\_\_\_ Date & Location \_\_\_\_\_  
 1000m \_\_\_\_\_ Date & Location \_\_\_\_\_  
 1500m \_\_\_\_\_ Date & Location \_\_\_\_\_  
 3000m \_\_\_\_\_ Date & Location \_\_\_\_\_  
 5000m \_\_\_\_\_ Date & Location \_\_\_\_\_  
 10,000m \_\_\_\_\_ Date & Location \_\_\_\_\_

**EVERY PARTICIPANT IS REQUIRED TO BE A MEMBER OF US SPEEDSKATING. USS MEMBERS MUST HAVE A SIGNED USS CODE OF CONDUCT FORM ON FILE. SKATERS MUST SUBMIT CODE OF CONDUCT FORM WITH ENTRY IF NOT ON FILE. DRUG TESTING MAY BE DONE.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(if under 18)



**NO LATE ENTRIES**

**ENTRY and WAIVER with fee MUST BE RECEIVED NO LATER THAN DECEMBER 16, 2009** to be eligible to compete. Registrations will not be accepted after this date.

**ENTRY FEES: \$50**

**REGISTER ONLINE AT [www.usspeedskating.org](http://www.usspeedskating.org) or**

**RETURN Entry Form, Waiver and Fee payable to:**

US Speedskating

P.O. Box 18370

Kearns, UT 84118

Fax: 801-417-5361

Check attached, made payable to US Speedskating

Charge my  Visa  Master Card  American Express

Card# \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name as it appears on card \_\_\_\_\_

Signature \_\_\_\_\_

