



**AUSTRALIAN ICE RACING**

***AUSTRALIAN OPEN SHORT TRACK SPEED  
SKATING CHAMPIONSHIPS***



**MELBOURNE 2023**

**Friday 6<sup>th</sup> OCT: 7.30am – 3.00pm**

**Saturday 7<sup>th</sup> OCT: 7.30am – 3.00pm**

**Sunday 8<sup>th</sup> OCT: 7am – 11am**



**O'BRIEN ICEHOUSE:  
105 PEARL RIVER RD, DOCKLANDS**

**Proudly sponsored by  
Victoria State Government**



**Registration is now open and will close on  
Sunday 17<sup>th</sup> September 2023 at 5.00pm**

[Click here for individual entry](#)  
[Click here for club relay entry](#)  
[Click here for lunch ticket](#)  
[Click here for T-shirt](#)

## CONTACT

All queries should be addressed to the Organising committee: Bill Younger  
Email: [virapresident@gmail.com](mailto:virapresident@gmail.com)  
Mobile: 0408 325 675

## ENTRIES

Only electronic entries (using Visa and Mastercard) payments will be accepted.

Online entries for the competition is now available on the AIR website and the closing dates are listed as follows:

[Click here](#) for individual entry (closing date Sunday, Sept 17<sup>th</sup>)

[Click here](#) for club relay entry (closing date Sunday, Sept 17<sup>th</sup>)

[Click here](#) for lunch ticket (closing date Sunday, Sept 17<sup>th</sup>)

[Click here](#) for T-shirt purchase (order must be placed and paid by Sunday, Sept 17<sup>th</sup>)

**Lunch tickets must be purchased in advance** and will be sold on a first come, first serve basis. As tickets will sell out and last minute requests for tickets may not be possible, it is highly recommended that you purchase lunch ticket at the same time as you register for the competition.

**A late fee of \$50 will be charged for entries submitted from 18<sup>th</sup> September to 24<sup>th</sup> September 2023. No entries will be accepted after 24<sup>th</sup> September 2023.**

Entries without best time for 500m will be drawn at the Competitor Steward's discretion.

## RINK

The competition will be held at: O'Brien Icehouse  
105 Pearl River Road  
Docklands Victoria 3008

## GENERAL INFORMATION

**COMPETITION REGULATIONS** – The competition will be conducted under current ISU and Australian Ice Racing Limited (AIR) competition rules, where applicable and where appropriate.

### **ELIGIBILITY AND REQUIREMENTS**

Participation in the 2023 Australian Open Short Track Speed Skating Championship is open to all ISU members. Entries must be made only through the respective ISU Members. In accordance with Rule 109 of the ISU General Regulations and ISU Communication 2526 all skaters who do not have the nationality of the Member by which they have been entered or who, although having such nationality, have in the past represented another Member, must produce an ISU Clearance Certificate. Passports of all Skaters, as well as the ISU Clearance Certificate, if applicable, must be presented at the accreditation of the event for verification.

### **INSURANCE AND LIABILITY**

In accordance with Rule 119 of the ISU General Regulations, the ISU, AIR and the Organising Committee assume no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection with the competition. Each Member is solely responsible for providing insurance coverage thereto.

**COMPETITOR REGISTRATION** - Competitors must register at the competition desk before the first session; they may register at the training session or at a time or date as set by the Organising Committee.

### **IDENTIFICATION AND EQUIPMENT**

- Competitor identification is required for access to O'Brien Icehouse at all competition sessions.
- AIR helmet covers must be worn during races. Helmet covers will be issued by your State Association.
- All international skaters will be issued a helmet cover when registering at the competition registration desk. Helmet covers are to be returned at the completion of the competition, otherwise a penalty fee of AUD20 will be charged.
- All skaters will be issued with a set of transponders when registering at the competition registration desk. All transponders are to be returned at the completion of the competition, otherwise a penalty fee of AUD50 will be charged.
- For any helmet covers damaged, lost or not returned at the completion of the competition, a penalty fee of AUD20 will be charged.
- For any transponders damaged, lost or not returned at the completion of the competition, a penalty fee of AUD50 will be charged.
- Australian Ice Racing Limited reserves the right to inspect competitor's equipment before and during the competition.
- Skaters must have, and use, all safety equipment: shin and knee pads, neck guards, ISU-compliant helmet and gloves, in training as well as in competition.
- Blades used in the Short track events must be short track blades conforming to ISU regulations with tubes closed, and compulsory rounding of the corners of the blades with the blade ends rounded off with a minimum radius of 10mm.
- ISU Communication 2586 will apply for protection equipment. All skaters entering in Junior B, Junior A, Senior and Master categories must wear a cut Resistant Racing Suit as defined by ISU regulation to protect the body as stated in ISU Communication No. 2586 (section 2.1) and meet the mandatory minimum criteria of EN388 Cut resistant Level 2 or Cut Resistant under garment. AIR highly recommends that all other skaters to wear either a Cut Resistant Racing Suit or Cut Resistant under garments in all AIR sanctioned events.

**COACHES & ATHLETES BRIEFING** – The Referee may give a briefing on rules at a date and time to be set by the Organising committee. Coaches, State or Country managers, and athlete’s representatives are encouraged to attend.

## ANTI-DOPING

Australian Ice Racing Limited and its affiliates have adopted the AIR Anti-Doping Policy. Competitors at this competition may be subject to testing.

It is the responsibility of all skaters to be familiar with the policy and ensure they achieve compliance.

The prohibited list can be found on the Sport Integrity Australia website and click [here](#) to check your substance online. All competitors must make themselves aware of the content of any ISU Communication on Drug testing use in short track speed skating. Copies will be available from state secretaries or at AIR [www.australianiceracing.org](http://www.australianiceracing.org) or ISU [www.isu.org](http://www.isu.org) or Sport Integrity Australia <https://www.sportintegrity.gov.au/>.

## POLICIES AND CODE OF CONDUCT

**CODE OF CONDUCT** – The following AIR code of conduct will apply. Breach of such conduct may result in being removed from the event. <https://australianiceracing.org/policies/>

- Athlete’s code of conduct
- Player/Participant Code of behaviour
- Coach’s code of conduct
- Spectator’s code of conduct and behaviour
- Official’s code of conduct
- Parent/Guardian code of conduct
- Administrator/Volunteer code of conduct

**POLICIES** – AIR’s policies, including but not limited to the following, will apply and it is the competitors’ responsibility to familiarise such policies on AIR’s website: <https://australianiceracing.org/policies/>

- Social Media Policy
- Member Protection Policy
- Improper Use of Drugs and Medicine Policy
- Child Safeguarding policy
- Competition Manipulation and Sport Wagering Policy
- Conduct and Disciplinary Policy

## DIVISIONS & DISTANCES

The competitor's division is based on age as at 1<sup>st</sup> July 2023

### Age Divisions for Men and Women:

- Junior F            under 9                      Must be under 9 by 1 July 2023
- Junior E            9 – 10                        Must be 9 and under 11 by 1 July 2023
- Junior D            11 – 12                      Must be 11 and under 13 by 1 July 2023
- Junior C            13 – 14                      Must be 13 and under 15 by 1 July 2023
- Junior B            15 – 16                      Must be 15 and under 17 by 1 July 2023
- Junior A            17 – 18                      Must be 18 and under 19 by 1 July 2023
- Senior              19 – 29                      Must be 19 and under 30 by 1 July 2023
- Master:
  - Age as at 1 July in the year of the competition:
  - 30 to 34 years
  - 35 to 39 years
  - 40 to 44 years
  - 45 to 49 years
  - 50 to 54 years
  - 55 to 59 years
  - And each 5-year division after 60 years
- Athletes With Disabilities

### Individual Distances for Men and Women:

- Junior F            under 9                      111m, 222m, 333m, 500m
- Junior E            9 – 10                        111m, 222m, 333m, 500m
- Junior D            11 – 12                      222m, 333m, 500m, 777m
- Junior C            13 – 14                      333m, 500m, 777m, 1000m
- Junior B            15 – 16                      500m, 777m, 1000m, 1500m
- Junior A            17 – 18                      500m, 1000m, 1500m, 3000m
- Senior              19 – 29                      500m, 1000m, 1500m, 3000m
- Master              30 and above              500m, 777m, 1000m, 1500m
- Athlete With Disability                      222m, 333m, 500m

### Relay Divisions and Distances:

| Senior Men                 | Senior Women | Senior Mixed* | Master Men | Master Women | Junior A, B, C and D | Junior E** |
|----------------------------|--------------|---------------|------------|--------------|----------------------|------------|
| Heats 3000m<br>Final 5000m | 3000m        | 2000m         | 3000m      | 3000m        | 3000m                | 2000m      |

#### Note:

\* Each mixed relay team will comprise of 2 male and 2 female skaters. Only 1 senior team can be entered by each club/country. Senior mixed relay will only be run at the total discretion of AIR based on the number of entries, race program timing and the recommendation from the referee after consideration of skaters' abilities and safety issues.

\*\* Junior E division relay will only be run at the total discretion of AIR based on the number of entries, race program timing and the recommendation from the referee after consideration of skaters' abilities and safety issues. Clubs are encouraged to enter teams for Junior E relay and the entry fee will be fully refunded if the relay is not run or certain team is not included in the relay.

## INDIVIDUAL RACES

- a. A skater may enter only one division for the individual competition.
- b. A skater may race up only one age division from their natural age division, unless:
  - I. The skater wishes to skate in the senior division for their gender, **and**
  - II. The skater has reached 15-years of age before the 1<sup>st</sup> of July preceding the competition, **and**
  - III. The skater has achieved 2 of 3 distances in the current or previous season for the Senior division relevant to their gender as shown in the following table:

|               | 500m  | 1000m   | 1500m   |
|---------------|-------|---------|---------|
| Senior Men    | 46.20 | 1:34.50 | 2:27.50 |
| Senior Ladies | 47.80 | 1:39.00 | 2:35.50 |

- IV. Achieved those times either at the previous and current season's International Competitions, National Championships, State Championships, events (including club racing) that are sanctioned by AIR and AIR's affiliated state members, testing conducted by coaches as per the AIR Sports Development Program, or sanctioned Time Trials as per the AIR National Selection Policy.
  - V. The skater will be able to compete in a relay in their natural age group and/or in a senior/open relay team.
- c. A Master division skater may race down into the senior division for the individual competition however will not be able to compete in the Master division in the same competition. They may skate in both the Senior and Master relay events at the same competition.

All individual distances will be run for both men and women if sufficient numbers are entered. If there are insufficient entries, then both men and women for the same age division will be combined.

Individual events will be run for both Men and Women in the Junior A, Junior B and Senior divisions. If insufficient entries are received then competitors may be automatically moved to the Senior division. The Organising Committee will advise entrants if any of the above alterations are required. The competitor steward has full discretion of actual divisions run for the competition depending on the entry numbers.

If there are insufficient entries in the Master Women division, then competitors will be automatically be combined with to the appropriate Master Men division. From 1<sup>st</sup> July 2022, the 3000m individual distance in the Master division had been replaced by the 777m individual distance, which is aligned with the Masters International Short Track Games.

## RELAYS

- a. A skater may race in any age divisions for a relay team in which they are age eligible, but may not race in any more than two age divisions higher than their natural age division.
- b. Names of any skaters who are to be skated up for the Junior E relay from Junior F must be submitted at the same time as the entry form for prior approval before the event.
- c. Master skater may only skate down into a senior division relay.

Multiple relay entries within a division will be accepted. Clubs must declare the entrants for each team at least 30 minutes prior to the commencement of relay racing for that division.

No changes will be permitted beyond this point except where a team has nominated a reserve that is not a member of any other team.

Each mixed relay team will comprise of 2 men and 2 women skaters. Only 1 senior team can be entered by each club/country. Senior mixed relay will only be run at the total discretion of AIR based on the number of entries, race program timing and the recommendation from the referee after consideration of skaters' abilities and safety issues.

## COACHES AND ATHLETES BRIEFING

The AIR will be holding 2 briefings for coaches and athletes:

Thursday, 5<sup>th</sup> October 2023 – 7pm

Thursday, 5<sup>th</sup> October 2023 – 8pm

All team leaders, coaches, athletes and parents of athletes under 18 are requested to attend either one of the briefings.

## PRACTICE ICE SESSION TIMES

### TRAINING:

Thursday, 5<sup>th</sup> October 2023

|                                   |                  |
|-----------------------------------|------------------|
| Junior C, D, E and F              | 5.30pm to 6.30pm |
| Junior A and B, Senior and Master | 6.45pm to 7.45pm |

### RACING:

|  |                  |
|--|------------------|
| <b>Day 1.</b> Friday, 6 <sup>th</sup> October 2023   | 7.30am – 3.00pm  |
| <b>Day 2.</b> Saturday, 7 <sup>th</sup> October 2023 | 7.30am – 3.00pm  |
| <b>Day 3.</b> Sunday, 8 <sup>th</sup> October 2023   | 7.00am – 11.00am |

**Note:** Competition times may change depending on the number of skaters entered

## FEES

### TRAINING FEES

All divisions **\$20.00**

***Payable on entry to the session***

### COMPETITION FEES

Junior C, D, E and F: **\$190.00**

All other divisions: **\$220.00**

Relay Teams: **\$160.00**

**Competition fee must be paid (Visa or Mastercard card) via online registration system by 17<sup>th</sup> September 2023.**

A late fee of \$50 will be charged for entries submitted after 17<sup>th</sup> September 2023. No entry will be accepted after 24<sup>th</sup> September 2023.

## PRESENTATION LUNCH AND MERCHANDISE

Please note that tickets to the Presentation lunch, where medals and awards are given, are not included with athlete registration and must be purchased separately. This year, the lunch will be held the RACV club, located in Melbourne's CBD with spectacular views from 17<sup>th</sup> floor. <https://www.racv.com.au/travel-leisure/racv-club/city-club/conferences-events/venues.html#level17>

Tickets for the presentation lunch are limited and will be sold on a first come, first serve basis. Once tickets are sold out, we can put your name on a waiting list should any tickets become available.

Details of the Presentation lunch are as follows:

Date: Sunday, 8<sup>th</sup> October 2023

Time: 1pm to 5pm

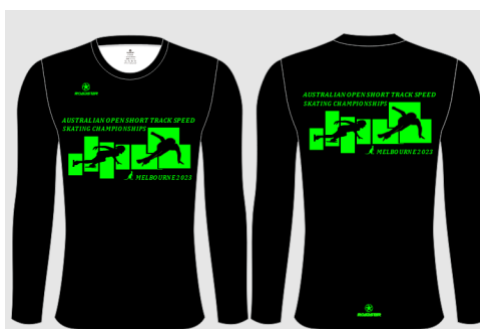
Venue: RACV Club Melbourne, 501 Bourke Street, Melbourne, VIC, 3000

Cost: Adult - \$95 (3 courses meal), Children (12 and under, 2 courses meal) - \$45, cash bar

If you are not a competitor and are not registering for the competition, follow the links below to purchase your lunch tickets and merchandise:

Lunch ticket - [click here](#) to purchase your lunch tickets (closing date Sunday, Sept 17<sup>th</sup>)

T-shirts - \$30 – [click here](#) to purchase your T-shirts (closing date Sunday, Sept 17<sup>th</sup>)



**Tshirt Size Chart**

| Mens tshirt size chart      |       |      |      |      |      |       |       |       |       |       |
|-----------------------------|-------|------|------|------|------|-------|-------|-------|-------|-------|
| Measurements:CM             | M-2XS | M-XS | M-S  | M-M  | M-L  | M-XL  | M-2XL | M-3XL | M-4XL | M-5XL |
| body length                 | 64    | 66   | 68   | 70   | 72   | 74    | 76    | 78    | 80    | 82    |
| 1/2 chest (1"below armhole) | 47    | 49   | 51   | 53   | 56   | 59    | 62    | 65    | 68    | 71    |
| 1/2 bottom                  | 47    | 49   | 51   | 53   | 56   | 59    | 62    | 65    | 68    | 71    |
| neck width                  | 17.8  | 18.2 | 18.6 | 19   | 19.4 | 19.8  | 20.2  | 20.6  | 21    | 21.4  |
| sleeve length               | 18.6  | 19.4 | 20.2 | 21   | 21.8 | 22.4  | 23    | 23.6  | 24.2  | 24.8  |
| 1/2 sleeve opening          | 15.8  | 16.8 | 17.8 | 18.8 | 19.8 | 20.6  | 21.4  | 22.2  | 23    | 23.8  |
| Womens tshirt size chart    |       |      |      |      |      |       |       |       |       |       |
| Measurements:CM             | W-2XS | W-XS | W-S  | W-M  | W-L  | W-XL  | W-2XL | W-3XL | W-4XL | W-5XL |
| body length                 | 56    | 59   | 62   | 65   | 68   | 71    | 74    | 76    | 78    | 80    |
| 1/2 chest (1"below armhole) | 40    | 43   | 46   | 49   | 52   | 55    | 58    | 61    | 64    | 67    |
| 1/2 bottom                  | 40    | 43   | 46   | 49   | 52   | 55    | 58    | 61    | 64    | 67    |
| neck width                  | 17.8  | 18.2 | 18.6 | 19   | 19.4 | 19.8  | 20.2  | 20.6  | 21    | 21.4  |
| sleeve length               | 16.4  | 17.1 | 17.8 | 18.5 | 19.2 | 19.9  | 20.6  | 21.3  | 22    | 22.7  |
| 1/2 sleeve opening          | 13.2  | 14   | 14.8 | 15.6 | 16.6 | 17.4  | 18.2  | 19    | 19.8  | 20.6  |
| 1/2 waist                   | 35    | 38   | 41   | 44   | 47   | 50    | 53    | 56    | 59    | 62    |
| Kids tshirt size chart      |       |      |      |      |      |       |       |       |       |       |
| Measurements:CM             | Y-XS  | Y-S  | Y-M  | Y-L  | Y-XL | Y-2XL |       |       |       |       |
| body length                 | 47    | 50   | 53   | 56   | 61   | 63    |       |       |       |       |
| 1/2 chest (1"below armhole) | 35    | 37.5 | 40   | 42.5 | 45   | 47.5  |       |       |       |       |
| 1/2 bottom                  | 35    | 37.5 | 40   | 42.5 | 45   | 47.5  |       |       |       |       |
| neck width                  | 8.6   | 8.7  | 8.8  | 9    | 9.3  | 9.5   |       |       |       |       |
| sleeve length               | 12.5  | 13.5 | 14.5 | 15.5 | 16.5 | 17.5  |       |       |       |       |
| 1/2 sleeve opening          | 10.5  | 11   | 11.5 | 12   | 12.5 | 13    |       |       |       |       |



# ACCOMMODATION

Australian Ice Racing has arranged discounted prices for the following 4 hotels.

## Quest New Quay

26 Caravel Lane Docklands  
8 minutes walk to the rink

[Click here](#) to book and enter promo code: ICE20



## Nesuto

Located at 80 Waterfront Way Docklands. It is a 5 minutes walk to the rink. They have cooking facilities and will charge all skaters the corporate rate which was negotiated through the rink.

[Click here](#) to book and access the discounted rate



## Four Points by Sheraton (Marriott)

Located at 443 Docklands Drive Docklands.  
It is a 4 minutes walk to the rink.

[Click here](#) to access the discounted rate.



## Travelodge

66 Aurora Ln, Docklands VIC 3008

25 minutes walk to the rink or free public transport and then a 5 minute walk to the rink

[Click here](#) to book and enter promo code: TH14838889

## Other accommodation options

### Atlantis Hotel

300 Spencer Street, Melbourne, VIC 3008

<https://www.atlantishotel.com.au/>

### Melbourne central YHA

<https://www.yha.com.au/hostels/vic/melbourne-hostels/melbourne-central-hostel/>

## TRANSPORT

Participants will be responsible for their own transport arrangements. The rink and the recommended hotels are about 25 mins bus ride from the Melbourne airport.

[Click here](#) for more information regarding transport from the airport.