

# Manitoba Speed Skating Association

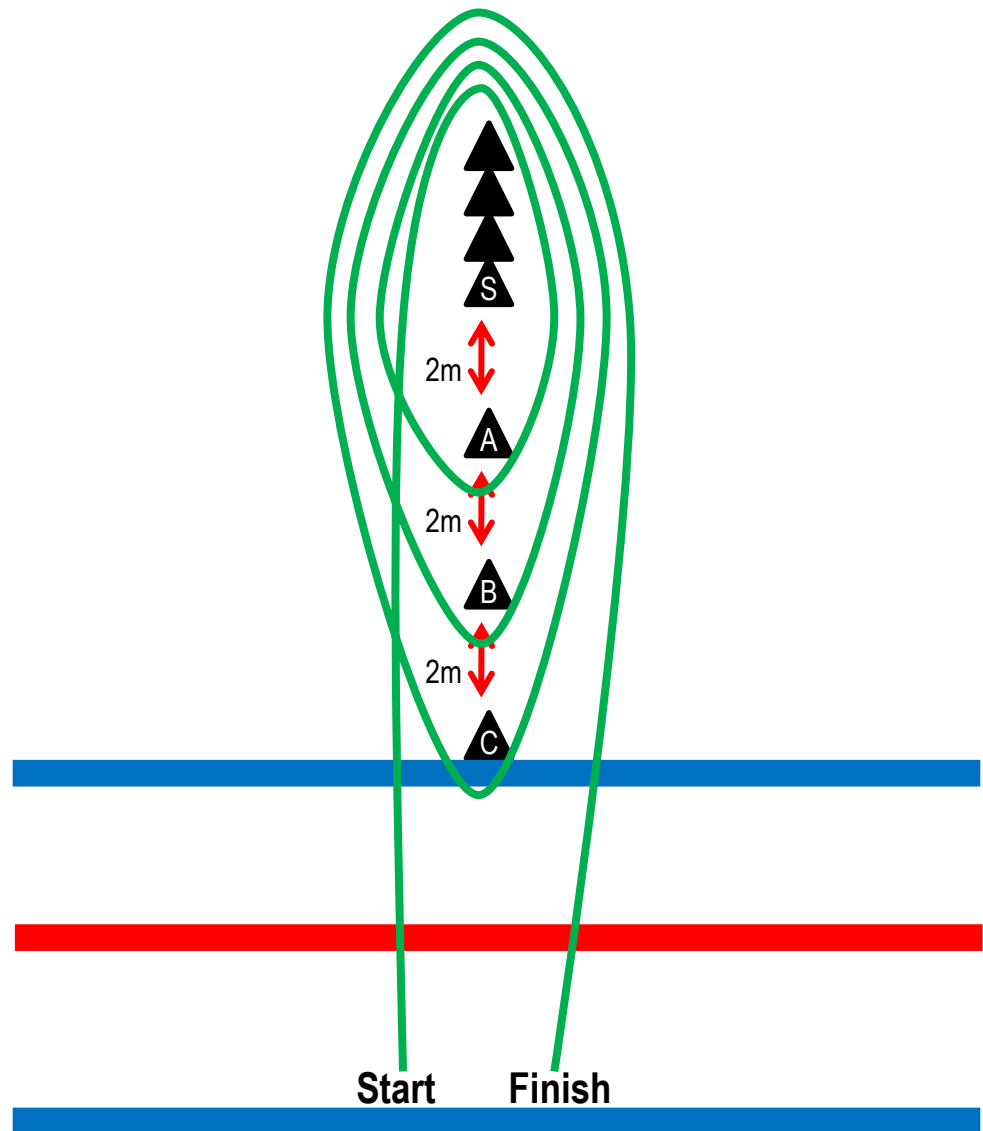
Competition Changes

SKILL BASED COMPETITION

**GYMKHANA**

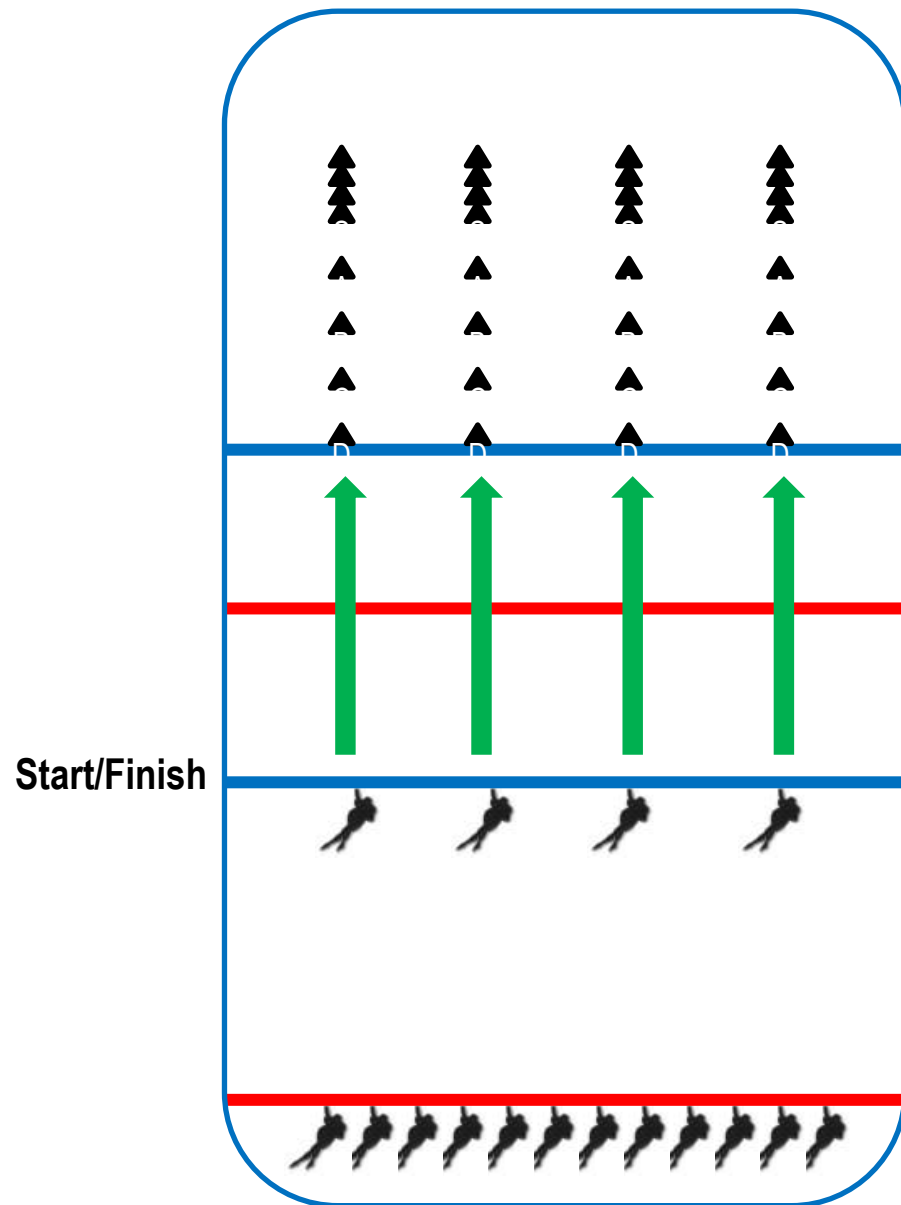
# FUN / L2T Gymkhana Cup Race

1. From the start skaters race up to the stack 'S'. Take one block and place it on top of 'A'.
2. Skate to the stack 'S'. Take another block and place it on top of 'B'.
3. Skate to the stack 'S'. Take another block and place it on top of 'C'.
4. Skate back around the stack 'S' then race to the finish.
5. Skills included:
  1. Starting
  2. Skating
  3. Stopping
  4. Turning
  5. Bending
6. Alternate skills may be included:
  1. Backward skating
  2. Side steps
  3. Cross-over walk
  4. Sculling



# FUN / L2T Gymkhana Cup Race

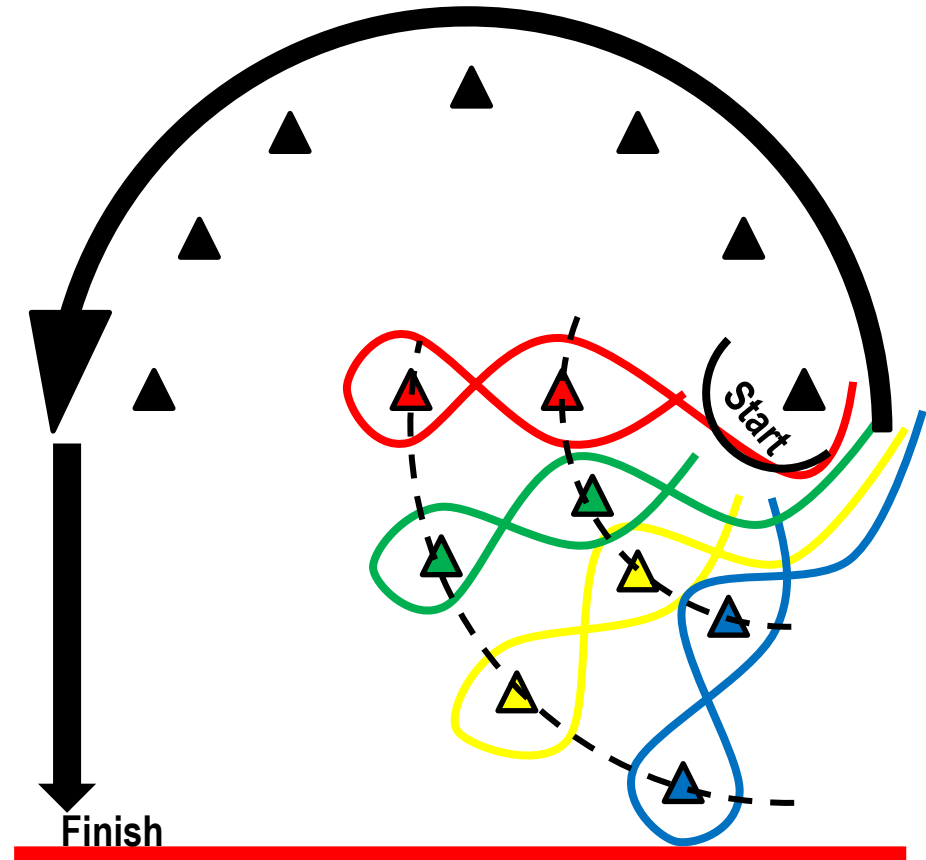
1. 4 heats of 4 skaters are marshalled onto the ice.
2. The first heat of 4 skaters line up on the start/finish line.
3. The additional heats of skaters wait behind the goal line.
4. Once a heat is complete the next heat is called to the start/finish line and the completed heat(s) wait behind the goal line.
5. Once all heats are completed finals may be completed with the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place racers from the heats competing in an A, B, C, and D final respectively.



# L2T

## Gymkhana Chuck Wagon

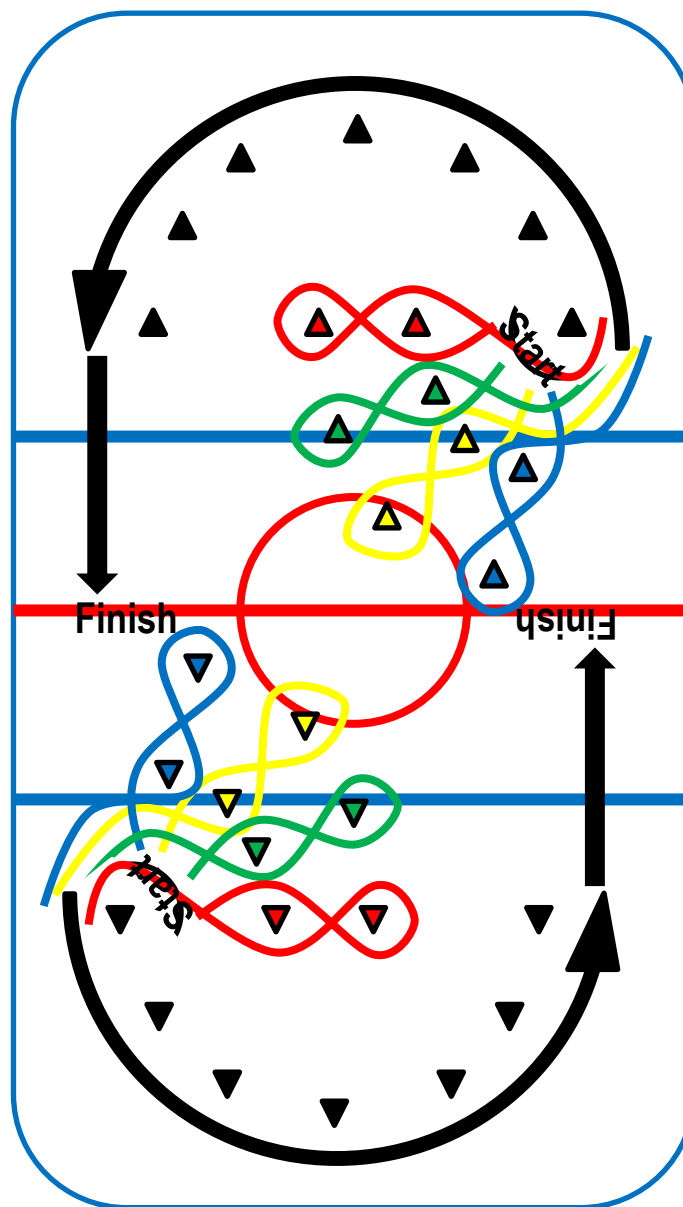
1. Skated on the 100m track
2. 3 radiuses are marked off of the entry point to the corner.
  1. 2m – start
  2. 6m – first barrel
  3. 10m – second barrel
3. 3 or 4 lanes are identified with coloured barrels fanned evenly on the 6m and 10m lines.
4. Skaters race a half lap to the red line.
5. Skills included:
  1. Starting
  2. Skating
  3. Cornering (counter & clockwise)
  4. Pivoting
6. Alternate skills may be included:
  1. Set up to skate clockwise



# L2T

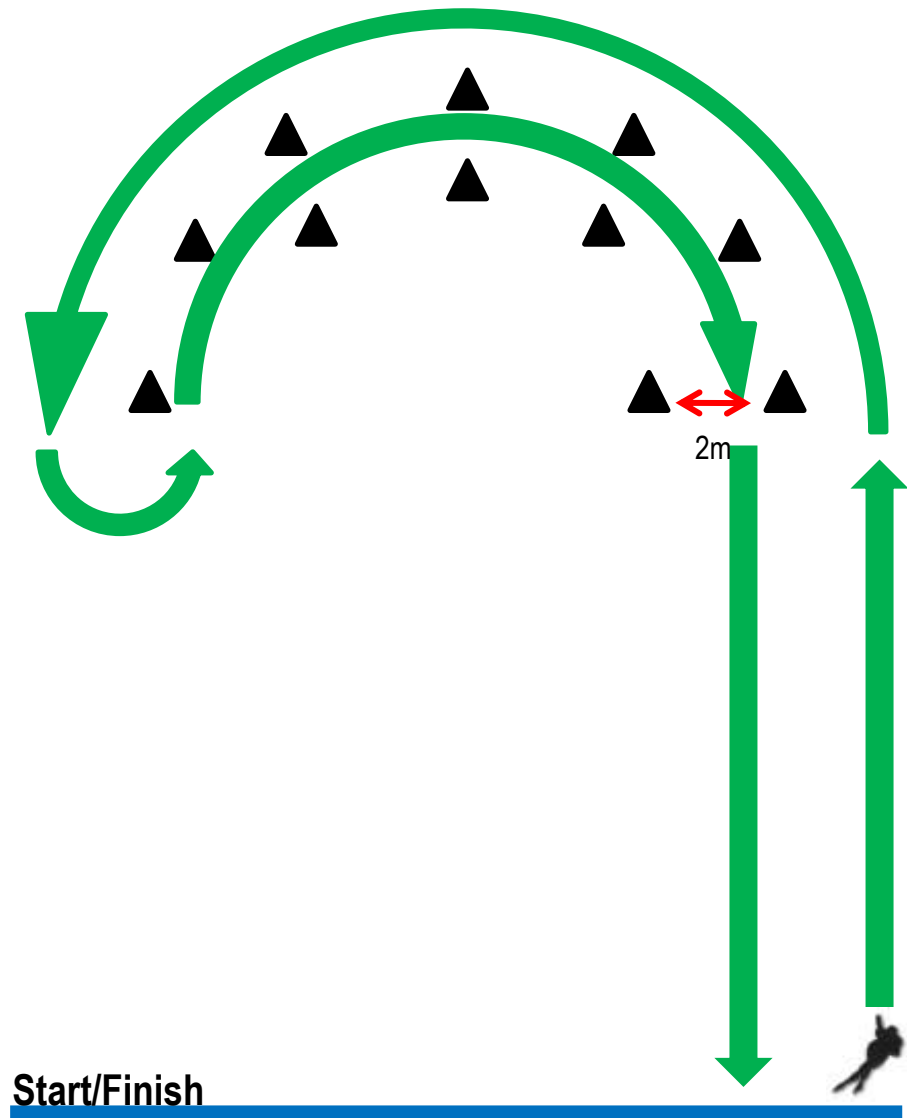
## Gymkhana Chuck Wagon

1. 2 heats of 3-4 skaters are marshalled onto the ice.
2. Each heat of skaters lines up in their respective lanes on opposite ends of the rink.
3. Each race will be timed to determine finishing order to account for penalties.
4. Penalties:
  1. A 1 second time penalty will be given for violating any pre-existing short track rules and if they come in contact with any cones or track markers.
5. Once all heats are completed finals may be completed based on placing with all 1<sup>sts</sup> in A, 2<sup>nds</sup> in B, 3<sup>rds</sup> in C, and 4<sup>ths</sup> in D.



# L2T / T2T Gymkhana Candy Cane

1. Skater starts on the blue line.
2. Skater races counter clockwise around the 8m track markers then hooks around the 7<sup>th</sup> block and races clockwise around 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> blocks of the 7m track to the finish.
3. A block is placed 2m inside the 1<sup>st</sup> block of the 8m track to mark an exit gate.
4. Skills included:
  1. Starting
  2. Skating
  3. Cornering (counter & clockwise)
  4. Pivoting
5. Alternate skills may be included:
  1. Slalom
  2. 1 leg balance (straight or corner)
  3. Backward skating



# L2T / T2T Gymkhana Candy Cane

1. 4 heats of 2 skaters are marshalled onto the ice.
2. The first heat of 2 skaters line up on opposite start/finish lines.
3. The additional heats of skaters wait in the centre circle.
4. Once a heat is complete the next heat is called to the start/finish line and the completed heat(s) wait behind the goal line.
5. Once all heats are completed finals may be completed based on time with 1<sup>st</sup> & 2<sup>nd</sup> in A, 3<sup>rd</sup> & 4<sup>th</sup> in B, 5<sup>th</sup> & 6<sup>th</sup> in C, and 7<sup>th</sup> & 8<sup>th</sup> in D final.
6. A 1 second time penalty will be given for violating any pre-existing short track rules and if they come in contact with any cones or track markers.

