

Buffalo Short Track Championships



October 14-15, 2023
The Northtown Center at Amherst



Buffalo
Short Track
Championships 2023

The Northtown Center at Amherst
1615 Amherst Manor Drive
Williamsville, NY 14221
October 14 - 15, 2023

Hosted by:
Buffalo Speedskating Club

Henry Withers - Meet Director
Alan Jay - Assistant Meet Director
Doug Lippa - BSC President

Welcome to the 9th annual Buffalo Short Track Championships and Heartland #1

If you have any questions or need assistance, please ask a meet volunteer or contact our meet director Henry Withers at
315-440-6764

The Northtown Center

First floor:

- Check-in and t-shirt pick up
- Skater changing rooms
- Skater ice access
- First Aid room
- Snack Bar
- Special Equipment equipment vendor for the Championships



Note: Parents of young skaters are allowed in the family changing room. Only skaters and officials are allowed in heat box area.

Second floor:

- Spectator viewing area
- Skybox Grille restaurant
- Photo background
- Awards Ceremony:
Sunday at the conclusion of racing
(approximately 2:15pm)



Online Meet Information



Short Track Speed Skating Live

www.shorttracklive.info

2023 Buffalo Short Track Championships

Program Information / Heat Assignments / Race Results

Live Mode Automatically Updates Every 3 Minutes

Follow Along On Any Internet Enabled Device

Shorttracklive - Buffalo Meet



Northtown Center



WiFi Network Name

Northtown Center Public

To connect, log on and follow the instructions. No password required.

Schedule

Check-in: Friday 10/13 - 6:00pm - 8:00pm

Check-in will take place at the Northtown Center (downstairs lobby outside of the Olympic rink) on Friday the 14th from 6:00pm to 8:00pm only. **If you are unavoidably delayed and unable to check-in, you must text 716-957-4002 by 8:00pm and arrange to pick up your registration packet on Saturday by 7:00am.**

Please bring your skates to the check-in table even if you are not skating during the practice session on Friday night as officials will be inspecting the tip radius of your blades. If you plan to use a cut suit with built-in neck protection, please bring it to the check-in table for approval.

Practice Ice: Friday, 10/13 Note: Skaters should be outside of the heat box and ready to go 5 minutes prior to the practice time.

7:00pm - 7:15pm - Wings & Bisons
7:20pm - 7:35pm - Novice B & Purple Eagles & Sabres
7:40pm - 7:55pm - Bulls & Novice A & Niagara B
8:00pm - 8:15pm - Northtown & Southtown
8:20pm - 8:35pm - Heartland Women A/B & Niagara A
8:40pm - 8:55pm - Heartland Men A & B



Warm-ups: Note: Please be outside of the heat box and ready to go 5 minutes prior to your warm-up time.

Saturday - 10/14

6:50am - 7:00am - Heartland Women A/B
7:00am - 7:10am - Heartland Men A/B
7:10am - 7:20am - Niagara A/B & Novice A
7:20am - 7:30am - Northtown
7:30am - 7:40am - Southtown & Sabres
7:40am - 7:50am - Wings & Bisons
7:50am - 8:00am - Bulls
8:00am - 8:10am - Novice B & Purple Eagles

National Anthems at 8:30am

Racing begins at 8:35am

Sunday - 10/15

6:50am - 7:00am - Heartland Women A/B
7:00am - 7:10am - Heartland Men A/B
7:10am - 7:20am - Niagara A/B Novice A
7:20am - 7:30am - Northtown
7:30am - 7:40am - Southtown & Sabres
7:40am - 7:50am - Wings & Bisons
7:50am - 8:00am - Bulls
8:00am - 8:10am - Novice B & Purple Eagles

Racing begins at 8:25am

Awards Ceremony - Sunday at the conclusion of racing (approximately 2:15pm)



Meet Format

The format of the Meet is a two-round progression, one heat, and a final for all skaters. The number of finals is based on the number of skaters in the heats. Progression to finals will be determined by the number of skaters in each group and then by position and next fastest. The Super Events are based on overall points. All athletes will skate in a Super, (A, B, C...) for their longest distance.

Divisions/Groups/Events: Events not run in order. Events and groups are subject to change based on scheduling considerations.

Heartland A: M & W--- 500M / 777M / 1000M / Super 1500M
Heartland B: M & W--- 500M / 777M / 1000M / Super 1500M

Ability

Niagara A: 20 & over --500M / 777M / 1000M / Super 1500M
 Niagara B: 20 & over---- 333M / 500M / 777M / Super 1000M
 Northtown: 11 & over---500M / 777M / 1000M / Super 1500M
 Southtown: 11 & over----333M / 500M / 777M / Super 1000M
 Sabres: 11 & over-----222M / 333M / 500M / Super 777M
 Wings: 9 & 10----- 222M / 333M / 500M / Super 777M

Purple Eagles:10 & under--(85M track) - 85M / 170M / 255M (111m track) - Super 500M

Bisons:10 & under----- (85M track) - 170M / 255M / 340M (111m track) - Super 500M

Bulls: 10 & under----- (85M track) - 170M / 255M / 340M (111m track) - Super 500M

Novice

A: 11 & over -----222M / 333M / 500M / Super 777M
 B: 10 & under --(85M track) 85M /170M / 255M /Super 340M



Heartland We are proud to be part of the Heartland Racing Series.



A season-long circuit of short track speed skating open class races to develop passion and skills for racing.

The Heartland Challenge Cup.

Skaters racing in the HRS will represent either the North East Short Track Series (NEST) or Heartland (HRS). The Challenge Cup will go to the team with the most points from the meet.

The Buffalo Short Track Championships is a US Speedskating sanctioned meet



Team Trophy & Individual Medals

The Team Trophy will be awarded to the team with the most overall points. Should there be a tie, the tie breaker will be the team with the most 1st places finishes.

Awards will be given to the first, second and third place finishers overall in each division (male and Female), determined by place/points.

Rank	Points	Rank	Points	Rank	Points
1	10000	16	352	31	14
2	8000	17	281	32	13
3	6400	18	225	33	12
4	5120	19	180	34	11
5	4096	20	144	35	10
6	3277	21	115	36	9
7	2621	22	92	37	8
8	2097	23	74	38	7
9	1678	24	59	39	6
10	1342	25	47	40	5
11	1074	26	38	41	4
12	859	27	30	42	3
13	687	28	24	43	2
14	550	29	19	44	1
15	440	30	15	45+	1

Congratulations!

**Overall Team Winner of the
2022 Buffalo Short Track
Championships**

Potomac Speedskating Club



**Good Luck to all
184 athletes, and 27 clubs
represented in this year's Meet**

Lake Placid Summer Training Camps

Take Your Skating & Training To The Next Level!

After 11 years, The Buffalo Junior and Masters camps are moving to the Olympic Center in Lake Placid, NY. Partnering with Coach Tom Miller, we are excited to continue and expand upon our highly successful programs. Join us at the storied Olympic Center in beautiful and historic Lake Placid for an unparalleled training and camp experience

Junior Camp Highlights

- Competitive Junior skaters, ages 12 to 21 years
- Dates: August 19 - 24, 2024
- Cost - TBD
- Total Ice Time: 15 hours
- Total Dryland training: 11 hours
- Accommodations: TBD
- Additional training will be provided in the art/sciences of sharpening and blade setup, race prep, and injury prevention.

Masters Camp Highlights

- Skaters of all levels over 21 years old
- Dates: August 16 - 19, 2024
- Cost - TBD
- Total Ice Time: 6 hours
- Total Dryland training: 5 hours
- Accommodations: TBD
- Additional training will be provided in the art/sciences of sharpening and blade setup, race prep, and injury prevention.

Olympic Center
2634 Main Street
Lake Placid, NY 12946



Tom Miller (Level 3) Head Coach

2017 USOC Volunteer Coach of the Year

Tom has worked with National Team coaches Pat Wentland and Wilma Boonstra, as well as National and Olympic coaches Jereon Otter and Susan Ellis. Tom bases his technique-driven program on coach Ellis's theory of proper skating.

Throughout his storied Speedskating career, Tom has worn many hats. In addition to competing at both the regional and National levels, Tom has been the Chief Competitor steward for multiple events including the Jr. World Short Tracks in Warsaw, Poland; and the World Short Tracks in Seoul, South Korea. Tom has also been the Meet Director for multiple National Long Track and Short Track Championships including Olympic Trials, and World Championships.

In March 2020 Tom retired from his job with Citizen Advocates Inc. to take on a new position with the Adirondack North Country Sport Council. His job as Sport Manager for Speedskating made him responsible for organizing the 2022 Empire State Winter Games, the 2022 World University Championship for Speed Skating, and the Short Track and Speed Skating events for the 2023 University Games. Tom currently directs the newly renovated Lake Placid Olympic Speed Skating Oval. His position with the Olympic Regional Development Authority also entails developing Short and Long Track programming. Tom's long-term goal is to reestablish a full-time Long Track and Short Track Program in Lake Placid that offers world-class coaching and venues, affordable housing, access to universities and colleges, and employment opportunities for athletes that allow them to work and train.



For more information:

Tom Miller - Camp Director
tomassc43@yahoo.com
518-304-3039

www.buffalospeedskating.org/camps



Good Luck to all Buffalo and Buffalo/Niagara Speed Skating Club Athletes

From Coaches - Julie, Craig, Alan,
Nathalie, Necole & Henry



Mili Krishna

Sean Lippa

Ewan Reles

Gwen Reles

**Magdalena
Cerrone**

Sage Krishna

Peter Scott

**Amaliia
Bushareb**

Jackson Reles

**Gabriel
Hasselback**

HEARTLAND RACING SERIES

2023-24



Go to the start and get ready for the Heartland Racing Series (HRS)

The HRS is a season-long circuit of six short and long track open class competitions. The series is hosted by some of the most popular and established meets in the U.S. and runs alongside their other racing divisions.

The HRS is open to qualified Juniors, Seniors, and Masters from anywhere in the United States as well as skaters from Canada and other ISU member countries. Skaters not eligible are encouraged to enter the appropriate age class or ability division offered by the meets hosting the Heartland Series races.

To qualify, skaters must be at least 12 years old (as of 7/1/23) and meet the qualifying 1000m time standard of 1:48.0 for men and 1:58.0 for women. Skaters will compete in the 500m, 1000m, and 1500m distances, skating two races – a qualifier and a final in each distance at each meet, earning final points based on the standings in each distance. Depending on the number of Heartland registrants and at the discretion of the hosting meet director, the division may be divided into Heartland A and Heartland B based on a roughly 50:50 split of submitted times.

The point totals from each distance from the skater's best 3 meets in the Series will be summed together to create the overall Series ranking in each distance and the all-around category. A ranking by time in each distance will also be kept. A skater can compete in more than 3 Heartland meets during the season and use the results from the best 3 meets for overall Series ranking.

New: A progression format will be employed that aligns more closely with US Speedskating all final, no elimination qualification tables. The number of finals is based on the number of skaters in the heats. Progression to finals will be determined by the number of skaters in each group and then by position and next fastest.

New: The newly adopted ISU "Zero False Starts" rule will apply to all Heartland A races and all Heartland races at events that do not split divisions into Heartland A & B. If the event is hosting split Heartland A & B divisions, Heartland B will continue to observe the existing false start rule.

Keep up to date on the HRS - Info, Photos, Results at:
www.facebook.com/Heartlandracing

Acting Director: Henry Withers - Henry@Buffalospeedskating.org



Series Schedule

Buffalo Short Track Championships

Buffalo, NY - Oct 14-15, 2023 **HRS #1**
Hosted by: Buffalo Speedskating Club
www.buffalospeedskating.org/buffalo-meet

Great Lakes Short Track Speedskating Championships

Milwaukee, WI - Nov 4, 2023 **HRS #2**
Hosted by: Wisconsin Speed Skating Club
www.wisconsinspeedskating.com

Great Lakes Long Track Championships

Milwaukee, WI - Nov 5, 2023 **HRS #3**
Hosted by: Wisconsin Speed Skating Club
www.wisconsinspeedskating.com

Ohio Invitational Meet (tentative)

Cleveland Heights, OH - Dec 2, 2023 **HRS #4**
Hosted by: Ohio Speedskating Association
www.ohiospeedskating.com

Empire State Winter Games Short Track

Lake Placid, NY - February 3-4, 2024 **HRS #5**
Hosted by: Adirondack Sports Council
www.empirestatewintergames.com

Land of Lincoln Short Track Championships

Champaign-Urbana, IL - March 2-3, 2024 **HRS #6**
Hosted by: Champaign Regional Speedskating
www.champaignregionalspeedskating.org





ERIC FRICK

MEET THE UNEXPECTED *Buffalo*

HE'S TALL, DARK AND FURRY.

And he loves introducing athletes, teams and their fans to his hometown. He'll help you explore the restaurants and attractions at **CANALSIDE**, Buffalo's new waterfront district. He'll even split an order of Buffalo wings at the **ANCHOR BAR** or quaff a cold beer with you at one of Buffalo's **30+ CRAFT BREWERIES**. And before the game clock runs out, explore one of the wonders of the world with him at nearby **NIAGARA FALLS STATE PARK**. The MVP of your next event will be the **UNEXPECTED BUFFALO** — *genuine, welcoming, and wonderfully surprising.*

visit **Buffalo Niagara**



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ERIC FRICK

To our Sponsors & Partners Thank You For Your Generous Support!



US SPEEDSKATING



Thank you!

We would like to thank all of our skaters and their families for being part of the Buffalo Short Track Speedskating Championships.

Thanks to the members and friends of the Buffalo Speedskating Club for volunteering their time and energy to make the meet a success!

Thanks to Brad Woltz and the staff at the Northtown Center. Your professionalism, skill, and enthusiasm makes working with you all a great pleasure.

Thanks to James Adler and the Buffalo Niagara Sports Commission for their generous support.

Finally, thanks to our friends from throughout the speedskating community who come together to make the meet possible! Our officials, clerks, timers, starters, judges, ice crew, runners, pad installers, ice markers, and so many more! The meet would not happen without you.

Supervising Meet Personal

Meet Director - Henry Withers

Assistant Meet Director - Alan Jay

Chief Referee - Thomas Porter

Chief Starter - Tom Conley

Head Timer - Judy Gehring

Competitor Steward - Tom Miller

Chief Judge - Rafal Kazanecki

Chief Track Steward - Tim Howell

Lap Counters - Paul Manning and Roy Clay

Chief Heat Box Stewards - Raquel Samson and Elgin Smith

Head Announcer - Doug Lippa

A special thanks to Tom Miller

In addition to clerking our meets, Tom has been instrumental in an advisory role. From our very first meet in 2014, Tom has been there, helping to ensure our continued success. Thanks Tom!

BSC Board and Coaches

Doug Lippa - President / Acting Secretary

Necole Zayatz - Vice President / Coach (Level 1)

Christina Pielechowski - Treasurer

Roy Clay - Director

Nathalie Rodrigue-Hasselback - Director / Coach (Level 1)

Julie Gehring - Coach (Level 2)

Craig Pielechowski - Coach (Level 2)

Henry Withers - Coach (Level 1)

Alan Jay - Coach (Level 1)



Supported by:
Buffalo Niagara Sports Commission



Photo Credit - Alan Jay

www.buffalospedskating.org/buffalo-meet



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