



Buffalo Short Track Championships



October 24-25, 2026

The Northtown Center at Amherst

Welcome to the 12th 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
- Heatbox
- Skater ice access
- Coaches Box
- First Aid room
- Officials/Volunteers Locker Room
- Snack Bar

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
- Warm-up stationary bicycles
- Skybox Grille restaurant
- Photo background
- Awards Ceremony:
Sunday at the conclusion of racing
(approximately 2:20pm)





Online Meet Information

Short Track Speed Skating Live

Program Schedule / Heat Assignments / Race Results

Live Mode Automatically Updates Every 3 Minutes



Follow Along On Any Internet Enabled Device



<https://www.shorttracklive.info/>
Shorttracklive - Buffalo Meet

The information will be live and
up to date on Saturday the 24th



Northtown Center
WiFi Network Name
Northtown Center Public

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



SCHEDULE

Check-in: Friday 10/23 – 6:00pm – 8:00pm

Check-in will take place at the Northtown Center (downstairs lobby outside of the Olympic rink) on Friday the 23rd from 6:00pm to 8:00pm only. If you are unable to check-in, please arrange to have your coach, teammate, or another appropriate person check in for you. There is no Saturday check-in.

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.

Friday, 10/23

Practice Ice: Note: Skaters should be outside of the heat box and ready to go 5 minutes prior to their practice time.

7:00pm - 7:15pm	Div.10 Purple Eagles & Div.11 Bulls & Div.12 Bisons
7:20pm - 7:35pm	Div.8 Northtown & Div.9 Southtown
7:40pm - 7:55pm	Div. 6 Wings & Div. 7 Bills
8:00pm - 8:15pm	Div. 5 Niagara
8:20pm - 8:35pm	Div.1 Heartland Women A & Div.2 Heartland Women B
8:40pm - 8:55pm	Div.3 Heartland Men A & Div.4 Heartland Men B

Saturday, 10/24

7:15am	National Anthems
7:30am	Racing begins

Sunday, 10/25

7:30am	Racing begins
Awards Ceremony	At the conclusion of racing (approximately 2:40pm)



By James M. Pizzo © 2013

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.

US Speedskating Midwest Champion: The overall Heartland points winners (men and women) will be awarded the US Speedskating Midwest Champions.

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

Heartland:

Div.1 Women A	500M / 500M / 1000M / Super 1500M
Div.2 Women B	500M / 500M / 1000M / Super 1500M
Div.3 Men A	500M / 500M / 1000M / Super 1500M
Div.4 Men B	500M / 500M / 1000M / Super 1500M

Ability:

Div. 5 Niagara	500M / 500M / 1000M / Super 1500M
Div. 6 Wings	500M / 500M / 1000M / Super 1500M
Div. 7 Bills	500M / 500M / 1000M / Super 1500M
Div. 8 Northtown	333M / 500M / 777M / Super 1000M
Div. 9 Southtown	333M / 500M / 777M / Super 1000M
Div.10 Purple Eagles	333M / 333M / 500M / Super 7 Laps
Div.11 Bulls	222M / 333M / 500M / Super 4 Laps
Div.12 Bisons	222M / 333M / 500M / Super 4 Laps

Note: The Purple Eagles, Bulls, and Bisons will skate their Super Finals on a modified version of the 111.12m track with shortened straightaways but the same turn radius.

Qualifying Rounds (Heats) (Lane Position)

The Competition Coordinator uses software to randomly assign lane numbers for the first qualifying round. For subsequent rounds, lane positions are based on the results of the previous round.



Team Trophy & Individual Medals

The Team Trophy will be presented to the team with the most overall points. Points are awarded to the top 4 places of the A finals. 1st place gets 5 points, 2nd gets 3, 3rd gets 2, and 4th gets 1. 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. Points are awarded for each final as indicated in the table below. If there are A and B finals the B skaters are placed after the A skaters.

Place	Points	Place	Points	Place	Points
1	100	24	2.9	47	0.27
2	85	25	2.6	48	0.24
3	72.2	26	2.4	49	0.21
4	61.4	27	2.1	50	0.19
5	52.2	28	1.9	51	0.18
6	44.3	29	1.7	52	0.17
7	37.7	30	1.5	53	0.16
8	32	31	1.4	54	0.15
9	27.2	32	1.2	55	0.14
10	23.1	33	1.1	56	0.13
11	19.6	34	1	57	0.12
12	16.7	35	0.9	58	0.11
13	14.2	36	0.8	59	0.1
14	12	37	0.7	60	0.09
15	10.2	38	0.68	61	0.08
16	8.7	39	0.62	62	0.07
17	7.4	40	0.55	63	0.06
18	6.3	41	0.5	64	0.05
19	5.3	42	0.45	65	0.04
20	4.5	43	0.4	66	0.03
21	4.1	44	0.36	67	0.02
22	3.6	45	0.33	68	0.01
23	3.3	46	0.29		

Congratulations!

2026

Overall Team Winner of the 2025 Buffalo Short Track Championships **Potomac Speedskating Club**



Good Luck to all

204 registered athletes, and 35 clubs



buffalospeedskating.org



GOOD LUCK TO OUR BUFFALO SPEEDSKATING CLUB ATHLETES

Alexander Bauer
Amaliia Bushareb
Magdalena Cerrone
Benjamin Cross
Oscar Cross
Maxwell Crouthamel
Kyle Essex
Sage Krishna

Mili Krishna
Travis Lidner
Ford Mackiewicz
Richard Stefanski
Alexander Stefanski
Margaret Stefanski
Debbie Vokes
Necole Zayatz

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



Carl Cepuran Memorial Award

Honoring a Life of Sportsmanship, Service, and Love of Speedskating



The **Carl Cepuran Memorial Award** honors the memory and legacy of Carl Cepuran, a dedicated member of the speedskating community whose passion for the sport, commitment to others, sportsmanship, and love of competition left a lasting impression on all who knew him.

Carl founded and served as the first Director of the Heartland Racing Series, establishing a series that brought skaters, clubs, and meets together and created opportunities for athletes to compete and grow within the sport. His dedication to racing and to the speedskating community continues to be reflected in the spirit of the Series today.

Presented at the **Buffalo Short Track Championships**, this award recognizes an individual who best embodies the qualities and values that Carl represented. The recipient may be a volunteer, skater, coach, official, organizer, parent, club supporter, or other member of the speedskating community.

The recipient is someone who demonstrates:

- **Service to the Sport** — giving time, energy, knowledge, or resources to help speedskating thrive.
- **Support of Others** — encouraging athletes and helping teammates, competitors, families, clubs, officials, and volunteers succeed.
- **Dedication** — consistently showing up for the sport and contributing wherever help is needed.
- **Sportsmanship** — demonstrating respect, fairness, humility, and integrity both on and off the ice.
- **Camaraderie and Community** — helping create an environment where people feel welcomed, valued, and connected.
- **Perseverance** — continuing to contribute through challenges and doing what is needed to keep the sport moving forward.
- **Love of Speedskating** — sharing enthusiasm for the sport and helping others experience the excitement and rewards of competition.

The recipient will be selected by the Buffalo Short Track Championships Meet Committee, and will be presented with a commemorative plaque at the event. The recipient will also be formally recognized through the Buffalo Speedskating Club website and the Club's social media channels, providing a lasting public acknowledgment of their contribution to the sport and to the speedskating community.

As we gather at the Buffalo Short Track Championships, we remember not only what Carl accomplished, but the way he made people feel — welcomed, encouraged, connected, and part of something bigger than themselves.

In memory of Carl Cepuran — founder and first Director of the Heartland Racing Series — celebrating the character, sportsmanship, dedication, and passion that make speedskating a community.

HEARTLAND RACING SERIES

2026-27



**TAKE THE CHALLENGE
MAKE YOUR MARK
RACE HEARTLAND**

The HRS is a season-long circuit of six short 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.

Qualification: 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. To qualify, skaters must be at least 12 years old (as of 7/1/26) and meet the qualifying 1000m time of 1:48.0 for men and 1:58.0 for women. Skaters not eligible are encouraged to enter the appropriate age class or ability division offered by the meets hosting the Heartland Series races.

Format: Skaters will compete in at least three Distances - 500m, 1000m, and 1500m. Competitors will skate a minimum of two races per distance, a qualifier and a final, except for the 1500m, which may be run as a super final. Meets may also include a 4th distance of 777m if their schedule permits. 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 submitted times. The ISU "Zero False Starts" rule applies to all Heartland races.

Points: Skaters will earn final points based on the standings in each distance. 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.

US Speedskating Midwest Champion: The overall points winners (men and women) will be awarded the US Speedskating Midwest Champions. US Speedskating will present the winners with awards and recognition through US Speedskating communications.

The series is organized under on ISU rules, except as stated in the Heartland Rules and Regulations.

Keep up to date on the HRS - Info, Photos, Results at:

www.facebook.com/Heartlandracing

Director: Henry Withers - Henry@Buffalospeedskating.org



Series Schedule

Buffalo Short Track Championships
Buffalo, NY - Oct 24-25, 2026 HRS #1
Hosted by: Buffalo Speedskating Club
www.buffalospeedskating.org/buffalo-meet

Great Lakes Short Track Speedskating Championships
Milwaukee, WI - Nov 7-8, 2026 HRS #2
Hosted by: Wisconsin Speed Skating Club
www.wispeedskating.com

Ohio Invitational
Cleveland Heights, OH - Dec 5-6, 2026 HRS #3
Hosted by: Ohio Speedskating Association
www.ohiospeedskating.com

Badger International Short Track Meet
McFarland, WI - January 24, 2027 HRS #4
Hosted by: Madison Speed Skating Club
www.madisonspeedskatingclub.org

Empire State Winter Games Short Track
Lake Placid, NY - February 6-7, 2027 HRS #5
Hosted by: Adirondack Sports Council
www.empirestatewintergames.com

Land of Lincoln Short Track Championships
Champaign-Urbana, IL - March 6-7, 2027 HRS #6
Hosted by: Champaign Regional Speedskating
www.champaignregionalspeedskating.org



**EMPIRE STATE
WINTER GAMES**



Community Bank



Buffalo

IS BUILT FOR GAME DAYS

In Buffalo, sports feel bigger because the city shows up for them. From the first planning call to the final whistle, our team is in your corner. We'll help you find the right facility, connect with local partners, and create an experience athletes and fans won't forget.

Off the field, Buffalo delivers a backdrop you won't find anywhere else – century-old architecture, reimagined grain silos, world-famous wings and a community that brings big-league passion with hometown warmth. It's that mix of grit, creativity and genuine welcome that makes events here unforgettable.

THAT'S **BUFFALO** FOR YOU

Plan your next victory at BUFFALOSPORTSCOMMISSION.COM

Buffalo
SPORTS
COMMISSION

A subsidiary of Visit Buffalo

2026

THANK YOU TO OUR PARTNERS & SPONSORS

The Buffalo Speedskating Club would like to thank the following partners and sponsors for their generous support of the 2026 Buffalo Short Track Championships.



US SPEEDSKATING



Their support helps make this event possible and promotes the growth of speedskating in Western New York.

Thank you!

We would like to thank all of our skaters and their families for being a 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 Waltz 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 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 could 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 – TBD
Competition Coordinator – Tom Miller
Chief Judge – Elizabeth Withers
Chief Track Steward – Tim Howell
Lap Counter – TBD
Chief Heat Box Steward – TBD
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
Necole Zayatz – Vice President / Coach (Level 1)
Christina Pielechowski – Treasurer
Casey Smith – Secretary
Roy Clay – Director
Henry Withers – Director / Coach (Level 1)
Krishna Sundaram – Director
Nathalie Rodrigue-Hasselback – Director / Coach (Level 2)
Julie Gehring – Coach (Level 2)
Alan Jay – Coach (Level 1)

Supported by:

Buffalo
SPORTS
COMMISSION



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Buffalo

Short Track

Championships 2026



The Northtown Center at Amherst

1615 Amherst Manor Drive
Williamsville, NY 14221

October 24 - 25, 2026

Hosted by:

Buffalo Speedskating Club



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