



Buffalo Short Track Championships



October 19-20, 2024
The Northtown Center at Amherst



BUFFALO

Short Track

Championships 2024

The Northtown Center at Amherst
1615 Amherst Manor Drive
Williamsville, NY 14221
October 19 - 20, 2024

Hosted by:
Buffalo Speedskating Club



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

Welcome to the 10th 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
- Warm-up stationary bicycles
- Skybox Grille restaurant
- Photo background
- Awards Ceremony:
Sunday at the conclusion of racing
(approximately 2:00pm)



Online Meet Information

Short Track Speed Skating Live

(ShortTrackLive.info)

Program Schedule / Heat Assignments / Race Results

Live Mode Automatically Updates Every 3 Minutes

Follow Along On Any Internet Enabled Device

A link and QR code will be
provided the day of Registration,
Friday the 18th.

The program will be updated
accordingly.



Northtown Center



WiFi Network Name

Northtown Center Public

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

Schedule

Check-in: Friday 10/18 - 6:00pm - 8:00pm

Check-in will take place at the Northtown Center (downstairs lobby outside of the Olympic rink) on Friday the 18th 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, 10/18

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

7:00pm - 7:15pm - Novice & Novice A & Novice B & Div.9 Sullivans

7:20pm - 7:35pm - Div.13 Purple Eagles & Div.11 Bisons & Div.12 Bulls

7:40pm - 7:55pm - Div.6 Northtown & Div.7 Southtown

8:00pm - 8:15pm - Div.14 Bills & Div.5 Sabres & Div.10 Wings

8:20pm - 8:35pm - Div.2 Heartland Women A & Div.4 B Heartland Women B & Seniors

8:40pm - 8:55pm - Div.1 Heartland Men A & Div.3 Heartland Men B

Saturday, 10/19

National Anthems at 7:55am

Racing begins at 8:00am



Sunday, 10/20

Racing begins at 8:00am

Awards Ceremony - at the conclusion of racing (approximately 2:00pm)



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:

Div.1 Men A: --- 500M / 777M / 1000M / Super 1500M
 Div.3 Men B: --- 500M / 777M / 1000M / Super 1500M
 Div.2 Women A: --- 500M / 777M / 1000M / Super 1500M
 Div.4 Women B: --- 500M / 777M / 1000M / Super 1500M

Ability:

111M track
 Seniors: ----- 500M / 777M / 1000M / Super 1500M
 Div.14 Bills: -----333M / 777M / 500M / Super 1000M
 Div. 5 Sabres: -----333M / 777M / 500M / Super 1000M
 Div.10 Wings:-----333M / 777M / 500M / Super 1000M
 Div. 6 Northtown: ----222M / 333M / 500M / Super 777M
 Div. 7 Southtown:----222M / 333M / 500M / Super 777M

85M track (10 & under) Note: Super 500M on 111M track
 Div.13 Purple Eagles:-170M / 255 M / 340M / Super 500M
 Div.11 Bisons:-----170M / 255M / 340M / Super 500M
 Div.12 Bulls: ----- 170M / 255M / 340M / Super 500M
 Div. 9 Sullivans: ----- 170M / 255M / 340M / Super 500M

Novice:

111M track (11 & over)
 Novice: ---222M / 333M / 444M / Super 500M
 85M track (10 & under)
 Novice A: ----- 85M /170M / 255M /Super 340M
 Novice B: -----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.

New this season: US Speedskating Midwest Champion. The overall Heartland 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

New this season: The ISU "Zero False Starts" rule will apply to all Heartland races. Skaters are disqualified after one false start.

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!

Overall Team Winner of the
2023 Buffalo Short Track
Championships
Potomac Speedskating Club



Good Luck to all
200 registered athletes, and 32 clubs
represented in this year's Meet



Adirondack Summer Training Camps

Take Your Skating & Training To The Next Level!

Join us at the storied Olympic Center in beautiful and historic Lake Placid for an unparalleled training and camp experience. Our Junior eight-day camp is designed for competitive skaters ages 12 and over, while our weekend Masters camp is suitable for all skaters over 21. Both camps incorporate ice, dryland, and analyses. Additional training will also be provided in the art/sciences of blade setup, race preparation, and injury prevention.

Junior Camp Highlights

- Competitive Junior skaters, ages 12 and over. *Younger skaters may be considered for participation on a case-by-case basis*
- Limited to the first 30 athletes
- Dates: TBD
- Cost - Single U.S. skater - TBD
Two or more in the same family: U.S. - TBD
Single Canadian Skater - TBD
Two or more in the same family: CN-TBD
- Total Ice Time: 15 hours
- Total Dryland training: 11 hours
- Accommodations: All skaters 12 and older will stay at the US Olympic Training Center (USOTC). Out-of-area skaters under 12 will be assigned a host family if desired.
- Meals: All meals will be provided by the USOTC

Masters Camp Highlights

- Skaters of all levels over 21 years old
- Limited to the first 25 athletes
- Dates: TBD
- Cost - TBD
- Total Ice Time: 6 hours
- Total Dryland training: 5 hours
- Accommodations: Suggested accommodations will be provide

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 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.



Olympic Center
2634 Main Street
Lake Placid, NY 12946



For more information:

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

www.buffalospeedskating.org/camps





Good Luck to all Buffalo Speedskating Club Athletes

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



Amaliia Bushareb

Necole Zayatz



Mili Krishna

Sean Lippa



Magdalena Cerrone

Sage Krishna



Parker Rutz

HEARTLAND RACING SERIES

2024-25



**Go to the start and
get ready for the
Heartland Racing**

The HRS is a season-long circuit of seven 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.

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 7/1/24) and meet the qualifying 1000m time of 1:48.0 for men and 1:58.0 for women. 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 are encouraged to include a 4th distance of 777m if their schedule permits. Skaters will earn 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: 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.

New: False Starts: The ISU "Zero False Starts" rule will apply to all Heartland races. Skaters are disqualified after one false start.

The series will be organized based 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

Acting Director: Henry Withers - Henry@Buffalospeedskating.org



Photo credit: Raymond Lin

Series Schedule

Buffalo Short Track Championships

Buffalo, NY - Oct 19-20, 2024 **HRS #1**

Hosted by: Buffalo Speedskating Club

www.buffalospeedskating.org/buffalo-meet

Great Lakes Short Track Speedskating Championships

Milwaukee, WI - Nov 23-24, 2024 **HRS #2**

Hosted by: Wisconsin Speed Skating Club

www.wisconsinspeedskating.com

Ohio Speedskating Association Invitational

Cleveland Heights, OH - Dec 7-8, 2024 **HRS #3**

Hosted by: Ohio Speedskating Association

www.ohiospeedskating.com

2024 Rock 'n' Roll Invitational

Milwaukee, WI - December 29, 2024 **HRS #4**

Hosted by: Wisconsin Speed Skating Club

www.wisconsinspeedskating.com

Empire State Winter Games Short Track

Lake Placid, NY - February 1-2, 2025 **HRS #5**

Hosted by: Adirondack Sports Council

www.empirestatewintergames.com

Land of Lincoln Short Track Championships

Champaign-Urbana, IL - March 1-2, 2025 **HRS #6**

Hosted by: Champaign Regional Speedskating

www.champaignregionalspeedskating.org

Badger International Short Track Meet

McFarland, WI - March 15-16, 2025 **HRS #7**

Hosted by: Madison Speed Skating Club

www.madisonspeedskatingclub.org



US SPEEDSKATING





ERIC FRICK

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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.*

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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 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 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 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 - Judy Gehring

Competitor Steward - Tom Miller

Chief Judge - Lizzy Mahoney

Chief Track Steward - Tim Howell

Lap Counter - Jenny Thatcher

Chief Heat Box Stewards - Elgin Smith & Raquel Samson

Head Announcer - Doug Lippa

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)

Craig Pielechowski - Coach (Level 2)

Alan Jay - Coach (Level 1)

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!



Photo Credit:

Front cover - Raymond Lin

Back cover - Hank Wang

Pg. 2 - Raymond Lin

Pg. 4 - Raymond Lin

Pg. 6 - Hank Wang

Pg. 8 - Raymond Lin & Alan Jay



Supported by:

Buffalo Niagara Sports Commission

www.buffalospedskating.org/buffalo-meet




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