

The 14th Annual NIRA Nationals

To all Skaters, Coaches, Officials and Clubs,

On behalf of the Board of Directors of the National Inline Racing Association (NIRA), I would like to take this opportunity to invite you and your team to experience the excitement of Olympic Short Track Speed Skating within the competitive format of International Speed Skating used for the World Championships at the '14th Annual NIRA Nationals', also known as the NIRA National Short Track Inline Speed Skating Championships.

This year we look forward to going to Atlanta Area and competing at the newly remodeled Sparkles Roller Rink in Smyrna, Georgia. Sparkles is no stranger to hosting the biggest and best competitions over the years and will provide the '14th Annual NIRA National Short Track Inline Speed Skating Championships', skaters, coaches and parents another great opportunity to compete at the highest level while enjoying the Labor Day weekend in Atlanta.

From the 100-meter 'Dash for Cash' to the strategies of the 'Points Elimination' and 'Last Man Out', to the excitement of the 'Individual Age Group' events and 3 Person Relays', the Mission of the National Inline Racing Association is to create a 'fun, friendly and hassle free' national competitive program for the Sport of Inline Speed Skating that encourages the creation of teams, clubs and competitions across the country which combines the excitement of Olympic Short Track Speed Skating and the competitive format of International Speed Skating.

With the ever increasing level of competition from National and World Champion skaters, guaranteed cash prizes for the Dash for Cash, beautiful medallion awards for each of the Individual Age Groups events and Relays. Large beautiful cups for each overall age group National Champions and the famous crystal awards for the Last Man Out Elimination Race and Points Elimination Race National Champions, the '14th Annual NIRA Nationals' is quickly becoming recognized as the fresh alternative for the sport of Inline Speed Skating.

Sanctioned by the National Inline Racing Association and USA Roller Sports, The '14th Annual NIRA Nationals' will allow you and your skaters to compete in a safe atmosphere of competition which not only rewards the skaters with memories and medals, fitness and fun, success and satisfaction, but ultimately brings the Olympic Spirit to life in skaters of all ages with the end result being benefits that go beyond simply winning a race.

For the '14th Annual NIRA Nationals', you have three ways of entering the competitions. First, you can use the NIRA ENTERFAX. Entries are faxed to the NIRA Headquarters by the August 15th deadline using the enclosed ENTERFAX form. Entry Fees, Entry Forms which includes the Skater Waiver, Medical Consent and Release of Liability will be turned in at the time of registration at the meet. All names on the Fax Form will not be charged the \$5.00 late fee normally charged late entries or on-site entries. The second way to enter the competitions is through the 'ENTERNET'. The E-mail address for the NIRA is: nira@aol.com. The same rules apply to the ENTERNET entries as to the ENTERFAX with all entries being received by August 15th. Entries may also be returned the old-fashioned way - by mail, please allow enough time for your entry to arrive by the August 15th, deadline to avoid the late entry fees.

As we see more and more skaters and clubs experiencing the National Inline Racing Association, we look forward to the '14th Annual NIRA Nationals' National Short Track Inline Speed Skating Championships being another exceptional weekend of fun and racing excitement. Enclosed is the Pertinent Facts, All About the NIRA Nationals, Hotel Information and Entry Forms (make copies if necessary). If you need further information, feel free to call the NIRA at 1-800-SK8-NIRA or 316-942-7174

We look forward to seeing you in Georgia.

Joe Cotter
Executive Director NIRA

TO: CLUBS & COACHES

***Special Family Entry ***

All Skaters within the same immediate family Mom, Dad, Brothers and Sisters only (No Cousins, etc.) who are entered by their club coach using the ENTERFAX Entry Form before the August 15, Entry Deadline will be charged the following Entry Fees for this years NIRA Nationals.

First Family Member Entered.....	\$75.00
Second Family Member Entered	\$50.00
Third Family Member Entered	\$25.00
Fourth and above	\$15.00

The above does not apply for Individual Entry and On-Site Entry which will be the regular \$75.00.

(\$80 entry fee which includes a \$5 late fee after the August 15 deadline)

Entry Fees will include all events and the official 14th Annual NIRA Nationals T-Shirt for all skaters.

14th Annual NIRA National Short Track Inline Speed Skating Championships

PERSONAL INFORMATION

SKATERS NAME _____ T-SHIRT SIZE _____

ADDRESS _____

CITY, STATE, ZIP _____ EMAIL _____

PHONE # () _____ FAX () _____

AGE AS OF JAN. 1, 2009 _____ DATE OF BIRTH ____/____/____ MALE _____ FEMALE _____

PERSON TO CONTACT IN CASE OF EMERGENCY _____

EMERGENCY CONTACT'S PHONE NUMBER () _____

EVENT INFORMATION

INDIVIDUAL AGE GROUP NAME _____ LAST MAN OUT & POINTS RACE NAME _____

THREE PERSON RELAY _____ THREE PERSON MIXED RELAY _____

ENTRY FEE INFORMATION

\$75.00 COVERS ALL EVENTS ENTERED (*August 15, 2009 Entry Deadline - \$5 late entry fee*)

SKATER WAIVER, MEDICAL CONSENT, AND RELEASE OF LIABILITY

WAIVER MUST BE SIGNED BEFORE ENTRY WILL BE ACCEPTED - READ AND SIGN BELOW

In consideration of being allowed to participate in the *'14th Annual NIRA National Short Track Inline Speed Skating Championships'*, and related events and activities, the undersigned:

1. Agree that prior to participating, I will inspect the facilities and equipment being used, and if I believe anything is unsafe, I will immediately advise my coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge fully that I will be participating in activities that involve risk or serious injury including permanent disability and death, and severe social and economic losses which might result not only from my own actions, inactions or negligence of others, the rules of play, or the conditions of the premises, or of any equipment used, further, that there may be other risk not know to me or not reasonably foreseeable at this time.
3. Assume all risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
4. Release, Waiver, Discharge, and Covenant not to sue *Sparkles Roller Rink, the National Inline Racing Association, its Board of Directors, affiliated Clubs, Coaches, or other participants*, hereinafter referred to as 'Release' from any and all liability to the undersigned, their heirs, and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property caused or alleged to be caused in whole or in part by the negligence of the release or otherwise.
5. In the event that I sustain injury, or illness while participating in the *'14th Annual NIRA National Short Track Inline Speed Skating Championships'*, I hereby authorize any emergency first aid, medication, medical treatment or surgery deemed necessary by licensed medical personnel. I also give permission for attending medical personnel to execute on my behalf my permission form or other necessary medical documents and to act on my behalf if I am not immediately available to do so.
6. I currently have no known physical or mental condition that would impair my capability for full participation as intended and expected of me except for: _____

SIGNATURE OF APPLICANT (sign in ink)

DATE

SIGNATURE OF PARENT OR GUARDIAN (Sign in ink)

DATE

PARENT OR GUARDIAN OF MINOR (UNDER AGE 18): I, as parent or guardian of the applicant, represent to NIRA that the facts herein concerning my child or ward are true. I hereby give my permission for my child or ward to enter the *'14th Annual NIRA National Short Track Inline Speed Skating Championships'*, and in consideration of granting such permission, agree, individually and on behalf of my child or ward, to the terms of the above Skater Waiver, Medical Consent, and Release of Liability.

THE NIRA 'ENTERFAX'

To: 14th Annual NIRA National Short Track Inline Speed Skating Championships

Fax to: 316-942-9324 by the August 15, 2009 Entry Deadline

From - Club Name _____ **City / State** _____

Coaches Name _____ **Phone #** _____ **Email** _____

Fill out the enclosed ENTERFAX form (make add'l forms if needed) with each skaters name, age/date of birth, male or female, Individual Age Group, Last Man Out Elimination Race Age Group, 3 Person Relay name.

Note: Entry Fees & completed Individual Entry Form which includes Skater Waiver, Medical Consent and Release of Liability along with the required signatures must be presented at Check-In prior to the start of the competition to complete entry process.

Name	T-Shirt Size	M/F	Age 1/1/09	Dash For Cash		Relay Events 3 Mixed
				Individual Age Group	Points & Elim. Last Man Out 3 person	
1. _____	_____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____	_____	_____
7. _____	_____	_____	_____	_____	_____	_____
8. _____	_____	_____	_____	_____	_____	_____
9. _____	_____	_____	_____	_____	_____	_____
10. _____	_____	_____	_____	_____	_____	_____
11. _____	_____	_____	_____	_____	_____	_____
12. _____	_____	_____	_____	_____	_____	_____
13. _____	_____	_____	_____	_____	_____	_____
14. _____	_____	_____	_____	_____	_____	_____

The completed ENTERFAX form must be faxed to 1-316-942-9324 by August 15, to allow time to prepare the program. The \$75.00 entry fee will apply only to the names listed and received by the deadline. After the deadline date, the entry fee will be \$80.00 which includes the \$5.00 late fee.

Pertinent Facts for the 14th Annual
NIRA Nationals Short Track National Championships

Dates of Competition: September 5 & 6, 2009

Practice Times: Friday, September 5, 5pm to 7pm

Competition Times: Saturday 6am-6pm, Sunday 6am-6pm,

Meet Check-In: Friday during practice, Saturday Morning 5am to 6am.

Competition Site: The **14th Annual NIRA NATIONALS** will be competing at the following:

Sparkles Roller Rink

666 Smyrna Hills Drive SE
Smyrna, Georgia 30082
770-432-6222

Host Hotel:

Fairfield Inn & Suites

2450 Paces Ferry Road
Atlanta, Georgia 30339
770-435-4500 \$65.00 (Reference # 1-VZFW24)

Registration, Entry Fees and T Shirts: \$75.00 (Add'l \$5 for On-Site Entry) Includes all events and the official 14th Annual NIRA Nationals T-shirt. (Please include size on entry). Special Family Entry Information enclosed. Spectators: \$5.00 per Day. Programs: \$5.00 Make checks to NIRA.

Entry Deadline: Entry Forms and Entry Fees must be in our hands by August 15. Entries not in our hands and 'On Site' Entries will be charged the additional \$5 'On-Site' and Late Entry fee. Entries may be returned by **U.S. Mail, ENTERFAX @ 316-942-9324**, or by **ENTERNET @** Note: Skater Waiver, Medical Consent and Release of Liability must be signed before entry can be accepted and the skater allowed to skate. **Questions? Call 1-800-SK8-NIRA.**

Mail Completed Entries and Fees: **14th Annual NIRA Nationals**
3234 South Meridian
Wichita, KS 67217

Awards: Unique 14th Annual 'NIRA NATIONALS' medals in Gold, Silver and Bronze will be awarded to the first, second and third placements in the 'Dash for Cash', for each 'Individual Age Group' races and Three Person Relay Events'. The Overall Individual Age Group National Champion' will receive the large beautiful National Champion Cup. The 'Last Man Out' Elimination Race and the Points & Elimination Race National Champions will receive Crystal National Champion Awards. A total of \$2000 will be awarded for the Dash For Cash. \$100 to the overall fastest male and female skaters in the listed age groups 'Dash for Cash' and \$500 for the fastest overall men's and ladies times . All skaters will receive at registration the Official 'NIRA NATIONALS' T-Shirt.

Track Size: The 14th Annual NIRA Nationals will be competing on Sparkles freshly sanded 82' X 160' hardwood maple Floor with fresh plastic coating. The track will be set up as a 100-meter Oval Track. (See layout)

Sanctions: The 14th Annual NIRA Nationals is sanctioned by the NIRA and USA Roller Sports. All 2008/2009 USA Roller Sports membership cards are good for the NIRA Nationals.

ALL ABOUT THE NIRA NATIONALS

The '14th ANNUAL NIRA NATIONALS' National Short Track Inline Speed Skating Championships are structured to provide the skaters an opportunity to compete for nine separate titles. Unlike the current USARS Program where a skater has only one opportunity for an individual title and four relay titles, the 'NIRA NATIONALS' allows each skater to compete for seven individual titles and two relay titles. National Championships will be awarded for each of the Individual Age Group Race with the Overall National Champion title being awarded to the skater who accumulates the most points when combining the three Individual Age Group placements. National Championships will also be awarded for the Dash for Cash 100 meter timed event, the Last Man Out Elimination Races, and 3 person Relays.

INDIVIDUAL AGE GROUPS and EVENTS

Age as of January 1,

2009

Each race is awarded Gold, Silver and Bronze Medals and points earned are added together to determine the Overall Individual Age Group Champion. Ties will be broken by the highest placement in the middle distance listed below in the Individual Age Groups.

Tiny Tot	6 years and under	200 meters,	300 meters,	500 meters
Juvenile	7 to 9 years	300 meters,	500 meters,	1000 meters
World Class Freshman	10 to 12 years	500 meters,	1000 meters,	1500 meters
World Class Junior	13 to 16 years	500 meters,	1000 meters,	1500 meters
World Class Senior	17 years and older	500 meters,	1000 meters,	1500 meters
World Class Masters	30 years and older	500 meters,	1000 meters,	1500 meters
Grand Masters	40 years and older	500 meters,	1000 meters,	1500 meters
Veteran	50 years and older	500 meters,	1000 meters,	1500 meters

NEWCOMER INDIVIDUAL AGE GROUPS AND EVENTS

Age as of January 1, 2009

Note: Newcomer Individual Age Groups are for skaters who have started speed skating within the last two seasons. (Season is defined as any part of the skating year ending with the NIRA Nationals). Skaters must choose to skate the newcomer or their regular Individual Age Group - **NOT BOTH**. This event will be awarded medals for placements but is not recognized as a national championship event.

Newcomer 'Juvenile'	9 years and under	200 meters,	500 meters,	700 meters
Newcomer 'Freshman'	10 to 12 years	300 meters,	500 meters,	1000 meters
Newcomer 'Junior'	13 to 15 years	500 meters,	1000 meters,	1500 meters
Newcomer 'Senior'	16 and older	500 meters,	1000 meters,	1500 meters
Newcomer 'Masters'	30 years and older	500 meters,	1000 meters,	1500 meters

AGE GROUPS FOR DASH FOR CASH, LAST MAN OUT and POINTS & ELIMINATION RACE

Age as of January 1, 2009

		<u>Dash for Cash</u>	<u>Last Man Out</u>	<u>Points-Elimination</u>
Juvenile Boys / Juvenile Girls	9 years and under	100 meters	2,000 meters	2,000 meters
Freshman Boys / Freshman Girls	10 to 12 years old	100 meters	3,000 meters	3,000 meters
Junior Men / Junior Ladies	13 to 16 years old	100 meters	5,000 meters	5,000 meters
Senior Men / Senior Ladies	17 years and older	100 meters	5,000 meters	5,000 meters
Masters Men / Masters Ladies	30 years and older	100 meters	3,000 meters	3,000 meters
Grand Master Men / Ladies	40 years and older	100 meters		

\$2000 'DASH FOR CASH'

Age as of January 1, 2009

In this exciting event, each skater competes individually against the clock (electronic timing for one lap - 100 meters). Skaters must use a standing starting position, and the first movement of the skate must be forward (in the direction of the competition). The clock will start when the skater breaks the electronic beam (8"-10" high) at the starting line located at the center of the straightaway. This event will allow skaters to compete as well as develop the starting and sprinting skills necessary for International competitions. **A \$100.00 cash prizes will be awarded for the fastest time in each of the designated age groups listed. \$500.00 will be awarded for the overall fastest men's time and ladies time.** The *Dash for Cash* time will also determine each skaters qualifying

heat and starting line position for the **Individual Age Group** events.

LAST MAN OUT' ELIMINATION RACE

Age as of January 1, 2009

In this race within a race, the last skater (based on the last point of the last skate) crossing the finish line on each designated elimination lap will be eliminated and they must leave the race. When only 3 skaters remain, the race will be finish with a two lap sprint. This challenging and exciting race will be awarded its own National Championships in the following age groups for men and ladies.

THE 'POINTS & ELIMINATION RACE'

Age as of January 1, 2009

During this race, the bell will be rang on each designated bell laps. On the following point laps, two points will be awarded to the first place skater and one point to the second place skater. The last place skater determined by the last part of the last skate will be eliminated. Points awarded for the final lap will be, three for first, two points for second and one point for third. The winner will be determined by the skater with the most points who finishes the race.

POINTS AND BELL LAPS FOR THE 2000 & 3000 METER POINTS RACE

Bell Laps for 2000 -- 19, 16, 13, 10, 7, 4, 1

Bell Laps for 3000 -- 28, 25, 22, 19, 16, 13, 10, 7, 4, 1

Points Laps for 2000 -- 18, 15, 12, 9, 6, 3, F

Points Laps for 3000 -- 27, 24, 21, 18, 15, 12, 9, 6, 3, F

POINTS AND BELL LAPS FOR THE 5000 METER POINTS RACE

Bell Laps -- 49, 46, 43, 40, 37, 34, 31, 28, 25, 22, 19, 16, 13, 10, 7, 4, 1

Points Laps -- 48, 45, 42, 39, 36, 33, 30, 27, 24, 21, 18, 15, 12, 9, 6, 3, F

THREE PERSON RELAY EVENTS (entered as a team)

Skaters will relay every one lap.

Age as of January 1, 2008

Juvenile 3 Boy Relay	9 years and under	1500 meters
Juvenile 3 Girl Relay	9 years and under	1500 meters
Juvenile 3 Mixed Relay	9 years and under	1500 meters
Freshman 3 Boy Relay	10 to 12 years	3000 meters
Freshman 3 Girl Relay	10 to 12 years	3000 meters
Freshman 3 Mixed Relay	10 to 12 years	3000 meters
Junior 3 Man Relay	13 to 16 years	3000 meters
Junior 3 Lady Relay	13 to 16 years	3000 meters
Junior 3 Mixed Relay	13 to 16 years	3000 meters
Senior 3 Man Relay	17 years and older	3000 meters
Senior 3 Lady Relay	17 years and older	3000 meters
Senior 3 Mixed Relay	17 years and older	3000 meters
Masters 3 Man Relay	30 years and older	3000 meters
Masters 3 Lady Relay	30 years and older	3000 meters
Masters 3 Mixed Relay	30 years and older	3000 meters

RELAY RULES

1. **FINAL RELAY TEAM MAKE UP must be submitted during check-in at the start of Sunday's events** to be allowed to skate together. Skaters must have the same uniform or wear colored helmet cover.
2. All relay team members must participate in the race and **relay every one lap on 3 person relays.**
3. After the start of the race, relay team members will enter the track from inside the corner markers and after completing their lap(s), immediately return to the relay box through the side return gate.
4. After completing their laps, relay teams will remain in the box until all teams have finished the event and placed.
5. **Relay team disqualification or declassification** will result from: Failure to touch or push a teammate within the relay zone. Entering the track outside the corner markers before the relay zone. Failure to properly return to the relay box, Wrong number of laps skated.

START and FINISH OF THE RACE

1. The **STARTING LINE AND FINISH LINE ARE THE SAME** - at the center of the straightaway - 12 meters behind the first corner marker except for the ELIMINATION RACE where the finish line will be located at the first corner marker.
2. The **START OF THE RACE** will begin with the skaters taking their position on the pre start line (3 feet behind the starting line). On the command **'TO YOUR MARK'** the skaters will take their positions at the starting line and wait for the command **'SET'** at which time they will assume their final starting position and become motionless until the starting gun is fired (approx. 1-11/2 seconds). The timing clock will begin with the firing of the gun.
3. If a **FALSE START** takes place, the starter will recall the skaters with a second shot or a blast of the whistle.

4. The **STARTER WILL CHARGE THE FIRST FALSE START TO THE FIELD (ALL SKATERS ON THE LINE)**. If a second skaters or subsequent skater false starts, they will be disqualified from that race only.
5. The **FINISH OF THE RACE** will be determined by the skater whose leading skate first crosses the finish line and will be the winner of the race. The position of subsequent finishers will likewise be decided on the basis of the order of the competitors leading skate crossing the finish line, no matter what the position of the body of the skater. If the leading skate is not in contact with the track, then placement is decided by the leading point of their second skate. **During the Elimination Race**, the last skater is eliminated as determined by the last part of the last skate.

PRESSRELEASE

National Inline Racing Association • 3234 S. Meridian • Wichita, KS 67217 • 316-942-7174

2009 NIRA Nationals Headed to Atlanta Georgia

Skaters coming to Atlanta for the 14th Annual NIRA Nationals and the US 10K Outdoor Competition

The **National Inline Racing Association** proudly announces that the **14th Annual NIRA Nationals** will be held at the newly remodeled **Sparkles Roller Skating Rink, in Smyrna, Georgia**. Smyrna, located just minutes of North of Metro Atlanta, will allow skaters participating in the NIRA National the opportunity to also compete in the US 10K outdoor events on Monday September 7th. The NIRA Nationals are scheduled annually over the Labor Day Weekend with this year's dates set for Saturday and Sunday, September 5 and 6, 2009. The NIRA looks forward to another exciting NIRA Nationals and the opportunity to compete on Sparkles freshly sanded and super fast hardwood maple floor.

The **14th Annual NIRA Nationals** combines the International Speed Skating format used for the World Inline Speed Skating Championships and the 'Olympic Style' Short Track Speed Skating. Add the voice of speed skating - Mr. Bob Justice calling each exciting race as only he can, and together you have the **National Inline Racing Associations '14th Annual NIRA Nationals'** also known as the **2009 National Short Track Inline Speed Skating Championships**.

The **14th Annual NIRA Nationals** will once again provide the hundreds of skaters from across the country an opportunity to compete for **Six Individual National Championship Titles**. In addition, **Three Person Relays** will provide skaters the opportunity to win two additional National Championship Titles from the one-hundred thirty one total events being contested.

Competition is scheduled to begin Saturday Morning with the **\$2000.00 Dash for Cash**. In this exciting event, each skater competes individually against the clock (electronic timing) for one lap around the 100-meter oval track defined by sixteen bright fluorescent markers. The skaters are required to use a standing starting position, which is also required for the World Championships. The clock starts when the skater breaks the electronic beam at the starting line. This event allows the skaters to compete and develop their starting and sprinting skills necessary for International Competition. **\$100.00 cash prizes will be awarded to each designated groups overall fastest time with \$500.00 awarded for the overall fastest men's time and ladies time**. The **Dash for Cash** time also determines each skaters qualifying heat and starting line position for the **Individual Age Group** events.

Saturday's Competition will continue with the **Individual Age Group** divisions consisting of three separate distances for each age group. The distances will vary from 200 meters to 1500 meters depending upon the age of the skaters. Saturdays events will crown forty-four National Champions for each age groups short and long distance events.

Saturday's events will conclude with the exciting **Last Man Out Elimination Races**. In this race within a race, the last skater (based on the last point of the last skate crossing the line on each designated elimination lap) is eliminated and must leave the race. When only five skaters remain, a three lap sprint will determine the National Champion and winner of the beautiful Last Man Out Champions Cup. This challenging and exciting event will crown the Last Man Out Elimination Race National Champion in ten separate age groups.

Sunday's competition will continue with the **Points-Elimination Races** and the **Individual Age Groups tie breaker middle distance events**. With each race in the **Individual Age Group** division being awarded its own National Championship. Forty-four National Championships will be awarded including each age groups '**Overall Individual Age Group National Champion**' determined by combining the three Individual Age Group division races.

The Championships conclude with the skating of the '**Three Person Relays**' events. Based upon the relay formats for the World Inline Championships and Olympic Short Track Speed Skating, the skaters will relay every one lap for the three person relays for each relays required distance. The relay events result in close racing, exciting lead changes and many of the Relay National Championships not being determined until the last push.

In looking forward, the '**2009 'NIRA Nationals' National Short Track Inline Speed Skating Championships**' will once again be more than just racing. It will be fun with friends, memories and medals, success and satisfaction, and the championships ultimately bring the Olympic Spirit to life in skaters of all ages, resulting in benefits that go beyond simply winning a race.

For additional information contact the NIRA at 1-800-SK8-NIRA or email at NIRA@aol.com