

## USS LT AmCup 2 Long Track

<b>DATE:</b> <b>LOCATION:</b> <b>REGISTRATION DEADLINE:</b> <b>REGISTRATION FEE:</b> <b>LATE REGISTRATION:</b>	December 7-9 <sup>th</sup> , 2018 Roseville, MN December 3 <sup>rd</sup> , 2018 \$99 per competitor Possible until Coaches Meeting. A \$100 late entry fee charge in addition to the \$99 will apply. Fees to be paid to LOC directly in cash.
<b>RINK INFO:</b>	Guidant John Rose Oval 2661 Civic Center Drive Roseville, MN 55113
<b>HOTEL INFO:</b>	Country Inn & Suites by Radisson 2740 Snelling Ave N Roseville, MN 55113 Phone: (651) 628 3500
<b>PRACTICE SESSIONS:</b>	Official Practice Session: Thursday, Dec. 6 <sup>th</sup> 7:15-8:30pm  Early Warm-Up: Friday, Dec 7 <sup>th</sup> TBA (\$10 drop in fee)
<b>TEAM LEADERS MEETING:</b>	Coaches Meeting: Friday, Dec. 7 <sup>th</sup> at 2pm @ Fireside Room at the Oval

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SCHEDULE *\*Subject to Change*

<b>Thursday</b>	7:15-8:30pm	Official Practice
<b>Friday, Dec 7th</b>	TBA 4:00-4:20pm 4:45pm	Early Warm-Up (\$10) Warm up Start of races 500m #1, 3000m Ladies 500m #1, 3000m Men
<b>Saturday, Dec 8th</b>	12:00-12:20pm 12:45pm	Warm up Start of races 500m #2, 1500m Ladies 500m #2, 1500m Men
<b>Sunday, Dec 9th</b>	8:00-8:20am 8:45am	Warm-up Start of races 1000m, 10L MS Jr Ladies, 16L MS Sr Ladies  1000m, 10L MS Jr Men, 16L MS Sr Men

End of AmCup races are anticipated around noon

\*times are subject to change