

ROLLER SKATING

PARTICIPATION: Athletes may compete in two individual events plus a relay.

ALL Speed Skaters MUST wear a helmet even during warm-ups. Elbow and knee pads are suggested.

If an athlete wears glasses, that athlete **MUST** wear an eyeglass strap.

Athletes may use roller blades, however skates used during competition **may not** be used outdoors on the day of the event.

ROLLER SKATING EVENTS AND CODES

EVENT

30 Meter Straight Line Race
30 Meter Slalom Race

100 Meter Race the Track
300 Meter Race the Track
500 Meter Race the Track
1000 Meter Race the Track

2 x 100 Relay Race
2 x 200 Relay Race
4 x 100 Relay Race

EVENT CODE

RS30MR
RS30SL

RS100M
RS300M
RS500M
RS1000

RS2X1R
RS2X2R
RS4X1R