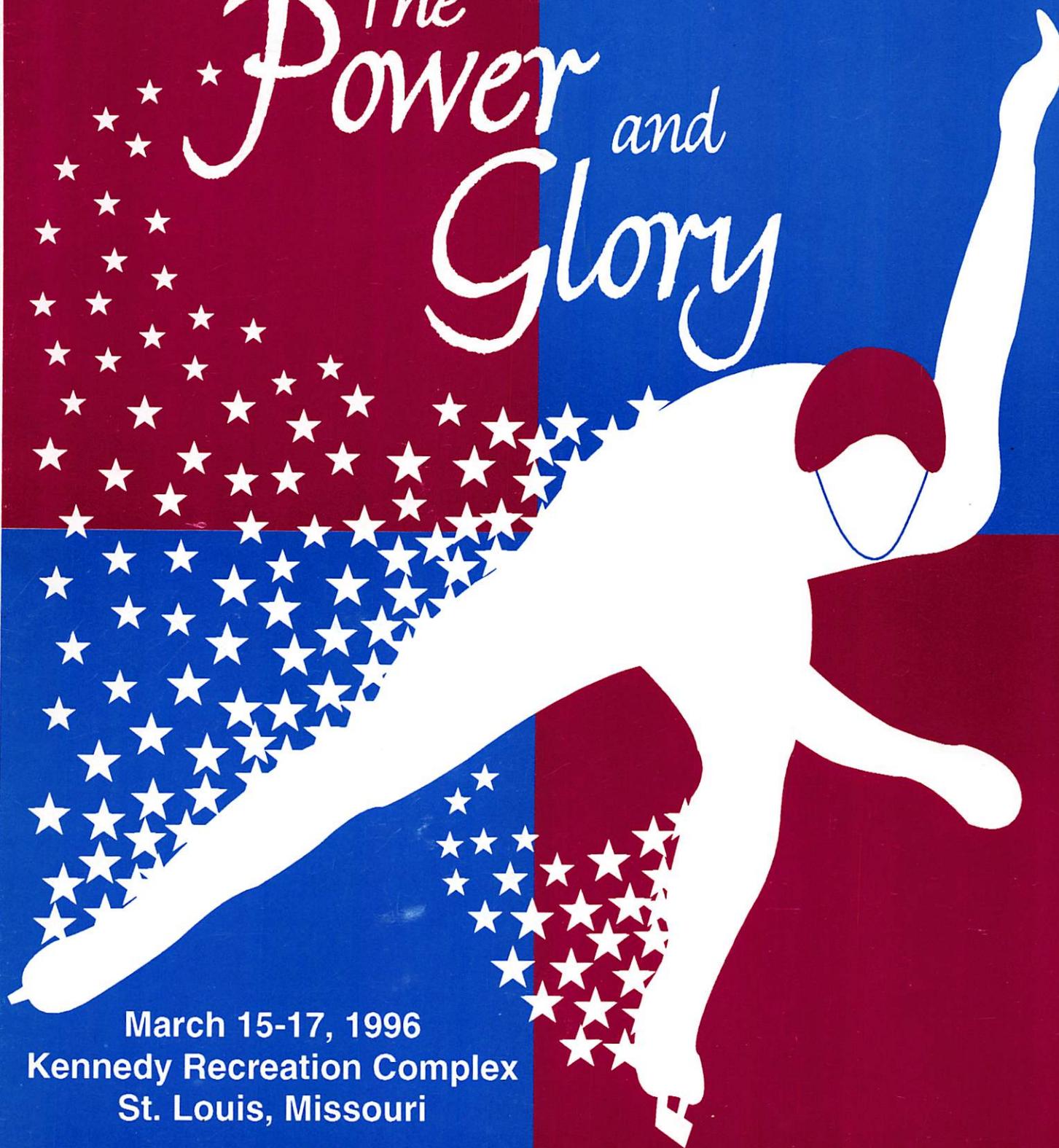


National Speedskating Championships

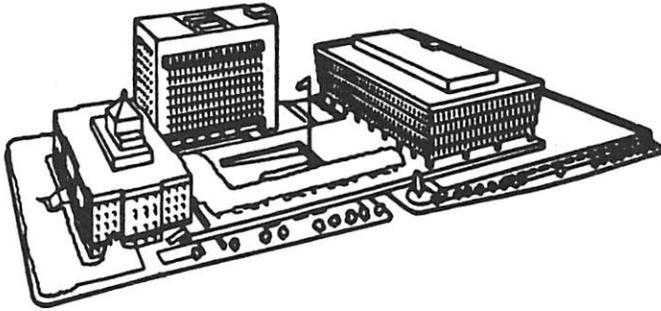
1996 Short Track

The
Power and
Glory



March 15-17, 1996
Kennedy Recreation Complex
St. Louis, Missouri

Sanctioned by the Amateur Speedskating Union of the United States
Hosted by the St. Louis County Department of Parks and Recreation
and the Missouri Speedskating Association



St. Louis County, Missouri
Buzz Westfall, County Executive
Department of Parks & Recreation
Robert J. Hall, CLP, Director

January 19, 1996

Dear Competitors and Spectators;

It is with great pleasure that I welcome you to the Wayne C. Kennedy Complex. St. Louis County Parks and Recreation Department has hosted the St. Louis Silver Skates Championships and national level short track speedskating events for 15 years, and we are proud to acknowledge the many fine athletes who have participated in these events each year, many of whom continue to compete in the Winter Olympic Games. We congratulate the athletes participating in this year's event for successfully reaching this competition and wish everyone the best of luck. We hope to see many of you competing in the 1988 and 2002 Winter Olympics.

On behalf of the Department of Parks and Recreation and St. Louis County, I offer our warmest "thank you" for your attendance and participation, and extend best wishes to you for a successful and exciting event.

Sincerely,

Robert J. Hall, CLP
Director

RJH:gb





AMATEUR SPEEDSKATING UNION OF THE UNITED STATES

JIM CHAPIN, PRESIDENT

6551 Tholozan Avenue St. Louis, MO 63109 (314) 645-8320 Fax: (314) 645-0754

On behalf of the Amateur Speedskating Union of the United States, I welcome you to the 1996 National Short Track Speedskating Championships in St. Louis.

Short Track Speedskating is the most action packed ice sport in the country combining speed, power, agility, spills and thrills into every event. Many future Olympians will be performing during this event and only the test of time will reveal to us who will reach this elite level.

Our thanks to the Missouri Speedskating Association Organizing Committee who have devoted the time and effort needed to assure a quality competition for the skaters. We likewise extend our appreciation to the St. Louis County Parks and Recreation Department who help sponsor this event and the staff at the Kennedy Recreation Complex for their help and cooperation. A special thank you to the the many officials and staff volunteers providing the talents and expertise needed to conduct this event for the ASU.

To the skaters competing for the National titles, may you have your finest weekend of skating in your career to date. Without your presence and talents everything else about this event would be meaningless. Good luck to all of you in your races. Regardless of where you end up in the final standings you are all winners. You are going to provide everyone attending this event thrills and excitement not found in any other sport.

Sincerely,

Jim Chapin
ASU President



THE MISSOURI
SPEEDSKATING
ASSOCIATION

March 1996

Dear Skaters, Parents, Coaches and Speedskating Enthusiasts;

I take great pleasure in welcoming each one of you to the National Speedskating Championships, 1996 Short Track. The members of the Missouri Speedskating Association want you to enjoy yourselves and have a great competition.

When the National Championships were held at the Kennedy Recreation Complex in 1992, a record number of national records were broken and set. We are proud to provide, with the expertise of the ice crew here, one of the fastest ice sheets in the United States and I'm sure that once again new records will be set here.

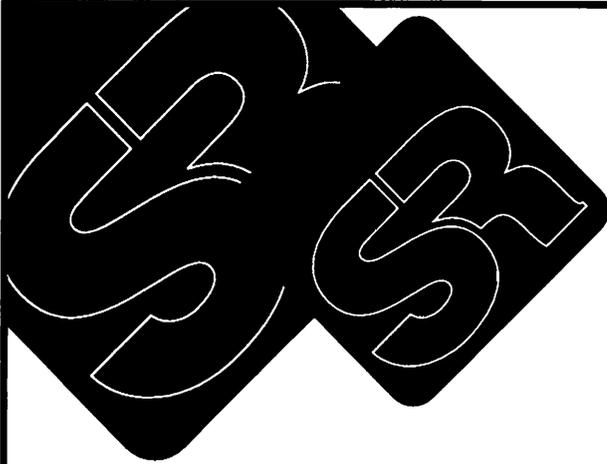
As a skater, you'll be pleased to compete on this excellent ice, but more importantly, set your own personal bests. We are also happy to provide the atmosphere where coaches will see their skaters pushing themselves to new heights in an arena of positive sportsmanship and competition. And parents will applaud the efforts of their young athletes to produce their best efforts and discover inner strength. To the speedskating junkies, it's fast ice, fast skaters, fierce but friendly competition, tight passes....and lots of thrills!

Again, welcome to St. Louis. And, if anyone from the Missouri Speedskating Association can assist you in any way, just ask.

Sincerely,

Charles (Charlie) Brown, President
The Missouri Speedskating Association

☆☆☆☆ 1/8 Short Track ☆☆☆☆



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Thank You

The Missouri Speedskating Association is deeply indebted to our sponsors and advertisers, who graciously support the National Speedskating Championships®, 1996 Short Track. Through their generosity, we can provide a positive arena for sporting competition and make an impact on the lives of our skaters. We also wish to acknowledge the parents, coaches and volunteers who believe in the athletes who choose speedskating as their sport and offer quality programs in a healthy environment on a local, regional and national level.

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**Good Luck Speedskaters, Parents, Coaches
and Volunteers for the
National Speedskating Championships® 1996 Short Track!**

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Distances Skated For The National Speedskating Championships®, Short Track

Grand Masters	500M	777M	1000M	1500M
Masters	500M	1000M	1500M	3000M
Seniors	500M	1000M	1500M	3000M
Intermediates	500M	1000M	1500M	3000M
Juniors	500M	1000M	1500M	3000M
Juveniles	333M	500M	777M	1000M
Midgets	333M	500M	611M	777M

Speedskating Track

Each lap is 111.12 meters. Five separate tracks are used to provide the best possible racing conditions for the competitors. At speeds up to 30 miles an hour, the slightest ice imprefection can cause a loss of blance and possible fall.

How Many Times Around Do They Go?

333 Meters	3 laps
500 Meters	4.5 laps
611 Meters	5.5 laps
777 Meters	7 laps
1000 Meters	9 laps
1500 Meters	13.5 laps
3000 Meters	27 laps

Awarding Of Points

First place	5 points
Second place	3 points
Third place	2 points
Fourth place	1 point

The skater in each class with the highest point total after all the events is the National Champion in that class.

Without You.....

In addition to the many sponsors, advertisers and volunteers who have made the National Speedskating Championships® 1996 Short Track possible, the following people and businesses have donated products and services. Thank you so much for helping to make this event very special!

- **Service Reprographics, Inc.**
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- **The Robinwood Elementary School Choir,**
Opening ceremony National Anthem
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- **St. Louis Convention and Visitor's
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- **Gatorade Thirst Quencher,** Water bottles,
Gatorade drink
- **Dierbergs Mackenzie Pointe**

Age Classifications

The class of the skater is based on the age of the skater on July 1 preceding the competition.

Grand Master.....	50 years of age or older
Master.....	35 years of age or older
Senior.....	19 years of age or older
Intermediate.....	18 years of age or younger
Junior.....	15 years of age or younger
Juvenile.....	13 years of age or younger
Midget.....	11 years of age or younger

About The Cover

Just before the holidays, talented graphic designer/speedskater Maria Alonso Cummins delivered the cover for this year's program. On December 26, she and husband Kevin delivered son Nicholas Alonso Cummins, their first child. Maria has graciously donated her designs for three program covers and designed the Missouri Speedskating Association logo. She is the owner of Flair Designs and a contract freelancer with Busch Creative Services. Maria makes us look great! Look for Nicholas on the ice.

☆☆☆☆ 1/8 Short Track ☆☆☆☆



*Anything
else is a
compromise.*

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 Maryland Speedskating Association
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Metros Speedskating Club

Welcome Skaters to the 1996 National Speedskating Championship!

The St. Louis Blues Winterland ice rink has provided the training time to make the Metros Speed Skating Club possible.

We had our first workout on Memorial Day, the 31st of May, 1969. Our program was not new but it was difficult.

Much credit must go to "Sonny" Rupperecht, who somehow worked out a program for beginners, Novices of all ages, and Class A skaters with the highest degree of satisfaction for all concerned. With his knowledge of the sport and his personality — there is time for a learn to skate program, time for races, and time for all the things necessary to constantly improve.

At present, we have some fifty families who have joined our Club and over 70 skaters.

Harry Monteith has been an excellent assistant along with Mike Carnaghi in providing individual help to the skater. Many others have contributed their time and effort and with this kind of support from families and individuals, we hope that the Metros will add continued growth to the Missouri Skating Association and quality that will enhance the sport in the minds and eyes of the nation.

Tell all that you know and come in contact with throughout the years to remember one thing:

"Speed Skating totals more points for the United States in Winter Olympics than any other sport."

And, someday the Metros will send Speed Skaters to the Winter Olympics.

Unknown

Circa, March 1970

***...and the tradition continues to today! Come join the fun!
U.S. Ice Sports Complex, Webster Groves Recreation Complex,
The Forum Ice Arena, Queeny Recreation Complex, Brentwood
Ice Rink. Ice workouts every week. Contact Harlan Kwiatek at
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Metros Speedskating Club is a not-for-profit organization dedicated to the development, education and coaching of novice, recreational, elite, and Olympic speed skaters.

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1/8 Short Track



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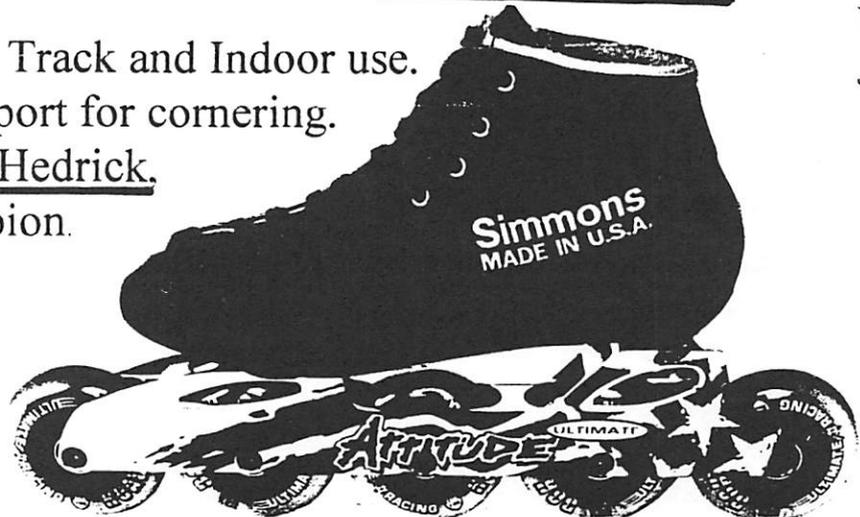
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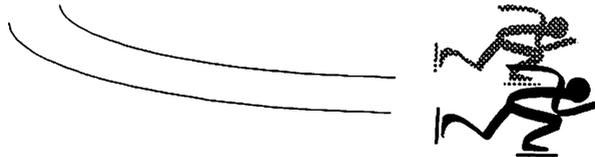


I have told thee that being outside on foot is very dangerous. Thou must stay inside until thou leamedh skating. Above all, go not agamdh to the devil's playground! Honor thy father's commandments.

the less thou fall, now you leamedh. I know thou will be a good boy, it's hard for thee to stay home while I work. I know thee liketh to go outside without thy skates.

a perfect point in the universe. There is no imbalance unless thou think there is. Now skate boy skate. Hey, don't worry, thou find the balance, I did. It just takes time to find it. Remember the longer thou skate.

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Sanctioned by: The Amateur Speedskating Union of the United States (ASU)

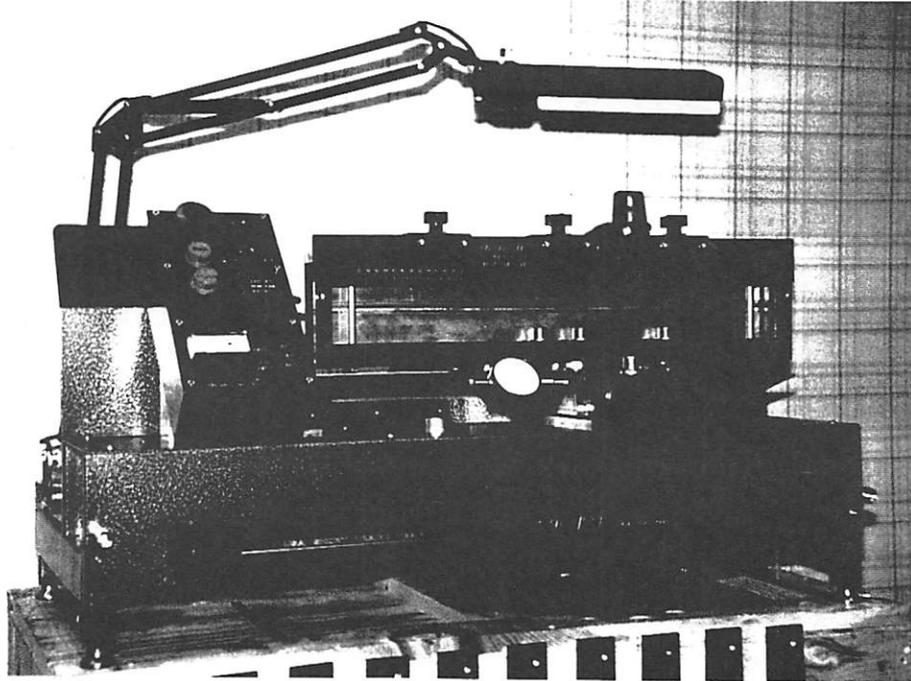
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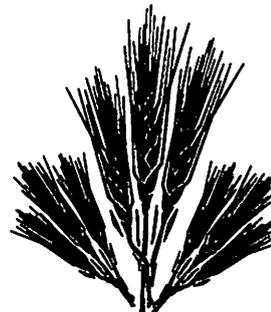
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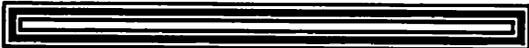
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<i>Class</i>	<i>Sponsor</i>	<i>Medal Title</i>
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	Edward Helminski and Monica Crawford 2nd-4th place medals	Roy C. Helminski Award
Intermediate Men	David Lind and Bill Lanigan Gold medals-500m Flint (MI) Speedskating Club Gold medals-all other events David Lind and Chris Lanigan All other medals	Lind and Lanigan Award Don Meek Memorial Award The Lind Family Award
Junior Boys	Timothy and Mary Lou Quinn All gold medals Edgar Dame 2nd-4th-500m and 1000-meter Duane Riley 2nd-4th-1500m	Timothy and Mary Lou Quinn Award Dame Family Award Riley Family Award
Juvenile Boys	Charles and Greta Hall All gold medals Ted and Kay Klaiber 2nd-4th-777m	Hall Family Award Klaiber Family Award
Midget Boys	Terry McDermott All gold medals	Terry McDermott Award
Master Women	Southern California Assn. All medals	Southern California Assn. Award
Senior Women	Kit Klein Outland All gold medals	Kit Klein Outland Memorial
Intermediate Women	David Lind All medals-500m, 1500m, 3000m Christine Lind Lanigan All medals-777m Dr. Anthony Arena All medals, 1000m	The Lind Family Award Christine Lind Lanigan Award Arena Family Award
Junior Girls	Robert Engling All gold medals	Engling Award
Juvenile Girls	Affholter Children All gold medals	Affholter Family Award
Midget Girls	Bill and Sharon Cawthra All medals, 500m Mr. And Mrs. Jeff FitzRandolf All medals, 333m	Cawthra Family Award Jessi FitzRandolph Award
Men's Relay	Leon Wilmot All medals	Leon Wilmot Award

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Sunday Final Results

	<i>Event</i>	<i>First</i>	<i>Second</i>	<i>Third</i>	<i>Fourth</i>
Grand Masters Women	500m	_____	_____	_____	_____
Grand Masters Men	500m	_____	_____	_____	_____
Masters Women	500m	_____	_____	_____	_____
Masters Men	500m	_____	_____	_____	_____
Senior Women	500m	_____	_____	_____	_____
Senior Men	500m	_____	_____	_____	_____
Intermediate Girls	500m	_____	_____	_____	_____
Intermediate Boys	500m	_____	_____	_____	_____
Junior Girls	500m	_____	_____	_____	_____
Junior Boys	500m	_____	_____	_____	_____
Juvenile Girls	500m	_____	_____	_____	_____
Juvenile Boys	500m	_____	_____	_____	_____
Midget Girls	500m	_____	_____	_____	_____
Midget Boys	500m	_____	_____	_____	_____
Grand Masters Women	1000m	_____	_____	_____	_____
Grand Masters Men	1000m	_____	_____	_____	_____
Juvenile Girls	777m	_____	_____	_____	_____
Juvenile Boys	777m	_____	_____	_____	_____
Midget Girls	611m	_____	_____	_____	_____
Midget Boys	611m	_____	_____	_____	_____
Masters Women	3000m	_____	_____	_____	_____
Junior Girls	3000m	_____	_____	_____	_____
Intermediate Girls	3000m	_____	_____	_____	_____
Senior Women	3000m	_____	_____	_____	_____
Masters Men	3000m	_____	_____	_____	_____
Junior Boys	3000m	_____	_____	_____	_____
Intermediate Boys	3000m	_____	_____	_____	_____
Senior Men	3000m	_____	_____	_____	_____
Womens Relay	3000m	_____	_____	_____	_____
Men's Relay	3000m	_____	_____	_____	_____

National Short Track Gold Medallion Championship Awards

<i>Class</i>	<i>Sponsor</i>	<i>Medallion Title</i>
Grand Master Men	Skating And Cycling Friends of Amos Ottley	Amos Ottley Memorial Award
Master Men	Ohio Skating Assn.	Ohio Skating Assn. Award
Senior Men	Mr. And Mrs. Lloyd Carlstom	Carlstom Family Award
Intermediate Men	Lake Placid Sports Council	James C. "Bunny" Sheffield Memorial Award
Junior Boys	Dr. and Mrs. Milan Novak	Dr. Raymond Novak Award
Juvenile Boys	Mr. and Mrs. Tom Jarrett	Mr. and Mrs. Tom Jarrett Award
Grand Master Women	Michigan Speedskating Assn.	Cathy Turner Award
Master Women	V.F.W. Auxiliary #2164 and Carol Jackson	V.F.W. Auxiliary #2164 and Carol Jackson Award
Senior Women	Herbert Knudten	Herbert Knudten Award
Intermediate Women	Mr. and Mrs. Charles Blair	Blair Family Award
Junior Girls	Mrs. Rita Crowe	Joseph and Rita Crowe Memorial Award
Juvenile Girls	Joseph Sulc	Joseph A. and Barbara Sulc Award
Midget Girls	Linda Kellerman	Robert L. and Linda Kellerman Memorial Award

National Speedskating Championships® Short Track List Of Events

		500	777	1000	1500
GRAND MASTER	FRI				HSF
	SAT	HQ	HQSF		
	SUN	SF		HSF	

		500	1000	1500	3000
MASTER SENIOR INTERMEDIATE JUNIOR	FRI			HSF	
	SAT		HSF		H
	SUN	HQSF			F

		333	500	777	1000
JUVENILE	FRI				HQSF
	SAT	HQSF		HQS	
	SUN		HQSF	F	

		333	500	777	611
MIDGET	FRI				HQSF
	SAT	HQSF		HQS	
	SUN		HQSF	F	

H=HEAT Q=QUARTER S=SEMI F=FINAL

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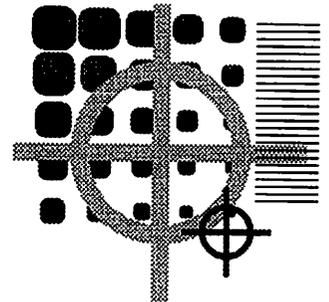
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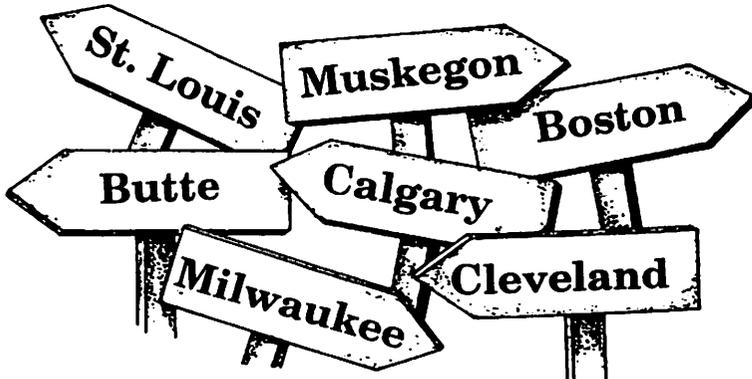
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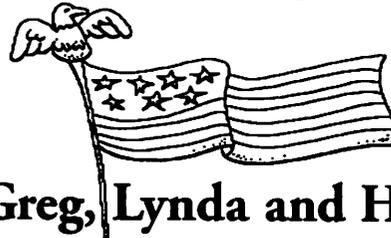
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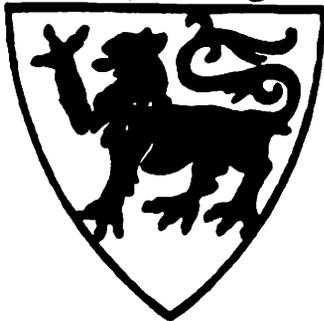
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