SUMMER DROP-IN 2018
# SUMMER 2018 STAGE 1
Elite Athlete Pathway Summer Drop-In Program 2018
Short Track and Long Track

## Short Track

<table>
<thead>
<tr>
<th>Distance</th>
<th>Ladies</th>
<th>Mens</th>
</tr>
</thead>
<tbody>
<tr>
<td>200m</td>
<td>21.900</td>
<td>20.900</td>
</tr>
<tr>
<td>400m</td>
<td>40.500</td>
<td>39.500</td>
</tr>
<tr>
<td>500m</td>
<td>50.500</td>
<td>47.500</td>
</tr>
<tr>
<td>1000m</td>
<td>1:45.000</td>
<td>1:37.000</td>
</tr>
<tr>
<td>1500m</td>
<td>2:43.000</td>
<td>2:34.000</td>
</tr>
</tbody>
</table>

**Time Standards**

- 100m: 2 out of 2 distances
- 111m: 2 out of 3 distances
- *100m time ONLY if not raced on 111m*

**Coaches**

Dustin Miller & Cristina Lazarescu

**Pricing**

$172.50 per week

**Application Deadline**

June 1st, 2018

**SDS (SSC sanctioned)**

August 25th, 2018

## Long Track

<table>
<thead>
<tr>
<th>Distance</th>
<th>Ladies</th>
<th>Mens</th>
</tr>
</thead>
<tbody>
<tr>
<td>500m</td>
<td>46.54</td>
<td>42.81</td>
</tr>
<tr>
<td>1000m</td>
<td>1:33.11</td>
<td>1:24.35</td>
</tr>
</tbody>
</table>

**Time Standards**

- 1 out of 2 distances

**Coaches**

Justin Warsylewicz & Jeff Kitura

**Pricing**

$172.50 per week

**Application Deadline**

June 1st, 2018
# Summer 2018 Stage 2

## Elite Athlete Pathway Summer Drop-In Program 2018

### Short Track and Long Track

## Short Track

May, June, July and August  
(according to coaches’ YTP)

### Time Standards

<table>
<thead>
<tr>
<th>Distance</th>
<th>Ladies</th>
<th>Mens</th>
</tr>
</thead>
<tbody>
<tr>
<td>500m</td>
<td>49.00</td>
<td>46.50</td>
</tr>
<tr>
<td>1000m</td>
<td>1:41.00</td>
<td>1:34.50</td>
</tr>
<tr>
<td>1500m</td>
<td>2:38.50</td>
<td>2:28.00</td>
</tr>
</tbody>
</table>

100m: 2 out of 2 distances  
111m: 2 out of 3 distances  
*100m time ONLY if not raced on 111m

### Coaches

Dustin Miller & Cristina Lazarescu

### Pricing

- 1 week: $172.50  
- 1 month: $574.00  
- 2 months: $861.00  
- 3 months: $1,148.00

### Application Deadline

June 1st, 2018

### SDS (SSC sanctioned)

August 25th, 2018

## Long Track

May, June, July and August  
(according to coaches’ YTP)

### Time Standards

<table>
<thead>
<tr>
<th>Distance</th>
<th>Ladies</th>
<th>Mens</th>
</tr>
</thead>
<tbody>
<tr>
<td>500m</td>
<td>44.36</td>
<td>41.12</td>
</tr>
<tr>
<td>1000m</td>
<td>1:28.78</td>
<td>1:20.37</td>
</tr>
<tr>
<td>1500m</td>
<td>2:17:45</td>
<td>2.03:27</td>
</tr>
<tr>
<td>3000m</td>
<td>4:49.34</td>
<td>5000m</td>
</tr>
</tbody>
</table>

1 out of 4 distances

### Coaches

Justin Warsylewicz & Jeff Kitura

### Pricing

- 1 week: $172.50  
- 1 month: $574.00  
- 2 months: $861.00  
- 3 months: $1,148.00

### Application Deadline

June 1st, 2018
The Olympic Oval
University of Calgary
2500 University Dr. NW
Calgary, AB T2N 1N4
CANADA

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