

ROLLER SKATING FEDERATION OF INDIA

57th National Roller Skating Championship

18th - 23rd December, 2019

Visakhapatnam

SCHEDULE - SPEED SKATING

Date:	December 19, 2019		DAY 1	
Time	Event	Age Group	Gender	Distance
06.00 A.M.	Road Race IV Series	11-14 Years	Girls	One lap Inline
Followed by	Road Race IV Series	11-14 Years	Boys	One lap Inline
07.20 A.M.	Point to Point Race	14-17 Years	Girls	10000 Mts Inline
Followed by	Point to Point Race	14-17 Years	Boys	10000 Mts Inline
08.10 A.M.	Road Elimination Race	Ab-17 Years	Women	15000 Mts Inline
Followed by	Road Elimination Race	Ab-17 Years	Men	15000 Mts Inline
09.00 A.M.	MEDAL CEREMONY			
02.00 P.M.	Rink Race - III Series	11-14 Years	Girls	1000 Mts Quad
Followed by	Rink Race - III Series	11-14 Years	Boys	1000 Mts Quad
02.45 P.M.	Rink Race - III Series	14-17 Years	Girls	1000 Mts Quad
Followed by	Rink Race - III Series	14-17 Years	Boys	1000 Mts Quad
03.30 P.M.	Rink Race - III Series	Ab-17 Years	Women	1000 Mts Quad
Followed by	Rink Race - III Series	Ab-17 Years	Men	1000 Mts Quad
04.15 P.M.	Rink Race - V Series	11-14 Years	Girls	500 + D Mts Inline
Followed by	Rink Race - V Series	11-14 Years	Boys	500 + D Mts Inline
04.45 P.M.	Rink Race - V Series	14-17 Years	Girls	500 + D Mts Inline
Followed by	Rink Race - V Series	14-17 Years	Boys	500 + D Mts Inline
05.30 P.M.	Rink Race - V Series	Ab-17 Years	Women	500 + D Mts Inline
Followed by	Rink Race - V Series	Ab-17 Years	Men	500 + D Mts Inline
Followed by	Rink Race - V Series	Ab-30 Years	Women	500 + D Mts Inline
Followed by	Rink Race - V Series	Ab-30 Years	Men	500 + D Mts Inline
06.15 P.M.	Rink Race - V 1/4 Finals	11-14 Years	Girls	500 + D Mts Inline
Followed by	Rink Race - V 1/4 Finals	11-14 Years	Boys	500 + D Mts Inline
06.30 P.M.	Rink Race - V 1/4 Finals	14-17 Years	Girls	500 + D Mts Inline

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Time	Event	Age Group	Gender	Distance
Followed by	Rink Race - V 1/4 Finals	14-17 Years	Boys	500 + D Mts Inline
06.45 P.M.	Rink Race - V 1/4 Finals	Ab-17 Years	Women	500 + D Mts Inline
Followed by	Rink Race - V 1/4 Finals	Ab-17 Years	Men	500 + D Mts Inline
Followed by	Rink Race - V 1/4 Finals	Ab-30 Years	Women	500 + D Mts Inline
Followed by	Rink Race - V 1/4 Finals	Ab-30 Years	Men	500 + D Mts Inline
07.30 P.M.	Rink Race - V 1/2 Finals	11-14 Years	Girls	500 + D Mts Inline
Followed by	Rink Race - V 1/2 Finals	11-14 Years	Boys	500 + D Mts Inline
07.40 P.M.	Rink Race - V 1/2 Finals	14-17 Years	Girls	500 + D Mts Inline
Followed by	Rink Race - V 1/2 Finals	14-17 Years	Boys	500 + D Mts Inline
07.50 P.M.	Rink Race - V 1/2 Finals	Ab-17 Years	Women	500 + D Mts Inline
Followed by	Rink Race - V 1/2 Finals	Ab-17 Years	Men	500 + D Mts Inline
Followed by	Rink Race - V 1/2 Finals	Ab-30 Years	Women	500 + D Mts Inline
Followed by	Rink Race - V 1/2 Finals	Ab-30 Years	Men	500 + D Mts Inline
08.30 P.M.	Rink Race - V Finals	11-14 Years	Girls	500 + D Mts Inline
Followed by	Rink Race - V Finals	11-14 Years	Boys	500 + D Mts Inline
08.40 P.M.	Rink Race - V Finals	14-17 Years	Girls	500 + D Mts Inline
Followed by	Rink Race - V Finals	14-17 Years	Boys	500 + D Mts Inline
08.50 P.M.	Rink Race - V Finals	Ab-17 Years	Women	500 + D Mts Inline
Followed by	Rink Race - V Finals	Ab-17 Years	Men	500 + D Mts Inline
Followed by	Rink Race - V Finals	Ab-30 Years	Women	500 + D Mts Inline
Followed by	Rink Race - V Finals	Ab-30 Years	Men	500 + D Mts Inline
09.00 P.M.	MEDAL CEREMONY			

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SCHEDULE - SPEED SKATING

Date:	December 20, 2018		DAY 2	
Time	Event	Age Group	Gender	Distance
06.00 A.M.	Road Race - V	11-14 Years	Girls	3000 Mts Inline
Followed by	Road Race - V	11-14 Years	Boys	3000 Mts Inline
06.45 A.M.	Road Elimination Race	14-17 Years	Girls	15000 Mts Inline
Followed by	Road Elimination Race	14-17 Years	Boys	15000 Mts Inline
08.15 A.M.	Point to Point Race	Ab-17 Years	Women	10000 Mts Inline
Followed by	Point to Point Race	Ab-17 Years	Men	10000 Mts Inline
10.00 A.M.	MEDAL CEREMONY			
02.00 P.M.	Rink Race - III 1/2 Finals	11-14 Years	Girls	1000 Mts Quad
Followed by	Rink Race - III 1/2 Finals	11-14 Years	Boys	1000 Mts Quad
02.15 P.M.	Rink Race - III 1/2 Finals	14-17 Years	Girls	1000 Mts Quad
Followed by	Rink Race - III 1/2 Finals	14-17 Years	Boys	1000 Mts Quad
02.30 P.M.	Rink Race - III 1/2 Finals	Ab-17 Years	Women	1000 Mts Quad
Followed by	Rink Race - III 1/2 Finals	Ab-17 Years	Men	1000 Mts Quad
03.30 P.M.	Rink Race - VI Series	11-14 Years	Girls	1000 Mts Inline
Followed by	Rink Race - VI Series	11-14 Years	Boys	1000 Mts Inline
04.15 P.M.	Rink Race - VI Series	14-17 Years	Girls	1000 Mts Inline
Followed by	Rink Race - VI Series	14-17 Years	Boys	1000 Mts Inline
05.00 P.M.	Rink Race - VI Series	Ab-17 Years	Women	1000 Mts Inline
Followed by	Rink Race - VI Series	Ab-17 Years	Men	1000 Mts Inline
05.45 P.M.	Rink Race - III Finals	11-14 Years	Girls	1000 Mts Quad
Followed by	Rink Race - III Finals	11-14 Years	Boys	1000 Mts Quad
06.00 P.M.	Rink Race - III Finals	14-17 Years	Girls	1000 Mts Quad
Followed by	Rink Race - III Finals	14-17 Years	Boys	1000 Mts Quad
06.15 P.M.	Rink Race - III Finals	Ab-17 Years	Women	1000 Mts Quad

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Time	Event	Age Group	Gender	Distance
Followed by	Rink Race - III Finals	Ab-17 Years	Men	1000 Mts Quad
06.30 P.M.	Rink Race - VI 1/2 Finals	11-14 Years	Girls	1000 Mts Inline
Followed by	Rink Race - VI 1/2 Finals	11-14 Years	Boys	1000 Mts Inline
06.45 P.M.	Rink Race - VI 1/2 Finals	14-17 Years	Girls	1000 Mts Inline
Followed by	Rink Race - VI 1/2 Finals	14-17 Years	Boys	1000 Mts Inline
07.00 P.M.	Rink Race - VI 1/2 Finals	Ab-17 Years	Women	1000 Mts Inline
Followed by	Rink Race - VI 1/2 Finals	Ab-17 Years	Men	1000 Mts Inline
Followed by	Rink Race - VI 1/2 Finals	Ab-30 Years	Women	1000 Mts Inline
Followed by	Rink Race - VI 1/2 Finals	Ab-30 Years	Men	1000 Mts Inline
08.00 P.M.	Rink Race - VI Finals	11-14 Years	Girls	1000 Mts Inline
Followed by	Rink Race - VI Finals	11-14 Years	Boys	1000 Mts Inline
08.15 P.M.	Rink Race - VI Finals	14-17 Years	Girls	1000 Mts Inline
Followed by	Rink Race - VI Finals	14-17 Years	Boys	1000 Mts Inline
08.30 P.M.	Rink Race - VI Finals	Ab-17 Years	Women	1000 Mts Inline
Followed by	Rink Race - VI Finals	Ab-17 Years	Men	1000 Mts Inline
Followed by	Rink Race - VI Finals	Ab-30 Years	Women	1000 Mts Inline
Followed by	Rink Race - VI Finals	Ab-30 Years	Men	1000 Mts Inline
08.45 P.M.	MEDAL CEREMONY			
Date:	December 21, 2019		DAY 3	
06.00 A.M.	Road Race IV Series	14-17 Years	Girls	One lap Inline
Followed by	Road Race IV Series	14-17 Years	Boys	One lap Inline
06.45 A.M.	Road Race IV Series	Ab-17 Years	Women	One lap Inline
Followed by	Road Race IV Series	Ab-17 Years	Men	One lap Inline
07.30 A.M.	Road Race IV 1/4 Finals	11-14 Years	Girls	One lap Inline
Followed by	Road Race IV 1/4 Finals	11-14 Years	Boys	One lap Inline

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Time	Event	Age Group	Gender	Distance
08.00 A.M.	Road Race IV 1/4 Finals	14-17 Years	Girls	One lap Inline
Followed by	Road Race IV 1/4 Finals	14-17 Years	Boys	One lap Inline
08.30 A.M.	Road Race IV 1/4 Finals	Ab-17 Years	Women	One lap Inline
Followed by	Road Race IV 1/4 Finals	Ab-17 Years	Men	One lap Inline
09.00 A.M.	Road Race IV 1/2 Finals	11-14 Years	Girls	One lap Inline
Followed by	Road Race IV 1/2 Finals	11-14 Years	Boys	One lap Inline
09.10 A.M.	Road Race IV 1/2 Finals	14-17 Years	Girls	One lap Inline
Followed by	Road Race IV 1/2 Finals	14-17 Years	Boys	One lap Inline
09.20 A.M.	Road Race IV 1/2 Finals	Ab-17 Years	Women	One lap Inline
Followed by	Road Race IV 1/2 Finals	Ab-17 Years	Men	One lap Inline
09.30 A.M.	Road Race - II	11-14 Years	Girls	1500 Mts Quad
Followed by	Road Race - II	11-14 Years	Boys	1500 Mts Quad
09.50 A.M.	Road Race - II	14-17 Years	Girls	3000 Mts Quad
Followed by	Road Race - II	14-17 Years	Boys	3000 Mts Quad
10.10 A.M.	Road Race - II	Ab-17 Years	Women	3000 Mts Quad
Followed by	Road Race - II	Ab-17 Years	Men	3000 Mts Quad
10.30 A.M.	Road Race IV Finals	11-14 Years	Girls	One lap Inline
Followed by	Road Race IV Finals	11-14 Years	Boys	One lap Inline
10.40 A.M.	Road Race IV Finals	14-17 Years	Girls	One lap Inline
Followed by	Road Race IV Finals	14-17 Years	Boys	One lap Inline
10.50 A.M.	Road Race IV Finals	Ab-17 Years	Women	One lap Inline
Followed by	Road Race IV Finals	Ab-17 Years	Men	One lap Inline
11.00 A.M.	MEDAL CEREMONY			

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SCHEDULE - SPEED SKATING

Time	Event	Age Group	Gender	Distance
02.00 P.M.	Rink Race - II Series	11-14 Years	Girls	500 + D Mts Quad
Followed by	Rink Race - II Series	11-14 Years	Boys	500 + D Mts Quad
02.30 P.M.	Rink Race - II Series	14-17 Years	Girls	500 + D Mts Quad
Followed by	Rink Race - II Series	14-17 Years	Boys	500 + D Mts Quad
03.00 P.M.	Rink Race - II Series	Ab-17 Years	Women	500 + D Mts Quad
Followed by	Rink Race - II Series	Ab-17 Years	Men	500 + D Mts Quad
03.30 P.M.	Rink Race - II 1/4 Finals	11-14 Years	Girls	500 + D Mts Quad
Followed by	Rink Race - II 1/4 Finals	11-14 Years	Boys	500 + D Mts Quad
04.00 P.M.	Rink Race - II 1/4 Finals	14-17 Years	Girls	500 + D Mts Quad
Followed by	Rink Race - II 1/4 Finals	14-17 Years	Boys	500 + D Mts Quad
05.30 P.M.	Rink Race - II 1/4 Finals	Ab-17 Years	Women	500 + D Mts Quad
Followed by	Rink Race - II 1/4 Finals	Ab-17 Years	Men	500 + D Mts Quad
Followed by	Track Elimination Heats	Ab-30 Years	Women	10000 Mts Inline
Followed by	Track Elimination Heats	Ab-30 Years	Men	10000 Mts Inline
Followed by	Track Elimination Heats	11-14 Years	Girls	5000 Mts Inline
Followed by	Track Elimination Heats	11-14 Years	Boys	5000 Mts Inline
06.15 P.M.	Point to Point + Elimination	14-17 Years	Girls	10000 Mts Inline
Followed by	Point to Point + Elimination	14-17 Years	Boys	10000 Mts Inline
07.00 P.M.	Track Elimination	Ab-17 Years	Women	10000 Mts Inline
Followed by	Track Elimination	Ab-17 Years	Men	10000 Mts Inline
08.15 P.M.	Track Elimination Finals	11-14 Years	Girls	5000 Mts Inline
Followed by	Track Elimination Finals	11-14 Years	Boys	5000 Mts Inline
09.00 P.M.	MEDAL CEREMONY			

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SCHEDULE - SPEED SKATING

Date:	December 22, 2019		DAY 4	
Time	Event	Age Group	Gender	Distance
06.00 A.M.	Road Race III Series	11-14 Years	Girls	100 Mts Inline
Followed by	Road Race III Series	11-14 Years	Boys	100 Mts Inline
Followed by	Road Race III Series	14-17 Years	Girls	100 Mts Inline
Followed by	Road Race III Series	14-17 Years	Boys	100 Mts Inline
Followed by	Road Race III Series	Ab-17 Years	Women	100 Mts Inline
Followed by	Road Race III Series	Ab-17 Years	Men	100 Mts Inline
08.30 A.M.	Road Race III 1/8 Final	11-14 Years	Girls	100 Mts Inline
Followed by	Road Race III 1/8 Final	11-14 Years	Boys	100 Mts Inline
Followed by	Road Race III 1/8 Final	14-17 Years	Girls	100 Mts Inline
Followed by	Road Race III 1/8 Final	14-17 Years	Boys	100 Mts Inline
Followed by	Road Race III 1/8 Final	Ab-17 Years	Women	100 Mts Inline
Followed by	Road Race III 1/8 Final	Ab-17 Years	Men	100 Mts Inline
09.15 A.M.	Road Race III 1/4 Final	11-14 Years	Girls	100 Mts Inline
Followed by	Road Race III 1/4 Final	11-14 Years	Boys	100 Mts Inline
Followed by	Road Race III 1/4 Final	14-17 Years	Girls	100 Mts Inline
Followed by	Road Race III 1/4 Final	14-17 Years	Boys	100 Mts Inline
Followed by	Road Race III 1/4 Final	Ab-17 Years	Women	100 Mts Inline
Followed by	Road Race III 1/4 Final	Ab-17 Years	Men	100 Mts Inline
09.45 A.M.	Road Race III 1/2 Final	11-14 Years	Girls	100 Mts Inline
Followed by	Road Race III 1/2 Final	11-14 Years	Boys	100 Mts Inline
Followed by	Road Race III 1/2 Final	14-17 Years	Girls	100 Mts Inline
Followed by	Road Race III 1/2 Final	14-17 Years	Boys	100 Mts Inline
Followed by	Road Race III 1/2 Final	Ab-17 Years	Women	100 Mts Inline
Followed by	Road Race III 1/2 Final	Ab-17 Years	Men	100 Mts Inline

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Time	Event	Age Group	Gender	Distance
10.00 A.M.	Road Race III Losers Final	11-14 Years	Girls	100 Mts Inline
Followed by	Road Race III Losers Final	11-14 Years	Boys	100 Mts Inline
Followed by	Road Race III Losers Final	14-17 Years	Girls	100 Mts Inline
Followed by	Road Race III Losers Final	14-17 Years	Boys	100 Mts Inline
Followed by	Road Race III Losers Final	Ab-17 Years	Women	100 Mts Inline
Followed by	Road Race III Losers Final	Ab-17 Years	Men	100 Mts Inline
Followed by	Road Race III Final for I & II	11-14 Years	Girls	100 Mts Inline
Followed by	Road Race III Final for I & II	11-14 Years	Boys	100 Mts Inline
Followed by	Road Race III Final for I & II	14-17 Years	Girls	100 Mts Inline
Followed by	Road Race III Final for I & II	14-17 Years	Boys	100 Mts Inline
Followed by	Road Race III Final for I & II	Ab-17 Years	Women	100 Mts Inline
Followed by	Road Race III Final for I & II	Ab-17 Years	Men	100 Mts Inline
02.00 P.M.	Rink Race - II 1/2 Finals	11-14 Years	Girls	500 + D Mts Quad
Followed by	Rink Race - II 1/2 Finals	11-14 Years	Boys	500 + D Mts Quad
02.15 P.M.	Rink Race - II 1/2 Finals	14-17 Years	Girls	500 + D Mts Quad
Followed by	Rink Race - II 1/2 Finals	14-17 Years	Boys	500 + D Mts Quad
02.30 P.M.	Rink Race - II 1/2 Finals	Ab-17 Years	Women	500 + D Mts Quad
Followed by	Rink Race - II 1/2 Finals	Ab-17 Years	Men	500 + D Mts Quad
03.00 P.M.	Rink Race - II Finals	11-14 Years	Girls	500 + D Mts Quad
Followed by	Rink Race - II Finals	11-14 Years	Boys	500 + D Mts Quad
03.10 P.M.	Rink Race - II Finals	14-17 Years	Girls	500 + D Mts Quad
Followed by	Rink Race - II Finals	14-17 Years	Boys	500 + D Mts Quad
03.20 P.M.	Rink Race - II Finals	Ab-17 Years	Women	500 + D Mts Quad
Followed by	Rink Race - II Finals	Ab-17 Years	Men	500 + D Mts Quad
04.00 P.M.	Track Elimination	14-17 Years	Girls	10000 Mts Inline

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Time	Event	Age Group	Gender	Distance
Followed by	Track Elimination	14-17 Years	Boys	10000 Mts Inline
05.30 P.M.	Point to Point + Elimination	Ab-17 Years	Women	10000 Mts Inline
Followed by	Point to Point + Elimination	Ab-17 Years	Men	10000 Mts Inline
06.30 P.M.	Relay Semi Finals	11-14 Years	Girls	3000 Mts Inline
Followed by	Relay Semi Finals	11-14 Years	Boys	3000 Mts Inline
07.00 P.M.	Relay Semi Finals	14-17 Years	Girls	3000 Mts Inline
Followed by	Relay Semi Finals	14-17 Years	Boys	3000 Mts Inline
07.30 P.M.	Relay Semi Finals	Ab-17 Years	Women	3000 Mts Inline
Followed by	Relay Semi Finals	Ab-17 Years	Men	3000 Mts Inline
Followed by	Relay Semi Finals	Ab-30 Years	Women	3000 Mts Inline
Followed by	Relay Semi Finals	Ab-30 Years	Men	3000 Mts Inline
08.30 P.M.	Relay Finals	11-14 Years	Girls	3000 Mts Inline
Followed by	Relay Finals	11-14 Years	Boys	3000 Mts Inline
08.50 P.M.	Relay Finals	14-17 Years	Girls	3000 Mts Inline
Followed by	Relay Finals	14-17 Years	Boys	3000 Mts Inline
09.10 P.M.	Relay Finals	Ab-17 Years	Women	3000 Mts Inline
Followed by	Relay Finals	Ab-17 Years	Men	3000 Mts Inline
Followed by	Relay Finals	Ab-30 Years	Women	3000 Mts Inline
Followed by	Relay Finals	Ab-30 Years	Men	3000 Mts Inline
9.30 P.M.	MEDAL CEREMONY			
Date:	December 23, 2019	DAY 5		
06.00 A.M.	Road Race - I Series	11-14 Years	Girls	One lap Quad
Followed by	Road Race - I Series	11-14 Years	Boys	One lap Quad
06.45 A.M.	Road Race - I Series	14-17 Years	Girls	One lap Quad
Followed by	Road Race - I Series	14-17 Years	Boys	One lap Quad

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Time	Event	Age Group	Gender	Distance
07.30 A.M.	Road Race - I Series	Ab-17 Years	Women	One lap Quad
Followed by	Road Race - I Series	Ab-17 Years	Men	One lap Quad
08.00 A.M.	Road Race - I 1/4 Finals	11-14 Years	Girls	One lap Quad
Followed by	Road Race - I 1/4 Finals	11-14 Years	Boys	One lap Quad
08.20 A.M.	Road Race - I 1/4 Finals	14-17 Years	Girls	One lap Quad
Followed by	Road Race - I 1/4 Finals	14-17 Years	Boys	One lap Quad
08.40 A.M.	Road Race - I 1/4 Finals	Ab-17 Years	Women	One lap Quad
Followed by	Road Race - I 1/4 Finals	Ab-17 Years	Men	One lap Quad
09.00 A.M.	Road Race - I 1/2 Finals	11-14 Years	Girls	One lap Quad
Followed by	Road Race - I 1/2 Finals	11-14 Years	Boys	One lap Quad
09.10 A.M.	Road Race - I 1/2 Finals	14-17 Years	Girls	One lap Quad
Followed by	Road Race - I 1/2 Finals	14-17 Years	Boys	One lap Quad
09.20 A.M.	Road Race - I 1/2 Finals	Ab-17 Years	Women	One lap Quad
Followed by	Road Race - I 1/2 Finals	Ab-17 Years	Men	One lap Quad
09.30 A.M.	Road Race - I Finals	11-14 Years	Girls	One lap Quad
Followed by	Road Race - I Finals	11-14 Years	Boys	One lap Quad
09.40 A.M.	Road Race - I Finals	14-17 Years	Girls	One lap Quad
Followed by	Road Race - I Finals	14-17 Years	Boys	One lap Quad
09.50 A.M.	Road Race - I Finals	Ab-17 Years	Women	One lap Quad
Followed by	Road Race - I Finals	Ab-17 Years	Men	One lap Quad
04.00 P.M.	Marathon	14-17 Years	Girls	42 K
		14-17 Years	Women	
05.30 P.M.	Marathon	Ab-17 Years	Boys	42 K
		Ab-17 Years	Men	
07.30 P.M.	MEDAL CEREMONY			

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SCHEDULE - SPEED SKATING

Note:

1. Skater/s must report 30 minutes before the schedule time.
 2. Skater/s must be prepared to run any number of races in a day. He/She should also be prepared to run race/s within a short notice.
 3. Schedule is Subject to change. Protest/s will not be accepted for change in schedule.
 4. Protest of any kind will not be accepted for not responding at the "Area of call"
 5. The skater must be present at the area of call when they are called by the official speaker of the competition or THIRTY MINUTES (30) before the start of the race. If a skater does not answer the call area judge after being called twice, at one-minute
 6. The skater/s must be present with his complete equipment and his/her race numbers correctly positioned.
 7. The judge is in task to control the presence of the skater and to confirm him/her, his/her place on the starting line. The judge check the conformity of the race equipment, race numbers and size of wheels.
 8. Skates having a maximum of five (5) wheels, fastened in line, or skates with two pairs of wheels fastened parallel to each other are permitted. The skate must not exceed fifty (50) centimetres in length. Skates must be firmly attached to the shoes and
 9. The maximum diameter of wheel must not exceed hundred and ten (110) millimetres.
 10. For the Marathon, the maximum diameter of wheel must not exceed hundred and twenty-five (125) millimetres.
- i). The racing suit is the following:**
- a. For National Championships all skaters of the same State/UT must wear the same uniform with long or short sleeves, with the State colours.
 - b. The name of the State/UT or its official abbreviation must be clearly mentioned on the racing suit.
- ii). In National Competitions with the participation of State/UT teams, advertisements are free. Nevertheless, those advertisements must never hinder the easy identification of the official colours of the State/UT team.
- iii). Skaters are to wear corresponding racing suits. Those who are not properly equipped are not allowed to start the race.
- iv). Skaters must wear skates and their official racing suit during the medals presentation. Without any cap and sunglasses.
- 11. The helmet must be a hard gear with National certification.**
- i). On mass start the hard headgear must have a regular shape and may not have protrusions or ends.
 - ii). Each skater is solely responsible that his personal equipment meets the highest safety criteria in order to obtain the utmost safety of the skater.
 - iii). The helmet must be well fastened on the head in conformity with the safety instructions of the manufacturer.
 - iv). A skater who removes his helmet before the end of the race shall be disqualified.

NARESH KUMAR SHARMA

GENERAL SECRETARY - RSFI

D. BHAGIRATH KUMAR

CHAIRMAN, SPEED TECHNICAL COMMITTEE