

ENTRY DEADLINE: BY 1.00 PM, NOVEMBER 2nd, 2011.

Eastern Regional Bronze Meet hosted by THE KINGSTON STRIDERS SPEED SKATING CLUB

Date: Saturday November 12th, 2011
Location: Cataraqui Community Centre, Kingston, Ontario.



Format: One day meet. (Racing until 5:30 PM)
There will be a 300m (100m track) and a 500m (111m track) rank run throughout the day. Each skater will race in **one** of the ranking distances according to their age group. Groupings within rank will be by age & seed times.

Sanctioned by: The Ontario Speed Skating Association.

Check in: Saturday morning November 12th at the rink.
Please register & check in between 7-8 am

Coaches and Officials Meeting: Saturday morning 8:15 a.m. at the rink, in the Officials Lounge (Cloverdale Room).

Warm Ups: Start at 8:00 a.m., with racing to follow.

Entry Fee: \$40 per skater, \$100 per family. Club cheque to **KSSSC**.

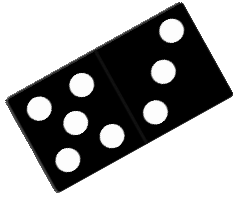
Entry Deadline: 2nd November, 2011 by 1.00 PM.
Send entries, by club, to steven.beattie@forces.gc.ca
Late entries will not be accepted.

Meet coordinator: Steve Beattie, Tel: 613-453-FAST. steven.beattie@forces.gc.ca

Health Cards: Please bring your health card in case of emergency.

Helmet Covers: **Skaters must bring their own helmet covers.**

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Eastern Regional Meet
12th November 2011
Kingston Striders Speed Skating Club
ENTRY FORM



NAME: _____ CLUB: _____

ADDRESS: _____

TELEPHONE: _____ COACH: _____

DATE OF BIRTH: _____ EG: (23 Aug. 1997)

GENDER: Male _____ Female _____ Helmet number: _____

Distance	<u>Either 300m (Midget & below)</u>	<u>or 500m (Juv & above)</u>
Seed Time		

MANDATORY EQUIPMENT: In accordance with Speed Skating Canada regulation D3-100, all competitors must wear ASTM F 1849-07 certified helmets, cut and water resistant gloves or mitts, shin guards, knee pads, long sleeved clothing, neck protectors, and eye protection for this competition. The rear and front tips of skate blades must be rounded-off.

WAIVER: By signing this entry form I hereby, for myself, heirs, executors administrators and assigns, waive and release all right and claims for damages I may have against the Ontario Speed Skating Association (OSSA), Speed Skating Canada (SSC), the Kingston Striders Speed Skating Club, the Municipality of Kingston, its Agents, Officers, or members, for any and all injuries suffered by me at said contest to be held on November 12, 2011 at Kingston, Ontario.

In witness whereof, I have hereunto set my hand and seal, this _____ day of _____, 2011.

Signature of participant or parent or guardian (if participant under 18)



This information is collected under the authority of the Freedom of Information and Protection of Privacy Act. It is required to register you in this competition. Financial information will be used to process payment. Organization of competitions/events required that names will appear on posted race lists and results print outs. Names/Images of participants may be published on boards, websites, media, newsletters and promotional material. Alternative contact and medical information will only be used in a medical emergency. If you have any questions about the collection of or use of this information, contact the meet Organizer at (613) 453-FAST or steven.beattie@forces.gc.ca