



**Invites you to the  
East regional series #1  
October 13 and 14, 2012  
ENTRY FORM**

Name: \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Club: \_\_\_\_\_ Coach: \_\_\_\_\_

Helmet cover # \_\_\_\_\_ Date of Birth: year \_\_\_\_\_ month \_\_\_\_\_ day \_\_\_\_\_

Please check the appropriate group below. Seed time required to skate.

- |                          |   |            |       |
|--------------------------|---|------------|-------|
| <input type="checkbox"/> | Girls 6-10 years old and Boys 6-11 years old:   | Time 333m  | _____ |
| <input type="checkbox"/> | Girls 11-14 years old and Boys 12-14 years old: | Time: 500m | _____ |
| <input type="checkbox"/> | Female and Male 15 years and older and Masters: | Time: 500m | _____ |

Personal best time for 2011-2012 season. Seed time required to skate.

**Mandatory Equipment Requirements**

In accordance with Speed Skating Canada regulation D3-100, all competitors must wear hard shell helmets, bib-style neck protectors, even if you are wearing a Kevlar suit, cut and water resistant gloves or mitts, high density foam knee pads, shin guards ( built in or hard plastic) and long sleeve clothing for this competition. The back corner of skate blades must be rounded off and **Shatter-resistant protective sport glasses (clear or yellow) or a complete visor. Glasses must be held on by an elastic strap**

**WAIVER**

In consideration of my accepting this entry, I hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against SSC, OSSA, the Ottawa Pacers Speed Skating Club, their agents, officers, or members for any and all injuries suffered by me at said competition to be held on October 13 and 14, 2012 at Ottawa, Ontario. I understand that the activity I will be participating in has inherent risks.

Signature of participant: \_\_\_\_\_

Signature of Parent or Guardian if participant under 18 years of age: \_\_\_\_\_

# Meet sanctioned by OSSA

- Date:** Saturday and Sunday, October 13 and 14, 2012
- Location:** Bell Sensplex, 1565 Maple Grove Road, Ottawa.
- Registration &** **Please register and check in by club only**
- Check In:** Saturday October 13, 2012 **07h00-07h30** Bell Sensplex
- Coaches Meeting:** Saturday, October 13, 2012 **07h30** Bell Sensplex
- Officials Meeting:** Saturday, October 13, 2012 **08h15** Bell Sensplex
- Warm Ups:** Saturday and Sunday starting at **08h00** (Racing to follow)
- Entry Fee:** \$ 80.00 per skater  
\$ 180.00 per family  
Club cheques only - payable to Ottawa Pacers Speed Skating Club

## Club Registration Deadline

In our possession, Wednesday October 3<sup>rd</sup> 2012 by 22h00.

Late entries will not be accepted. Clubs must register on the OSSA Club Registration form.

Entries by e-mail to: France Chevalier: [missy.francechevalier@hotmail.com](mailto:missy.francechevalier@hotmail.com)

## Accommodations in the area

Holiday Inn Express  
45 Robertson Road  
1 877 660 8550

Days Inn Ottawa West  
350 Moodie Drive  
1 800 616 7719

Country Inn and Suites  
578 Terry Fox Drive  
613 599 7767

**The Bell Sensplex has asked that no large coolers of food be brought in the arena  
Athletes are welcome to bring their own food**