

ENTRY DEADLINE: BY 1:00 PM, OCTOBER 31 , 2012.

## Ladder Format Interclub Meet hosted by THE KINGSTON STRIDERS SPEED SKATING CLUB

**Date:** Saturday November 10<sup>th</sup>, 2012  
**Location:** Cataraqui Community Centre, Kingston, Ontario.



**Format:** One day meet. (Racing until 5:30 PM) **All racing will be on a 100m track.**

There will be a 200m and a 400m ladder run throughout the day. Each skater will race in only **one** of the ranking distances. Groupings will be by age & seed times.

**Sanctioned by:** The Ontario Speed Skating Association.

**Check in:** Saturday morning November 10<sup>th</sup> 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:** \$50 per skater, \$125 per family. Club cheque to **KSSSC**.

**Entry Deadline:** 31 October, 2012 by 1:00 PM.  
Send entries, by club, to [peterandkellyball@gmail.com](mailto:peterandkellyball@gmail.com)  
**Late entries will not be accepted.**

**Meet coordinator:** Kelly Ball, Tel: 613-766-6301. [peterandkellyball@gmail.com](mailto:peterandkellyball@gmail.com)

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

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

**Ladder Format Interclub Meet**  
**10<sup>th</sup> November 2012**  
**Kingston Striders Speed Skating Club**  
**ENTRY FORM**

NAME: \_\_\_\_\_ CLUB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ COACH: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ EG: (23 Aug. 1997)

GENDER: Male \_\_\_\_\_ Female \_\_\_\_\_ Helmet number: \_\_\_\_\_

<b>Distance</b>	<b><u>Either</u> 200m</b>	<b><u>or</u> 400m</b>
<b>Seed Time</b>		

**RACES WILL BE RUN ON A 100M TRACK ONLY**

**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, ankle protection 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 10, 2012 at Kingston, Ontario.

In witness whereof, I have hereunto set my hand and seal, this \_\_\_\_\_ day of \_\_\_\_\_, 2012.

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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) 766-6301 or [peterandkellyball@gmail.com](mailto:peterandkellyball@gmail.com)