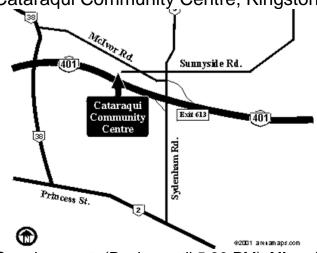
Ladder Format Interclub Meet hosted by THE KINGSTON STRIDERS SPEED SKATING CLUB

Date: Saturday November 10th, 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 10th at the rink.

Please register & check in between 7-8 am

Coaches and Saturday morning 8:15 a.m. at the rink, in the

Officials Meeting: 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

Late entries will not be accepted.

Meet coordinator: Kelly Ball, Tel: 613-766-6301. peterandkellyball@gmail.com

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

Helmet Covers: Skaters <u>must</u> bring their own helmet covers.





Ladder Format Interclub Meet 10th November 2012 Kingston Striders Speed Skating Club ENTRY FORM

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ADDRESS:		
TELEPHONE:COACH:		.CH:
DATE OF BIRT	гн:	EG: (23 Aug. 1997)
GENDER: M	lale Female	Helmet number:
Distance	Either 200m	<u>or</u> 400m
Seed Time		
all competitors memitts, shin guard protection for this walver. By sign assigns, waive a Speed Skating Albaham Skating Club, the injuries suffered	nust wear ASTM F 1849-07 certifieds, knee pads, long sleeved clothings competition. The rear and front gning this entry form I hereby, for and release all right and claims for association (OSSA), Speed Skating Municipality of Kingston, its Age by me at said contest to be held of	th Speed Skating Canada regulation D3-100, ed helmets, cut and water resistant gloves or ng, neck protectors, ankle protection and eye tips of skate blades must be rounded-off. myself, heirs, executors administrators and damages I may have against the Ontario g Canada (SSC), the Kingston Striders Speed nts, Officers, or members, for any and all on November 10, 2012 at Kingston, Ontario. and seal, this day of, 2012.
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