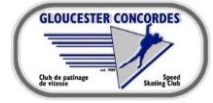




EASTERN REGIONAL MEET #2
Hosted by: Gloucester Concordes Speed Skating Club
Ottawa



Date: Saturday, November 2, 2013

Location: Bob MacQuarrie Complex,
1490 Youville Dr., Ottawa, ON K1C 2X8
Phone:(613) 824-0819

Sanctioned By: The Ontario Speed Skating Association

Check In: Saturday, November 2, 2013
07h00-07h30 Bob MacQuarrie Complex
Please register and check in by Club only!

Coaches Meeting: Saturday, November 2, 2013
07h45 Bob MacQuarrie Complex

Officials Meeting: Saturday, November 2, 2013
08h15 Bob MacQuarrie Complex

Warm Ups: 08h00

Entry Fee: \$ 65.00 per skater
\$ 175.00 per family (3 or more skaters)
Club cheques only - payable to GCSSC

Entry Deadline: Wednesday, October 23 at 10:00pm
LATE ENTRIES WILL NOT BE ACCEPTED.

registrar@ontariospeedskating.ca

Entries Via: Entry by phone to: Cindy Van Lierop 519-657-9797

For more meet information contact: Sandra Chenard, 613-830-8214, sgchenard@sympatico.ca

Accommodation:	CHIMO 1199 Joseph Cyr Street 1-800-387-9779	Quality Inn 3363 St Joseph Blvd 1-855-285-5058	Travel Lodge 1486 Innes Road 1-613-745-1133
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Health Cards: Please be sure that all skaters travel with a copy of their health card number as it may be required in case of an emergency.

Mandatory Equipment: 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**