

**ENTRY DEADLINE: BY 10:00 PM, OCTOBER 30, 2013.**

**The Janet Henderson Memorial  
Ladder Meet  
hosted by  
THE KINGSTON STRIDERS SPEED SKATING CLUB**

**Date:** Saturday November 9<sup>th</sup>, 2013

**Location:** Cataraqui Community Centre, Kingston, Ontario.



**Format:** Ability, One day meet. (Racing until 5:00 PM)  
Groupings will be by age & seed times.  
400m (100m track) – Girls 6 -10 yrs, Boys 6 -12 yrs  
400m (100m track) – Girls 11 -14 yrs, Boys 12-14 yrs  
500m (111m track) – Ages 15 yrs and older  
**Each skater will race in only one of the ranking distances.**

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

**Check in:** Saturday morning November 9<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:** \$55 per skater, \$130 per family. Club cheque to **KSSSC**.

**Entry Deadline:** 30 October, 2013 by 10:00 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.**  
Rental Fee for a cover is \$15 which is a deposit that is returned when the helmet cover is received back undamaged

**The Janet Henderson Memorial  
Ladder Meet  
9th November 2013  
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>Either 400m Girls 6-10 yrs Boys 6-11 yrs</b>	<b>or 400m(100m track) Girls 11-14 yrs Boys 12-14 yrs</b>	<b>or 500m(111m track) Ages 15 yrs and older</b>
<b>Seed Time</b>			

**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 9, 2013 at Kingston, Ontario.

In witness whereof, I have hereunto set my hand and seal, this \_\_\_\_\_ day of \_\_\_\_\_, 2013.

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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)**