



CENTRAL REGIONAL # 3
Hosted by Markham Speed Skating Club
Markham, Ontario



Date:	Saturday, November 30, 2013
Location:	Angus Glen Community Center 3990 Major Mackenzie Drive East, Markham, Ontario
Sanctioned By:	The Ontario Speed Skating Association
Check In:	Saturday, November 30, 2013 7:15am – 7:45 am. Check in at Angus Glen Community Center Please register and check in by Club only!
Coaches Meeting:	Saturday, November 30, 2013 8:15 am
Officials Meeting:	Saturday, November 30, 2013 8:15 am
Warm Ups:	Starting at 8:00 am. Racing to Follow
Entry Fee:	\$60 per skater or \$150 per family Cradles Free and Welcome
Entry Deadline:	Wednesday, November 20, 2013 by 10:00 pm Club must register on the OSSA Club Registration Form LATE ENTRIES WILL NOT BE ACCEPTED.
Entries Via:	Entries to be e-mailed to: registrar@ontariospeedskating.ca Entries by phone to: Cindy Van Lierop 519-657-9797 (telephone entries must be guaranteed.)
For more meet information contact:	Lisa Liew, info@markhamspeedskating.org , 905-472-8829
Accommodation:	A block of rooms has been reserved at: Monte Carlo Inn 8900 Woodbine Avenue, Markham, Ontario (905)513-8100 Markham Speed Skating Rate of \$109
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 regulations, D3-100, all competitors must wear: hard shell helmets, bib style neck protection, cut and water resistant gloves or mitts, knee pads, shin guards, long sleeved clothing, safety glasses with head strap, Kevlar ankle protections, and corners of blades must be rounded off.