



PROVINCIAL SERIES #2
Hosted by: Gloucester Concordes Speed Skating Club
Ottawa



Date:	Saturday, November 30, 2013 Sunday, December 01, 2013									
Location:	Bob MacQuarrie Complex, 1490 Youville Dr, Ottawa, ON K1C 2X8 Phone:(613) 824-0819									
Sanctioned By:	The Ontario Speed Skating Association Speed Skating Canada									
Check In:	Saturday, November 30, 2013 07h00-07h30 Bob MacQuarrie Complex Please register and check in by Club only!									
Coaches Meeting:	Saturday, November 30, 2013 07h45 Bob MacQuarrie Complex									
Officials Meeting:	Saturday, November 30, 2013 08h00 Bob MacQuarrie Complex									
Warm Ups:	Saturday, November 30,2013 07h45-08h20 (Racing to follow)									
Entry Fee:	\$ 110.00 per skater \$ 275.00 per family (3 or more skaters) Club cheques only - payable to GCSSC									
Entry Deadline:	Wednesday, November 20 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:	<table><thead><tr><th><u>CHIMO</u></th><th><u>Quality Inn</u></th><th><u>Travel Lodge</u></th></tr></thead><tbody><tr><td>1199 Joseph Cyr Street</td><td>3363 St Joseph Blvd</td><td>1486 Innes Road</td></tr><tr><td>1-800-387-9779</td><td>1-855-285-5058</td><td>1-613-745-1133</td></tr></tbody></table>	<u>CHIMO</u>	<u>Quality Inn</u>	<u>Travel Lodge</u>	1199 Joseph Cyr Street	3363 St Joseph Blvd	1486 Innes Road	1-800-387-9779	1-855-285-5058	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									