



ST. LAWRENCE REGIONAL SERIES MEET

Hosted by: St. Lawrence Rapids

Brockville, ON



Date:	Sunday, March 2, 2014
Race format:	Ability format and Cradle events per OSSA 2013-14 Technical Bulletin
Location:	Brockville Memorial Centre, Magedoma Drive, Brockville ON K6V 7J5, 613-342-8775
Sanctioned By:	The Ontario Speed Skating Association
Check In:	Sunday, March 2 nd , starting at 7:30 am Please register and check in by Club only!
Coaches & Officials Meeting:	Sunday, March 2 nd , at 7:45 am, Memorial Hall
Warm Ups:	8:00 am
Entry Fee:	\$55.00 per skater, \$100 per family Payment by club cheque to St. Lawrence Speed Skating Club
Entry Deadline:	Wednesday, February 19th, 10:00pm LATE ENTRIES WILL NOT BE ACCEPTED.
Entries Via:	By club on the OSSA club entry spreadsheet registrar@ontariospeedskating.ca
For more meet information contact:	Rob Giroux Giroux.robert.p@gmail.com 613-498-1592
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.
Helmet covers:	Skaters must bring their own helmet covers and provide their number on the entry form. Covers can be borrowed for a \$10 deposit, if required.