



ST. LAWRENCE REGIONAL SERIES MEET
 Hosted by: **St. Lawrence Rapids, Brockville**
Sunday, March 2nd, 2014



ENTRY FORM

Name: _____ Club: _____

Address: _____ Phone: _____

City: _____ Province: _____ Postal Code: _____

Date of Birth _____ Age Class: _____ Gender: Female Male
mm/dd/yyyy

Helmet #: _____

SSC #: _____

Please check the appropriate group below. **Seed time required to skate.**

Group 3: (Girls 6-10 years old and boys 6-11 years old) Time (400m on 100m track): _____

Group 2: (Girls 11-14 years old and boys 12 - 14 years old) Time (400m on 100M track): _____

Group 1: (Girls and boys 15 years and older and Masters) Time (500m on 111m track): _____

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, knee pads, ankle protection, shin guards 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**

WAIVER

In consideration of your accepting this entry, I hereby for myself, my heirs, my executors, administrators and assigns waive and release any and all rights and claims for damages I may have against Speed Skating Canada, The Ontario Speed Skating Association, the St. Lawrence Speed Skating Club, the City of Brockville, their agents, officers, or members for any and all injuries suffered by me at the said contest to be held on Sunday March 2nd, 2014 at Brockville, Ontario. I understand that the activity I will be participating in has inherent risks.

In witness whereof, I have hereunto set my hand and seal, this _____ day of _____ 20 _____
(day) (month) (yr)

 Signature of participant:

 Signature of parent or guardian
 (if participant under 18):

ENTRY DEADLINE: Wednesday, February 19, 2014
 10pm