



PROVINCIAL "B" CHAMPIONSHIPS
Clarington Speed Skating Club



Date: March 29-30th 2014

Location: South Courtice Arena
1595 Prestonvale Road
Courtice, Ontario

Sanctioned By: The Ontario Speed Skating Association

Check In: March 29th 7:00am -7:45am
Please register and check in by Club only

Coaches Meeting: March 29th TBA upstairs

Officials Meeting: March 29th TBA upstairs

Warm Ups: 8:00am

Entry Fee: \$100.00 per skater, \$275.00 per family of 3 or more

Entry Deadline: Wednesday, March 19th 2014 10:00 pm.
LATE ENTRIES WILL NOT BE ACCEPTED.

Entries Via: Email: registrar@ontariospeedskating.ca

For more meet information contact: Ron Richards , coolrunning@sympatico.ca

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 protectors, cut and water resistant gloves or mitts, knee pads, shin guards, long sleeved clothing, safety glasses with head strap, Kevlar ankle protectors, and corners of blades must be rounded off.

Hotels: Please book hotels in our area as soon as possible. Due to the location the best deals are online. Closest hotels are the Quality Inn in Oshawa and the Holiday Inn in Bowmanville.