



EASTERN REGIONAL MEET #1  
Hosted by: Ottawa Pacers Speed Skating Club  
Kanata, Ontario



Date:	October 4 and 5, 2014
Location:	Bell Sensplex 1565 Maple Grove Road, Kanata, Ontario K2V 1A3
Sanctioned By:	The Ontario Speed Skating Association
Check In:	7:00am-7:30am on Saturday, October 4 <sup>th</sup> , 2014 Bell Sensplex Please check in by Club only!
Coaches Meeting:	In coaches' box after warm-up Saturday
Officials Meeting:	8:15am on Saturday, October 4 <sup>th</sup> at Bell Sensplex
Race Schedule:	8:00am Warm ups Saturday and Sunday Racing to follow.
Seed Times:	Group 1 skaters will be seeded on 500m (111m track) Group 2 & 3 skaters will be seeded on 400m (100m track)
Entry Fee:	\$90.00 Individual skater \$200.00 Family (3 or more skaters) Club cheques only payable to Ottawa Pacers Speed Skating Club
Entry Deadline:	Wednesday, September 24, 2014 at 10:00pm LATE ENTRIES WILL NOT BE ACCEPTED.
Entries Via:	Registrations for this meet are only being accepted online. Visit the link below to complete registration. Registrations can be done by individuals. Skaters will still need to provide payment and the completed to waiver to their home club. <b>Online registration link will be posted on the OSSA website in early September.</b>
For more meet information contact:	France Chevalier ( <a href="mailto:meet@ottpacers.ca">meet@ottpacers.ca</a> )
Accommodations:	Holiday Inn Express, 45 Roberson Road 1-877-660-8550 Days Inn Ottawa West, 350 Moodie Drive 1-800-616-7719 Country Inn and Suites, 578 Terry Fox Drive 613-599-7767
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.

**The Bell Sensplex has asked that no large coolers of food be brought in the arena.  
Athletes are welcome to bring their own food.**