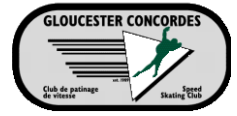




EASTERN REGIONAL #2
Hosted by: Gloucester Concorde Speed Skating Club
Ottawa, Ontario



Date:	16, November, 2014
Location:	Elizabeth Manley Arena, Bob MacQuarrie Complex 1490 Youville Drive, Ottawa, On, K1C3G7
Sanctioned By:	The Ontario Speed Skating Association Speed Skating Canada
Check In:	November 16, 2014, Hall C (downstairs) 7:00-7:30 am Please register and check in by Club only!
Coaches Meeting:	In coaches' box immediately after warm-up
Officials Meeting:	November 16, 2014 Hall C (downstairs) 8:00 am
Warm Ups:	8:00 am
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:	\$80.00 per person \$200.00 family of 3 or more
Entry Deadline:	November 5, 2014 LATE ENTRIES WILL NOT BE ACCEPTED.
Entries Via:	Email club entries to Cindy Van Lierop registrar@ontariospeedskating.ca
For more meet information contact:	Sandra Chenard : sgchenard@sympatico.ca or 613-830-8214
Accommodation:	Chimo: 613-744-1060 Travelodge Ottawa East: 1-613-745-1133 or 1-800-578-7878 Quality Inn: 1-613-834-3938
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.