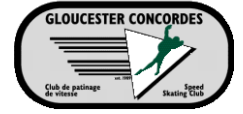




EASTERN REGIONAL #2
 Hosted by: Gloucester Concorde Speed Skating Club
Ottawa



INDIVIDUAL ENTRY FORM

Name: _____ Club: _____

Address: _____ Phone: _____

City: _____ Province: _____ Postal Code: _____

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

400m or 500m 400m (100m)
 Seed Time: _____ 500m (111m) Helmet #: _____
 (new racers only)

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, shin guards, ankle protection, and long sleeve clothing for this competition. The tips 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 Gloucester Speed Skating Club, the City of Ottawa, their agents, officers, or members for any and all injuries suffered by me at the said contest to be held on November 16, 2014 at Ottawa, 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: _____ November 5, 2014