



EASTERN REGIONAL # 3
Hosted by: Quinte Blades
Belleville Ontario



Date:	November 30, 2014		
Location:	Yardmen Arena, Quinte Sports and Wellness Centre 265 Cannifton Road, Belleville, Ontario		
Sanctioned By:	Ontario Speed Skating Association		
Check In:	Sunday, November 30, Yardmen Arena, 7:30-7:45 Please register and check in by Club only!		
Coaches Meeting:	Sunday, November 30, Yardmen Arena, after warm-up and ice flood. In the coaches' box.		
Officials Meeting:	Sunday, November 30, Yardmen Arena, 8:15		
Warm Ups:	Starting at 8:00 am. Racing to follow		
Entry Fee:	\$55.00 per skater, \$100.00 per 2 skaters; \$130.00 per 3+ skaters \$0 for Cradle Class. Club Cheque only – payable to Quinte Blades Speed Skating Club		
Entry Deadline:	Wednesday, November 19 by 10:00 p.m. LATE ENTRIES WILL NOT BE ACCEPTED.		
Entries Via:	Entries to be e-mailed to registrar@ontariospeedskating.ca		
For more meet information contact:	Anne Anderson, caneanderson@hotmail.com , 613-477-1960		
Accommodation:	A block of rooms has been reserved at: <table><tr><td>Best Western 387 North Front Street Belleville, Ontario K8P 3C8 613-969-1112 119.95/night +taxes Quote – Quinte Blades Booking Deadline: October 29</td><td>Comfort Inn 200 North Park Street Belleville, Ontario K8P 2Y9 613-966-7703 99.00/night +taxes Quote – Quinte Blades November 15</td></tr></table>	Best Western 387 North Front Street Belleville, Ontario K8P 3C8 613-969-1112 119.95/night +taxes Quote – Quinte Blades Booking Deadline: October 29	Comfort Inn 200 North Park Street Belleville, Ontario K8P 2Y9 613-966-7703 99.00/night +taxes Quote – Quinte Blades November 15
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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 SSC regulation D3-100, all competitors must wear hard shell helmets, bib-style neck protectors, cut and water resistant gloves or mitts, knee pads, shin guards, shatter-resistant protective sport-glasses or a complete visor held in place by an elastic strap, ankle protectors for this competition. The tips of skate blades must be rounded off.		