



MASTERS CHAMPIONSHIP AND PROVINCIAL B CHAMPIONSHIP  
 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 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 **March 28-29, 2015** 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:** \_\_\_\_\_ March 18, 2015