



ST. LAWRENCE REGIONAL SERIES MEET

Hosted by: St. Lawrence Rapids
Brockville, ON



Date:	Saturday, February 14, 2015
Race format:	Ability format and Cradle events per OSSA 2014-15 Technical Bulletin
Location:	Brockville Memorial Centre, Magedoma Drive, Brockville ON K6V 7J5, 613-342-8775
Sanctioned By:	The Ontario Speed Skating Association
Check In:	Saturday, February 14 th , 7:30 am Please register and check in by Club only!
Coaches & Officials Meeting:	Saturday, February 14 th at 7:45 am, Memorial Hall
Warm Ups:	8:00 am
Entry Fee:	\$55.00 per skater, \$100 per family Payment by club cheque to St. Lawrence Speed Skating Club
Entry Deadline:	Wednesday, February 4 th , 10:00pm LATE ENTRIES WILL NOT BE ACCEPTED.
Entries Via:	By club on the OSSA club entry spreadsheet registrar@ontariospeedskating.ca
For more meet information contact:	Rob Giroux Giroux.robert.p@gmail.com 613-498-1592
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.
Helmet covers:	Skaters must bring their own helmet covers and provide their number on the entry form. Covers can be borrowed for a \$20 deposit, if required.
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.