



## **EASTERN REGIONAL MEET #1**

**HOSTED BY: OTTAWA PACERS**

**OTTAWA, ONTARIO**

Date:	October 3, 2015 from 7:30 AM until 2:00 PM
Location:	Bell Sensplex 1565 Maple Grove Rd Kanata, ON Canada K2V 1A3
Type of Meet:	This is an Ability meet, mixed gender Refer to the 2015-2016 OSSA Technical Bulletin for details: <a href="http://ontariospeedskating.ca/technical-bulletins/">http://ontariospeedskating.ca/technical-bulletins/</a>
Skater Eligibility:	Regional Series skaters
Sanctioned By:	The Ontario Speed Skating Association Speed Skating Canada
Check In:	October 3, 2015 at 7:00 AM in the soccer field Please check in by Club only!
Coaches Meeting:	October 3, 2015 at 7:15 AM in the soccer field
Officials Meeting:	October 3, 2015 at 8:00 AM in the soccer field
Warm Ups:	7:30 AM racing to follow at 8:30 AM
Entry Fee:	\$80.00 per skater \$200.00 per family
Entry Deadline:	Registrations for this meet are only being accepted online. Visit the registration link to complete registration (posted on OSSA website). Registrations can be done by individuals. Skaters will still need to provide payment and the completed to waiver to their home club. Online registrations are due Wednesday, September 23rd at 11:59pm. Late entries may be accepted until 12 noon on Friday, September 25th at the cost of double the entry fee. All Ontario Speed Skating Association competitions will have no refunds after the close of all entries. No exceptions including medical circumstances.

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For more meet information contact: France Chevalier at [meet@ottpacers.ca](mailto:meet@ottpacers.ca)

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Accommodation:	<b><u>Holiday Inn Express</u></b> 45 Robertson Road 1 877 660 8550	<b><u>Days Inn Ottawa West</u></b> 350 Moodie Drive 1 800 616 7719	<b><u>Country Inn and Suites</u></b> 578 Terry Fox Drive 613 599 7767
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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.
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Equipment:	In accordance with Speed Skating Canada regulation D3-100 in the SSC Red Book, all competitors must wear hard shell helmets, bib-style neck protectors, even if you are wearing a cut-proof suit, cut and water resistant gloves or mitts, knee protection, shin guards, ankle protection, and long sleeve clothing for this competition. The front and rear tips of skate blades must be rounded off and shatter-resistant protective sport glasses (clear or yellow) or a complete visor must be worn. Glasses must be held on by an elastic strap.
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**The Bell Sensplex has asked that no large coolers of food be brought in the arena.**

**Athletes are welcome to bring their own food.**

OSSA has teamed up with Choice Hotels! This partnership will provide lots of benefits for OSSA and clubs, but will also benefit our members directly. Anytime you need a hotel for personal travel, you can save up to 15% and earn funding for OSSA. To take advantage of the discount opportunity book online at [choicehotels.ca/ontariospeedskating](http://choicehotels.ca/ontariospeedskating) or call 800-4CHOICE and quote corporate ID#00235690.

