



The Janet Henderson Memorial
Eastern Regional Meet #3
Hosted by Kingston Striders Speed Skating Club
Kingston, Ontario

Date:	14 November 2015
Location:	Cataraqui Arena, 1030 Sunnyside Rd. Kingston, ON K7P2Y2 Tel: 613-544-4442
Type of Meet:	This is an All points Ability, mixed gender meet Refer to the 2015-2016 OSSA Technical Bulletin for details: http://ontariospeedskating.ca/technical-bulletins/
Skater Eligibility:	Regional Series Special Olympics Ontario Skaters
Sanctioned By:	The Ontario Speed Skating Association
Check In:	Cataraqui Arena (The Kelly Ball Room), Saturday, November 14, 7:00 a.m. -7:45 a.m. Please check in by Club only!
Coaches Meeting:	November 14, 2015 – 7:45AM
Officials Meeting:	November 14, 2015 – 8:00AM
Warm Ups:	November 14, 2015 – 8:00AM
Entry Fee:	\$70.00 Individuals \$120.00 Family (2 or more skaters)
Entry Deadline:	November 4, 2015 at 11:59pm. Late entries may be accepted until 12 noon on Friday, November 6 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.
Entries Via:	Email club entries to: registrar@ontariospeedskating.ca . Club entries ONLY!
For more meet information contact:	Melanie De Wys, vp@speedskatingkingston.ca , 613-767-2561
Accommodation:	A block of rooms has been reserved at: Comfort Inn Hwy 401, 55 Warne Cres, Kingston OSSA Preferred Rate of \$99.00 +HST and applicable taxes – call 613-546-9500 and quote Kingston Striders Event to receive the special. Guests are responsible for own payment.

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.

Equipment: See registration form for details and Speed Skating Canada's Red Book.

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 or call 800-4CHOICE and quote corporate ID#00235690.

