

EASTERN REGIONAL MEET #4
HOSTED BY: GLOUCESTER CONCORDES
OTTAWA, ONTARIO

Date:	13 December, 2015
Location:	Elizabeth Manley Arena, Bob MacQuarrie Complex 1490 Youville Drive, Ottawa, ON, K1C 3G7
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 skaters
Sanctioned By:	The Ontario Speed Skating Association
Check In:	13 December, 2015, Hall C (downstairs) 7:00-7:30 am Please check in by Club only! Please make Club cheques payable to Gloucester Concorde Speed Skating Club (GCSSC).
Coaches Meeting:	13 December, 2015. 7:45 am
Officials Meeting:	13 December, 2015. 8:00 am
Warm Ups:	13 December, 2015. 8:00 am (racing to follow)
Entry Fee:	\$65 per Individual
Entry Deadline:	Wednesday 2 December, 2015 at 11:59pm. Late entries may be accepted until 12 noon on Friday, 4 December, 2015 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:	Registrations for this meet are only being accepted online. Visit the link below to complete your registration. Registrations can be done by individuals. Skaters will still need to provide payment and the completed to waiver to their home club. https://site2830.goalline.ca/register.php?reg_form_id=5469
For more meet information contact:	Lisa Kluge at meet_coordinator@gloucesterconcordes.ca

A block of rooms has been reserved at:

The Quality Inn Orleans

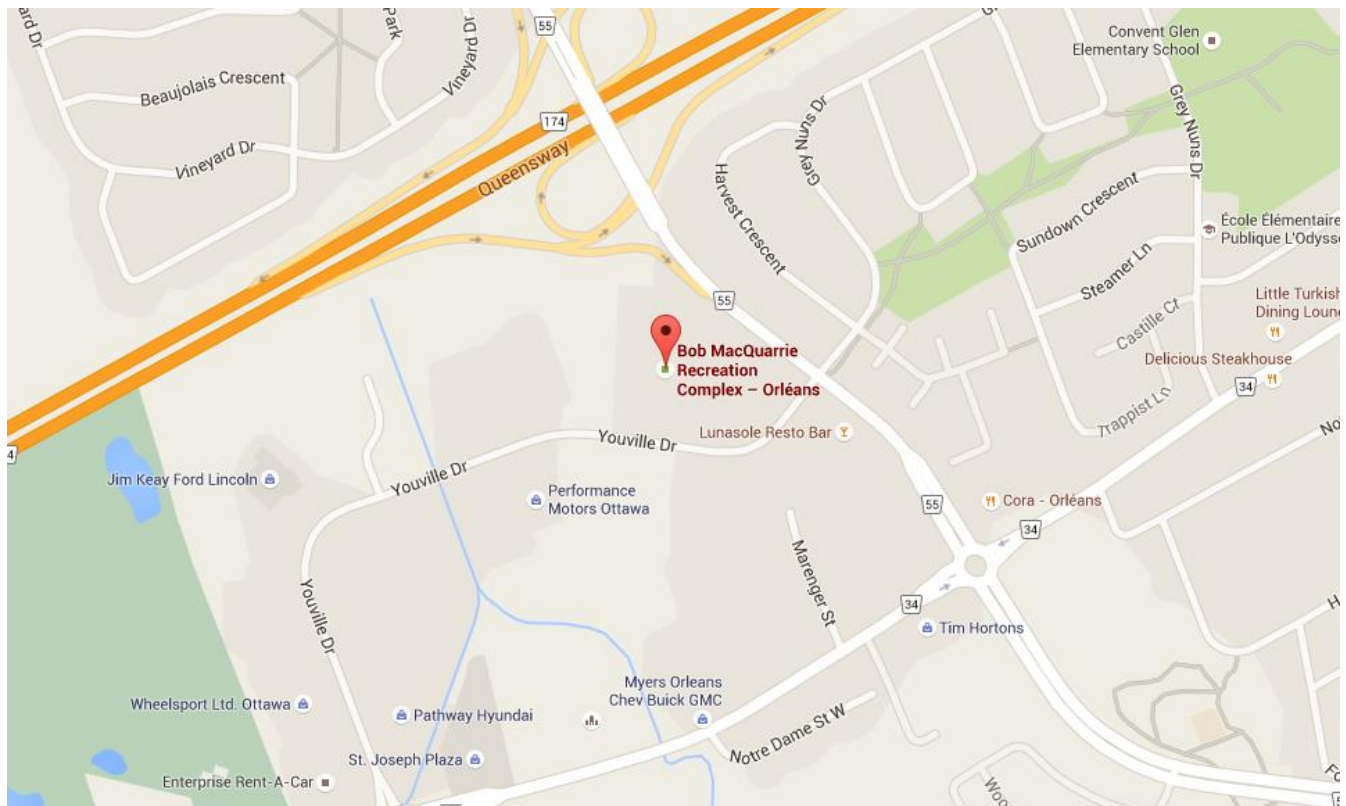
Accommodation: 3363 St Joseph Blvd, Orleans, Ontario, K1C 1T1
Phone: 613-834-3938

NOTE: Use **Client ID # 00235690** to access preferred rates @ www.ChoiceHotels.ca/ontariospeedskating or by calling **800-424-6423**

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.

Directions to Bob MacQuarrie Recreation Complex: From Trans-Canada Hwy/ON-417, take Ottawa Regional Rd 174 to Jeanne D'Arc Blvd S/Route 55 in Gloucester. Turn right onto Youville Dr.



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.

