



The Janet Henderson Memorial
Eastern Regional Meet #1
Hosted by: Kingston Striders Speed Skating Club
Kingston, Ontario



Date:	Saturday, November 18, 2017
Location:	Cataraqui Arena, 1030 Sunnyside Rd. Kingston, ON K7P2Y2 Tel: 613-544-4442
Type of Meet:	This is an All points Ability, mixed gender Refer to the 2017-2018 OSSA Technical Bulletin for details: http://ontariospeedskating.ca/technical-bulletins/
Skater Eligibility:	Regional Series skaters, Cradle and Special Olympics Provincial Series skaters and will be waitlisted – they will be notified after registration closes.
Sanctioned By:	The Ontario Speed Skating Association
Check In:	November 18, 2017 – 7:00AM-7:30AM Kelly Ball Room, Main Lobby, Cataraqui Arena Please check in by Club only!
Coaches Meeting:	November 18, 2017 – 7:45AM
Officials Meeting:	November 18, 2017 – 8:15AM
Warm Ups:	8:00AM – Racing to follow at 9:00AM
Entry Fee:	\$85.00 Individuals \$170.00 Family (3 or more skaters)
Entry Deadline:	November 8, 2017 at 11:59pm. Late entries may be accepted until 12 noon on Friday, November 10, 2017 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, president@speedskatingkingston.ca , 613-767-2561

Holiday Inn Express

11 Benson Street
Kingston, Ontario
1 877 660 8550

Ramada Kingston Hotel

33 Benson Street
Kingston, Ontario
1 613 546 3661

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:

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 or a complete visor must be worn. Glasses must be held on by an elastic strap. 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.



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