



ONTARIO EAST REGIONAL CIRCUIT #4
 Hosted by: ST. LAWRENCE SPEED SKATING CLUB
BROCKVILLE, ONTARIO
John Somerville Memorial Meet



REGISTRATION FORM

Name #1 _____

Date of Birth _____ Age Class: _____ Gender: Female Male
mm/dd/yy

200m, 400m or 500m 200m (100m track) Group 3

Seed Time: _____ 400m (100m track) **Helmet #:** _____
(new racers only) 500m (111m track)

Name #2 _____

Date of Birth _____ Age Class: _____ Gender: Female Male
mm/dd/yy

200m, 400m or 500m 200m (100m track) Group 3

Seed Time: _____ 400m (100m track) **Helmet #:** _____
(new racers only) 500m (111m track)

Name #3 _____

Date of Birth _____ Age Class: _____ Gender: Female Male
mm/dd/yy

200m, 400m or 500m 200m (100m track) Group 3

Seed Time: _____ 400m (100m track) **Helmet #:** _____
(new racers only) 500m (111m track)

Name #4 _____

Date of Birth _____ Age Class: _____ Gender: Female Male
mm/dd/yy

200m, 400m or 500m 200m (100m track) Group 3

Seed Time: _____ 400m (100m track) **Helmet #:** _____
(new racers only) 500m (111m track)

Skater's Club: _____

Skater's Address: _____ Phone: _____

City: _____ Province: _____ Postal Code: _____

MANDATORY EQUIPMENT:

All competitors must adhere to Speed Skating Canada regulation D3-100 in the SSC Red Book.

<http://www.speedskating.ca/events/rules>

ENTRY DEADLINE: Wednesday, January 30, 2019

WAIVER (Age 18 and older) and ASSUMPTION OF RISK (Under age 18): Must be on file with the OSSA Office. If you have not already completed these forms, they are available on the bottom of the [Racing Page](#) of the OSSA Website. Please submit any outstanding waivers to the OSSA Office prior to the competition.
