



**ONTARIO REGIONAL CHAMPIONSHIPS AND
MASTERS SHORT TRACK CHAMPIONSHIPS**
LONDON SPEED SKATING CLUB
LONDON, ON

Date:	March 23 and 24, 2019
Location:	Western Fair Sports District, London City Chrysler Arena 316 Rectory Street, London, ON N5W 3V9
Type of Meet:	This is a 2 day, age class, gender specific meet. Refer to the 2018-19 OSSA Technical Bulletin for details: http://ontariospeedskating.ca/technical-bulletins/
Skater Eligibility:	Ontario Regional Circuit Skaters who have skated in at least one Ontario Regional Circuit event in the 2018-19 season. Masters skaters who have skated in at least one OSSA sanctioned short track meet in the 2018-2019 season.
Sanctioned By:	The Ontario Speed Skating Association Speed Skating Canada
Check In:	Saturday, March 23 starting at 7am in front lobby, by club only!
Coaches Meeting:	7:45 Saturday on the ice by the coaches box. Sunday morning at referee's discretion.
Officials Meeting:	7:45 Saturday on the ice by the officials box. Sunday morning at referee's discretion.
Warm Ups:	8am each morning.
Entry Fee:	\$110 per skater. \$275 per family of 3 or more. Fee includes a meet t-shirt, one per skater. ***FORM MUST BE COMPLETED BY MARCH 5 FOR T-SHIRT SIZE TO BE ORDERED. NO EXCEPTIONS.*** Order your size and colour here: https://docs.google.com/forms/d/e/1FAIpQLSe8kgKPF6tJb51WBLmO5pGYf2oVpvEi16BWVzWLEyAODjogGw/viewform
Entry Deadline:	Wednesday March 13 at 11:59pm. Late entries may be accepted until 12 noon on Friday, March 15 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: Kendra Lindsay 519-902-7555 kendralindsay16@yahoo.ca

Accommodation: A block of rooms has been reserved at: Ramada London 817 Exeter Road, London, ON N6E 1W1 Please call 1-800-303-3733 or 519-681-4900 and quote LSSC to receive \$110 for a double room. ***Please note that these rooms are only held until February 21 due to high demand in London that weekend for hotels***
A block of rooms is being held at the Best Western Airport Inn and Suites, 2230 Dundas Street, London, ON N5V 1R5 519-457-1200 King suite for \$135 +tax. Use code LSSC
Please note that rooms are only being held until February 21 due to high demand in London that weekend

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.

Master's Championships: Please note, the number of distances raced in the Master's Championships will be determined after entries are received for this competition and will be based on the timing available.

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.

