



**MILTON'S OLYMPIC WARM UP**  
February 6, 2010  
HOSTED BY MILTON SPEED SKATING CLUB  
Milton, Ontario

- Format:** THE FORMAT FOR MILTON'S OLYMPIC WARM UP WILL BE LADDER STYLE WITH A GOAL OF ATLEAST 5 RACES PER SKATER COMBINED WITH A RELAY RACES FOR ALL SKATERS.  
FREE SKATE DURING LUNCH BREAK. HELMETS ARE REQUIRED.
- Location:** MILTON SPORT CENTRE (MSC) 605 SANTA MARIA BLVD MILTON, ON  
PHONE: 905-875-5393
- Sanctioned by:** ONTARIO SPEED SKATING ASSOCIATION
- Check In:** SATURDAY FEBRUARY 6, 2010 7:00 - 7:30 A.M.  
MILTON SPORTS CENTRE  
PLEASE REGISTER AND CHECK IN BY CLUB ONLY.
- Coaches and Officials Meeting:** SATURDAY FEBRUARY 6, 2010  
OFFICIALS – 7:30 A.M. COACHES – 7:45  
MILTON SPORTS CENTRE
- Warm Ups:** STARTING 7:30A.M. RACING TO FOLLOW
- Entry Fee:** \$ 45.00 PER SKATER, \$ 110.00 PER FAMILY, \$ 10.00 CRADLE  
**Club Cheque only – Payable to Milton Speed Skating Club**
- Awards will be given to All participants.
- Entry Deadline:** THURSDAY JANUARY 28, 2010 BY 10:00 P.M.  
LATE ENTRIES WILL NOT BE ACCEPTED, LIMITED NUMBER OF SKATER, PLEASE REGISTER EARLY
- Entries via:** ENTRIES (ON CLUB ENTRY FORM) TO BE EMAILED TO:  
INFO@MILTONSPEEDSKATING.COM  
CLUB ENTRIES MAY BE PHONED TO: MARGARET KIRKUP 905-299-1033  
PHONE ENTRIES MUST BE GUARANTEED.
- Meet Coordinator:** STEVE DODDS
- Accommodations:** Holiday Inn Express Hotel, 2750 High Point Drive, ON L9T 5G5  
(3.4 miles away), 905-876-4955. Discount available if booked by January 24
- Health Cards:** PLEASE BE SURE THAT ALL SKATERS TRAVEL WITH A COPY OF THEIR HEALTH CARD NUMBER THAT MAY BE REQUIRED IN CASE OF AN EMERGENCY.

