

# REGIONAL MEET WEST #5

hosted by **the Toronto Speed Skating Club** *"The Cyclones"*

New location this year on Olympic Ice:

**Mastercard Centre for Hockey Excellence**

400 Kipling Avenue, Toronto (Etobicoke), Ontario, M8V 3L1

(south of the QEW, east of the 427)

**SATURDAY, JANUARY 30<sup>TH</sup>, 2010**

This meet will feature two distances and relays.

Skaters with similar seed times will be grouped together.

The relays will feature teams from clubs.

**Sanctioned by: The Ontario Speed Skating Association**

**Registration: Saturday morning at the arena beginning at 7:30 am.**

**Please register and check in by Club only!**

**Coaches' and Officials' Meeting: Saturday morning at 8:15 am**

**Warmups begin at 8am.**

**Entry fee: \$50 per skater**

**Entry Deadline: Wednesday, January 20<sup>th</sup>, 10 pm.**

**Entries via: By Club only by email to Cindy van Lierop at [cjvanlierop@rogers.com](mailto:cjvanlierop@rogers.com)**

**For more meet information contact: Meet Coordinator, Desmond Preudhomme, 416-436-0814 or [desmond\\_preudhomme@dell.com](mailto:desmond_preudhomme@dell.com)**

**Accommodation: information available on request**

**Health cards: Please be sure that all skaters travel with a copy of their health card number in case of an emergency.**

# ENTRY FORM

Regional Series #5 West  
Saturday, January 30, 2010

Mastercard Centre for Hockey Excellence, Etobicoke, Toronto  
(Entry Deadline: Wednesday, January 20, 2010)

Name: \_\_\_\_\_ SSC No \_\_\_\_\_  
Address: \_\_\_\_\_  
Tel. No. \_\_\_\_\_ email \_\_\_\_\_  
Date of Birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ Sex: F M  
Club: \_\_\_\_\_ Coach \_\_\_\_\_  
Age Class: \_\_\_\_\_

Personal best time last season or this season:

Juvenile, Junior, Intermediate, Senior, Open, Masters Time: 500 m \_\_\_\_\_

Pee Wee, Bantam, Midget: 333 m \_\_\_\_\_

Event and date, this season or last season, at which 500M or 333M personal best time skated

EVENT: \_\_\_\_\_

DATE: \_\_\_\_\_

## **Mandatory Equipment:**

In accordance with Speed Skating Canada regulation N14-102, all competitors must wear hard shell helmets, bib-style neck protectors, cut and water resistant gloves or mitts, knee pads, shin guards and long-sleeve clothing for this competition. The back corner of skate blades must be rounded off.

## **WAIVER**

In consideration of my accepting this entry, I hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against the City of Toronto, SSC, OSSA, the Toronto Speed Skating Club, their agents, officers, or members for any and all injuries suffered by me at said competition to be held on January 30, 2010, at Toronto, Ontario.

In witness whereof, I have here unto set my hand and seal this \_\_\_\_\_ day of \_\_\_\_\_, 2010.

Signature of Participant: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_  
(if participant is under 18)

Submit the completed form and fee to your club representative, who will register you on your behalf. Do not send to the meet organizers directly.

## Relay Participation Notice of Intent (to be submitted by clubs only)

At our meet we are planning on holding relays. Clubs may choose to submit club teams.

Clubs without sufficient numbers may join forces with another club without sufficient numbers to make a composite relay team.

Individual skaters can ask to be included in the relays if the club does not have a team.

One team per club is permitted per category.

Club(s): \_\_\_\_\_ Club Contact at meet: \_\_\_\_\_

### Junior Relays (midget and juvenile)

Girls	Name	Age Cat	Boys	Name	Age Cat
1			1		
2			2		
3			3		
4			4		
alt			alt		

### Senior Relays (junior, intermediate, senior)

Girls	Name	Age Cat	Boys	Name	Age Cat
1			1		
2			2		
3			3		
4			4		
alt			alt		

Individuals interested in participating who are not on a club team:

Name	Club	Age Category