

Second Regional Meet (West)

hosted by the Toronto Speed Skating Club "The Cyclones"

Malvern Arena, Toronto (Scarborough)

30 Sewells Road

(Neilson Road, north of Sheppard, exit 385 off 401)

416-396-4054

Saturday, November 17th, 2007

This meet is intended for **Regional Stream Skaters**, including Masters, Cradle skaters and Special "O" athletes. Our intention is to provide four races at two distances and a relay for most skaters.

Skaters with O-Cup times will be put on a waiting list and included if there is room. **We will be capping the number of racers.**

Please note that **the program is staggered** throughout the day to reduce the amount of time skaters and their families must spend at the rink. **Please take careful note of warm-up times.**

Officials' Clinic (am)

During the morning of the meet, there will be a Level One Officials' Clinic run by Jacky Shoebridge and Cindy van Lierop. In the afternoon, participants in the clinic will have the chance to put what they have learned in practice. Contact OSSA for details.

Equipment Seminar (pm)

Following the conclusion of the Masters' races in the early afternoon (about 1 pm), Paul Shoebridge will conduct a seminar for parents, coaches, equipment managers, and others who are interested, on taking care of skates. From the basics of sharpening through to key information about offset, rockering and bending, this will be an excellent opportunity for participants to extend their knowledge and skills. Sign up when you arrive at the rink.

Sanctioned by: The Ontario Speed Skating Association

Coaches' Check in: Saturday morning at Malvern Arena between 8-8:30 am

Please register and check in by Club only!

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

Warm Ups:
Masters: 8:45 am
Pee wees, Bantams and Midgets, Special 'O': 9:45 am
Juveniles, Juniors, Intermediate, Senior: 11:45 am

Entry Fee: \$30; Cradles and Special O: \$5.

Entry Deadline: Wednesday, 7th November, 2007, 10 pm

Entries via: By club only. E-mail only to Cindy Van Lierop at cjvanlierop@rogers.com

For More Meet Information Contact: Meet Coordinator, Will Wallace, 416-466-6551, londwall@sympatico.ca

Accommodation: Holiday Inn Express, 50 Estate Dr. (off Markham Rd., south of the 401), 1-877-818-2805

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 #2 West
Saturday, November 17, 2007
Malvern Arena, Scarborough
(Entry Deadline: November 07, 2007)

Name: _____ DOB: Month ___ Day ___ Year ___ Sex: F / M
Address: _____ Phone: _____ Email: _____
SSC No _____ Club: _____ Coach _____

Distances to be skated will be determined by age class. Please check the appropriate column.

Category	Cradle (no seed time required)	Pewee	Bantam	Midget
Distance 1	Half lap	111m	222m	333m
Distance 2	One lap	222m	333m	500m
Check here				

Pewees, Bantams & Midgets – 333m seed time (2006-07): _____

Event _____ and date _____ at which 500M 2006-07 personal best time was skated.

Category	Special O (no seed time required)	Juvenile	Junior/ Intermediate/ Senior
Distance 1	333m	500m	500m
Distance 2	500m	666m	1000m
Check here			

Juvenile, Junior, Intermediate, Senior – 500m seed time (2006-07): _____

Event _____ and date _____ at which 500M 2006-07 personal best time was skated.

Masters will race two 500m, and one each of the other two distances they have signed up for. The 500m races will provide the seeding for the other two races.

Category	Masters Group A	Masters Group B
Distance 1	500m	500 m
Distances 2 & 3	333m/ 666m	1000m/ 1500m
Check here, one only		

Masters – 500m seed time (2006-07): _____

Event _____ and date _____ at which 500M 2006-07 personal best time was skated.

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.

All skaters will be assigned Helmet Covers at the Meet.

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 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 November 17, 2007 at Toronto, Ontario.

In witness whereof, I have here unto set my hand and seal this _____ day of _____, 2007.

Signature of Participant (or Parent or Guardian if participant is under 18): _____

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