



[Insert club logo here]

ST. LAWRENCE RAPIDS INTERCLUB MEET
HOSTED BY: ST. LAWRENCE SPEED SKATING CLUB
BROCKVILLE, ON

Date:	12 February 2023
Location:	Brockville Memorial Centre, 100 Megadoma Blvd, Brockville, ON K7A7J5 (613) 342-8775
Type of Meet:	This is an Interclub meet.
Skater Eligibility:	East Region Skaters (non-elite): Early Start, Youth and Masters
Sanctioned By:	The Ontario Speed Skating Association Speed Skating Canada (If applicable)
Check In:	February 12, 2023 Brockville Memorial Centre front Lobby Please check in by Club only! Please make cheque payable to SLSSC.
Coaches Meeting:	February 12, 2023, 7:45 am Memorial Hall (near kitchens)
Officials Meeting:	February 12, 2023, 8 am Memorial Hall (near kitchen)
Warm Ups:	8 am
Entry Fee:	\$55
Entry Deadline:	February 8, 2023 at 11:59pm.
Entries Via:	Email club entries to: giroux.robert.p@gmail.com. Club entries ONLY!
Meet Contact:	Emily Morrison, Morrison_emm@yahoo.com (613)275-7263
Health Cards:	Please be sure that all skaters travel with a copy of their health card number.
Equipment:	See Speed Skating Canada regulation D3-100 in the SSC Red Book .