



East Region Interclub Meet

Hosted by Kingston Striders

Date:	Sunday November 27, 2022 This meet is subject to change or cancellation due to COVID-19.
Location:	1040 Sunnyside Rd, Kingston, Ontario The Cataraqui Arena is located on the territory of Haudenosaunee and Anishinaabek peoples.
Skater Eligibility:	Ages (as of July 1, 2022): Active Start (3-5), Club Skater (6-10), Youth (11, 12, 13), Special O East Region clubs: Kingston, Quinte, Ottawa, Gloucester, St. Lawrence, and Kawartha Flex clubs: Sudbury, Sault Ste Marie, Thunder Bay
COVID-19:	All meets are required to follow all provincial and local public health guidelines. Please stay home if you are feeling unwell.
Sanctioned By:	Speed Skating Ontario
Entry Fee:	\$55 per person. No refunds after the close of all entries. Payments made with one club cheque payable to "Kingston Striders"
Entry Deadline:	Wednesday November 16, 2022 at 11:59pm. There is no extended deadline.
Entries via:	All skaters must register with their home club registrar. Registrar sends completed club entry form (Link to download form) to Striders.Registrar@gmail.com
Check In:	Coaches should notify the Meet Recorder (Sheri) if any skaters are absent before warmups.
Volunteers:	Please let us know if you are interested in volunteering by emailing Striders.registrar@gmail.com
Warm Ups	8:00 AM
Meet Contact:	Sheri Young, Striders.registrar@gmail.com
Hotel Info	If needed, a group rate of \$129 has been secured at the following hotel: Strata Hotel - 1187 Princess Street, Kingston, K7M3E1; 613-546-4411 To book: - Call the hotel directly at 613-546-4411 or by contacting the director of sales (Dustin Field) at 613-449-3394, dfield@stratahotel.com - the group rate is under 'Kingston Interclub/CWG Trials'