



**SPEED
SKATING
ONTARIO**

Regional Meet

Hosted by Sudbury Sprinters
Speed Skating Club



INVITATION	JOIN US AT OUR OUTDOOR QUEEN'S ATHLETIC SKATING OVAL ON SATURDAY, JANUARY 4th AND SUNDAY, JANUARY 5th, FROM 10 AM - NOON FOR PRACTICE. WEATHER DEPENDENT. \$10 per practice.
Date:	Friday, January 3 rd , 2025; 1 PM – 4:30 PM. First race 1 PM.
Location:	Gerry McCrory Countryside Sports Complex, Ice Pad 1 235 Countryside Dr, Greater Sudbury, ON P3A 5A2 <i>Sudbury is on the Robinson-Huron Treaty territory and the land is the traditional territory of the Atikameksheng Anishnawbek as well as Wahnapiatae First Nation.</i>
Skater Eligibility:	East, West, and Flex Regions Skaters with a Speed Skating Ontario Club Membership aged 4-8, or older novice skaters as identified by their Club Coach. Provincial Circuit skaters are not eligible. Masters skaters not requiring Level 3 padding (KEF below 0.60, see SSC Red Book , p.64)
Health Measures:	Please stay home if you are feeling unwell.
Sanctioned By:	Speed Skating Ontario
Entry Fee:	40\$ per person. No refunds after the close of registration.
Payment via:	One club E-transfer to treasurer@sudburysprinters.com with a note "Regional Meet Registration" OR one club cheque made out to "Sudbury Sprinters Speed Skating Club"
Entry Deadline:	December 20th, 2023 at 4 PM Clubs may ask their members to submit their interest sooner than this date. Check with your home club.
Entries via:	All skaters must register with their home club registrar. Registrars please send completed club entry forms (Link) to info@sudburysprinters.com . Only one spreadsheet submission per club please.
Check In:	12 PM; Coaches should notify the host club if any skaters are absent before racing begins.
Schedule:	NO ON-ICE WARM UPS. Please have skaters warm up off-ice. Duration approximately 3.5 hours.
Volunteers:	Volunteers may be needed from other clubs to support our volunteers for this meet. Please let us know you are interested in volunteering! Email info@sudburysprinters.com .
Coaches/Officials/Volunteers:	No formal meeting. Coaches will meet prior to the start of racing in the coaches' box. Officials will meet at 12:45pm at their station.
Meet Contact:	Natalie Lefort, info@sudburysprinters.com
Equipment:	Please see D3-100 in the SSC Red Book .