



## East Region Regional Meet

Hosted by Kingston Striders

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Date:	October 22, 2023
Location:	<b>1030 Sunnyside rd, Kingston, Ontario Cataraqui Arena, Kinsman Icepad</b>
Skater Eligibility:	East Region skaters aged 9 and under Older <b>novice</b> skaters and Special O skaters are also welcome to compete. <b>Note: Times from Regional Meets are recorded for development purposes, not ranking</b>
Sanctioned By:	Speed Skating Ontario
Entry Fee:	\$45 per person. No refunds after the close of all entries. Payments can be made through home club (check payable to Kingston Striders) or via ettransfer to <a href="mailto:treasurer.ksssc@gmail.com">treasurer.ksssc@gmail.com</a> (please note club name in the ettransfer notes)
Entry Deadline:	<b>Friday October 13, 2023 at 11:59pm.</b>
Entries via:	All skaters must register with their home club registrar. Registrars please send completed club entry forms ( <a href="#">Link</a> ) to <a href="mailto:Striders.Registrar@gmail.com">Striders.Registrar@gmail.com</a>
Check In:	8 AM There will be a brief meeting for Volunteers, Officials and Coaches at 8:30 AM
Volunteers:	Please let us know if you are interested in volunteering by emailing <a href="mailto:Striders.Registrar@gmail.com">Striders.Registrar@gmail.com</a>
Schedule	Start Time: 9:00 AM – NO ON-ICE WARM UPS, please have skaters warm up off-ice Expected end time: 1 PM (estimate)
Meet Contact:	Sheri Young, <a href="mailto:Striders.registrar@gmail.com">Striders.registrar@gmail.com</a>

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