



Eastern Regional Meet

Hosted by St. Lawrence Speed Skating Club

Date:	November 22, 2026, 12:30pm - 4pm 12:30 – 1:00: Meet with your group leaders and the rest of your group for the event. 1:00 – 4:00pm : A quick on-ice warm-up for all skaters followed directly by racing.
Location:	Brockville Memorial Centre: 100 Magedoma Blvd., Brockville, ON, K6V7N7 The City of Brockville is situated upon traditional territories of the Anishinaabe Peoples, of the Haudenosaunee Peoples and of the Wendat Peoples.
Skater Eligibility:	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. For Eastern Clubs: Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha and Flex Regions: Sudbury, Sault Ste. Marie, Thunder Bay
Health Measures:	Please stay home if you are feeling unwell.
Sanctioned By:	Speed Skating Ontario Super Final Format: Mixed gender, fun introductory racing.
Entry Fee:	\$40 per person. No refunds after the close of registration.
Entry Deadline:	November 8, 2026, at 11:59pm.
Entries via:	Skaters register through their home club. 200M seed time required. Club to submit skater information using this form to info@stlawrencespeedskatingclub.org Payment by Club via Cash or Cheque
Check In:	Coaches should notify the host club if any skaters are absent before racing begins.
Volunteers:	Please let us know if you are interested in volunteering by contacting info@stlawrencespeedskatingclub.org
Coaches:	Officials and Coaches Meeting will take place at 12:45 in the Event Hall.
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Meet Contact: info@stlawrencespeedskatingclub.org

Equipment: Please see D3-100 in the [SSC Red Book](#).
