



REGIONAL MEET EAST #1 AND MINI MEET

HOSTED BY: OTTAWA PACERS

OTTAWA (KANATA)

Date:	23 September 2023
Location:	1565 Maple Grove Rd, Stittsville, ON K2V 1A3 (613) 599-0363
Type of Meet:	This is a Regional, mixed gender meet combined with a Mini Meet, mixed gender
Skater Eligibility:	Regional Meet for Ontario East Skaters 9 and under Mini Meet for Ontario East Skaters 10 and older who do not meet the time standard for Time Trials or do not want to race in Time Trials
Sanctioned By:	SSO
Check In:	23 September 2023 9:00 am Please check in and pay by club only. Please make cheque payable to Ottawa Pacers Speed Skating Club or make e-transfer to payments@ottpacers.ca . Ottawa Pacer Skaters pay by e-transfer at payments@ottpacers.ca .
Coaches Meeting:	9:00am Center Ice Restaurant
Officials Meeting:	23 September 2023 9:00am Center Ice Restaurant
Warm Ups:	Start time 10:00 am
Entry Fee:	\$45 per skater
Entry Deadline:	Friday, September 15, 2023 at 11:59pm.
Entries Via:	Skaters register through Google Form
Meet Contact:	Ainley McNamee meet@ottpacers.ca (613) 324-1551
Health Cards:	Please be sure that all skaters travel with a copy of their health card number.
Equipment:	All skaters must wear helmet, goggles, cut resistant neck guard, kneepads, and cut resistant socks