



East Regional Meet

Hosted by Gloucester Concorde

Date: Sunday February 23rd, 2025, warmup at 8 am, racing from 8h30 am to 11h45 am

Location: Bob MacQuarrie Recreation Complex -1490 Youville Dr, Orléans, ON K1C 2X8

Skater Eligibility: East Region skaters aged 4-9 with a Speed Skating Ontario Club Membership. Older **novice** skaters are also welcome to compete. **Note: Times from Regional Meets are recorded for development purposes, not ranking**

Health Measures: Please stay home if you are feeling unwell

Sanctioned By: Speed Skating Ontario

Entry Fee: \$40 per person. Please pay your club directly. No refunds after the close of registration.

Entry Deadline: **Friday February 14th, 2025, 9:00 pm**

Entries via: Skaters register through their home club. Club Registrars please send completed club entry forms ([Link](#)) to Charles at gcssc.meet.registrar@gmail.com . Payment by Club Cheque.

Check In: Coaches should notify the host club if any skaters are absent before racing begins. Coaches will meet prior to the start of racing.

Volunteers and Officials:

Please let us know if you are interested in Volunteering by emailing Dominique_lalonde@yahoo.ca .
Volunteers and Officials will meet @ 7h30 am in front of the Gloucester Concorde office.

Meet Contact: Dominique Lalonde – Dominique_lalonde@yahoo.ca

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