



Hosted by Cambridge Speed Skating Club

Date:	Saturday December 5, 2026 TIME 8:30 AM-11:30 AM Warm up 8:40 AM-Racing starts at 9AM Sharp
Location:	<p>Hespeler Memorial Arena, 640 Ellis Rd, Cambridge, ON, N3C 4N1 Location:</p> <p>Speed Skating Ontario and the Cambridge Speed Skating Club acknowledge that the ice we skate on and the lands we gather upon are the traditional territories of the Anishinabewaki ᐱᓂᓴᓂᓇᑲᓄᐩ, Ho-de-no-sau-nee-ga (Haudenosaunee), Attiwonderonk (Neutral), and Mississauga peoples, including the Mississaugas of the Credit First Nation. We recognize the enduring relationship between these Indigenous peoples and their traditional lands and waters. Our relationship to this land is rooted in bringing people together to nurture fun, safety, and community through sport. We commit to stewarding these lands with the same intention we bring to sport: ensuring they thrive for generations to come. Let this be a living commitment, reflected in how we learn, share, and honor the wisdom of those who have cared for these waters and lands since time immemorial.</p>
Skater Eligibility:	<p>Skaters aged 4-9 with Speed Skating Ontario Club Membership or older novice skaters as identified by their Club Coach. Provincial Circuit skaters are not eligible.</p> <p>West Regional clubs: Milton, Oakville, Hamilton, Niagara, London, KW</p> <p>Flex Regions: Sudbury, Sault Ste. Marie, Thunder Bay</p>
Health Measures:	Please stay home if you are feeling unwell.
Sanctioned By:	Speed Skating Ontario
Entry Fee:	\$40 per person, No refunds after the closure of registration. Late Registration Fee \$60 per person
Entry Deadline:	<p>Early RegistrationDeadline: November 21st, 2026, 11:59pm</p> <p>Late entries will be accepted until December 1st, 2026, 11:59 pm</p> <p>Confirmation of Skaters sent out on December 2nd, 2026</p>
Entries via:	<div style="text-align: center;">  <p>Club Spreadsheet for Participating Athletes:</p> </div> <p>Clubs must submit one Club spreadsheet to infocambridgessc@gmail.com by Sunday November 22nd at 11:59pm. Clubs may determine their own internal registration process for their skaters. (Please use the attached excel sheet to submit skaters' names and times)</p>

Payment Via:	Skater payment is made to their home Club. Clubs, please make one E-Transfer to infocambridgessc@gmail.com with the note "Regional Meet Registration and Your Club Name" in the subject line. OR One club cheque made out to "Cambridge Speed Skating Club"
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 telling your club and they will be happy to attach your name to the volunteer spreadsheet or by emailing infocambridgessc@gmail.com with regional meet volunteer in the subject line
Coaches:	Coaches will meet prior to the start of racing
Officials:	Officials will meet prior to the start of racing.
Meet Contact:	Club registration inquiries/ General info and volunteering: Gheri /Kelly infocambridgessc@gmail.com
Equipment:	Please see D3-100 in the SSC Red Book .