



ST. LAWRENCE RAPIDS REGIONAL MEET
HOSTED BY: ST. LAWRENCE SPEED SKATING CLUB
BROCKVILLE, ON

Date:	11 February 2024 - Racing 9am - 4:30pm
Location:	Brockville Memorial Centre, 100 Megadoma Blvd, Brockville, ON K7A7J5 (613) 342-8775
Type of Meet:	This is a Regional Meet.
Skater Eligibility:	East Region Skaters: We are inviting skaters that are not included in the Provincial Series, and skaters that want an alternative to the Provincial Series. Our goal is to provide 5 races to all skaters (2 sprints, 2 mid distances and a longer super final). Youngest/newest skaters will skate 200m,300m & 400m and other skaters will skate 200m, 400m & 500m or 600m. If this is more attractive than the Provincial racing, we invite Provincial Eligible skaters to choose the Regional Format. The Regional Meet will fit around the Provincial Meet and what we are able to offer is subject to change.
Sanctioned By:	The Ontario Speed Skating Association Speed Skating Canada (If applicable)
Check In:	February 11, 2024 Brockville Memorial Centre front Lobby Please check in by Club only! Please make cheque payable to SLSSC. No refunds or exceptions.
Coaches Meeting:	February 11, 2024, 7:45 am Memorial Hall (near kitchens)
Officials Meeting:	February 11, 2024, 8 am Memorial Hall (near kitchen)
Warm Ups:	8 am
Entry Fee:	\$35 Payment Via Club Cheque Only
Entry Deadline:	February 1, 2024 at 11:59pm. Late entries may be accepted until 12 noon on, February 3, 2023 at the cost of double the entry fee.
Entries Via:	Email club entries to: giroux.robert.p@gmail.com. Club entries ONLY!
Meet Contact:	Kevin/Mellisa Tyler (Two People), kmt Tyler@gmail.com
Health Cards:	Please be sure that all skaters travel with a copy of their health card number.
Equipment:	See Speed Skating Canada regulation D3-100 in the SSC Red Book .