

MARION HANJE MEMORIAL
Short Track Speed Skating Competition
ONTARIO CUP #4

Sanctioned by O.S.S.A. & S.S.C.

Saturday and Sunday February 13 / 14 , 2010

Hosted by K-W Sertoma Speed Skating Club

Location: Rim Park Recreation center – Pillars ice pad
2001 University Ave
Waterloo Ontario

Entry Deadline : Wednesday February 3rd -- 10:00 p.m..
No late entries will be accepted

Entry Fees: \$60.00 per skater
\$150.00 Family Rate (3 or more skaters)

Make cheques payable to :

K-W SERTOMA SPEED SKATING CLUB

(one cheque per club) GST included – GST #12222 2342

Entries to: Sam Fackoury
E-mail: SFackoury@rogers.com

Meet Coordinator: Doug Flynn

Check-in: By club only – No Saturday registrations
7:30 p.m. → 9:00 p.m. Friday February 12th 2010
Delta Inn - corner - king & Frederick St, Kitchener

Coaches Meeting: By Club only -- 9:15 p.m – Friday February 12th ,2010
Delta Inn - Corner of King & Frederick Streets , Kitchener

Accommodations: Delta Inn King St – Kitchener – follow highway 8 in
From 401 → continue in on King St
\$110.00 / night + tax - 4 / room – extra cots \$15.00/night
Booking deadline Jan 20th , 2010
Mention Speed Skating Competition
Phone 1 – 519 -744 -4141 reservation fax 1-519-744 - 1314

Relays: Relays will be run on the Sunday following the 3rd distance

Race schedule: SATURDAY

Warm-ups	8:00 - 8:07	Open A women 25
	8:07 - 8:14	Open A Men 25
	8:14 - 8:21	Juvenile Girls 25
	8:21 - 8:28	Juvenile Boys & Junior men 40
	8:28 - 8:35	Bantam & Midget Girls 40
	8:35 - 8:42	Bantam & Midget Boys 40
	9:00	Racing begins

SUNDAY

Same format as Saturday

Warm up format as set down in Tech bulletin # 27.1

Awards Presentation / At close of competition on Sunday

Mandatory Equipment:

In accordance with Speed Skating Canada regulations, all competitors must wear hard shell helmets, bib- style neck protectors , cut and water resistant gloves or mitts , knee pads , shin guards, and long sleeve clothing for this competition. The back corner of skate blades must be rounded off.

ENTRY FORM

MARION HANJE MEMORIAL SHORT TRACK COMPETITION ONTARIO CUP #4

Sanctioned by O.S.S.A. & S.S.C.

February 13 / 14, 2010

Rim Park Recreation Complex , Waterloo Ont.
Pillars Ice Pad

Please Print – All information must be completed

Last Name _____ **Given Name** _____

Street _____ **City** _____

Province _____ **Postal code (ZIP)** _____

Telephone Number _____ **Club** _____

Head Coach _____

Category _____ **Male** _____ **Female** _____

S.S.C. Number _____ **Birth Date** (mm / dd / yy) _____

Health Card Number (optional) _____

AGE category _____ **1st distance** _____ **2nd distance** _____
Time _____ **Time** _____ **Total** _____

SEED TIME – BIRTH DATE ARE A MUST

Skaters will not be registered if this info is not submitted.

In consideration of my accepting this entry , I hereby , for myself , my heirs, executors , administrators and assigns, waive and release any and all rights and claims for damages I may have against OSSA, SSC the K-W Sertoma Speed Skating Club , the Rim Park Recreation Complex, the City of Waterloo and their agents , directors , officers or members, for any and all injuries by me at said contest held on February 13 / 14, 2010, at Waterloo Ontario.

signature of contestant

signature of parent or guardian (contestant under 18)

In witness whereof, I set my seal this _____ day of _____ , 2010

Note: Skaters will be assigned helmet numbers at the meet