



Silver #10 East Regional  
 Hosted by: St. Lawrence Speed Skating Club  
 Brockville Ontario  
 February 11, 2012

<http://stlawrencespeedskatingclub.org/>

ENTRY FORM

Name:				Club:			
Address:				Phone:			
City:			Province:			Postal Code:	
Date of Birth	mm/dd/yy		Age Class:			Gender:	<input type="checkbox"/> Female <input type="checkbox"/> Male
Juv and Up:			Peewee – Midget:			Helmet #:	
500m Time:			333m Time:				

**MANDATORY EQUIPMENT:**

In accordance with Speed Skating Canada regulation D3-100, all competitors must wear hard shell helmets, bib-style neck protectors, even if you are wearing a Kevlar suit, 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 and **Shatter-resistant protective sport glasses (clear or yellow) or a complete visor. Glasses must be held on by an elastic strap**

**WAIVER**

In consideration of your accepting this entry, I hereby for myself, my heirs, my executors, administrators and assigns waive and release any and all rights and claims for damages I may have against Speed Skating Canada, The Ontario Speed Skating Association, the St. Lawrence Speed Skating Club, the City of Brockville, their agents, officers, or members for any and all injuries suffered by me at the said contest to be held on February 11, 2012 at Brockville Memorial Centre, Ontario. I understand that the activity I will be participating in has inherent risks.

In witness whereof, I have hereunto set my hand and seal, this		day of		20	
	(day)		(month)		(yr)

Signature of participant	Signature of parent or guardian (if participant under 18)

**ENTRY DEADLINE:** February 1, 2012 10 pm