



POCO Lightning Speed Skating Club



2018 INTERCLUB

- Date: Saturday, November 24, 2018
- Location: Port Coquitlam Recreation Complex, 2150 Wilson Ave., Port Coquitlam
- Interclub Eligibility: All BCSSA registered skaters and registered US skaters
- Format: Ability meet for all. Masters are to compete in their own division. Active Starts around Noon.
- Timing: MANUAL
- Tracks: 100m and 111m – sanctioned BCSSA Tracks
- Entry Fee: \$40 for interclub, \$15 for active start (includes \$2 for Officials Dev fund)
- Medical: Saint John's Ambulance
- Send Meet Entries to: Louise McLaren: louise_mclaren@telus.net by **Wed., November 14, 2018** on the club entry excel spread sheet.
- Volunteers: Volunteers required for most positions. Please email rspencer0001@gmail.com to sign up.
- Seed Times: As per attached entry form
- Required Equipment: As per BCSSA competition regulations. Click here: <http://www.speed-skating.bc.ca/skate-with-us/required-equipment/> Please note the rear and front tips of all skate blades must be rounded to a minimum radius of 1 cm.
- Concussion protocol: All parents/skaters must read the BCSSA concussion protocol available here: <http://www.speed-skating.bc.ca/about/safety/>
- Registration: **ONLY ONE GROUP REGISTRATION PER CLUB.** Make cheques payable to **Port Coquitlam Speed Skating**. Bring all entry forms to the registration desk in the lobby of the arena. All fees are due prior to skaters going onto the ice. The skater's club must pay the registration fee for all scratches received after 12 noon Sunday November 19, 2018.
- Scratches: Please advise the registration desk of any last minutes scratches prior to 7:15am on Saturday morning.
- Tentative Schedule: Please make sure you are at the rink 30 minutes before warm up. The schedule is tentative and subject to change.
- General Registration: 7:30 a.m. to 8:00 a.m – General registration and helmet covers – Lobby of arena
- Coaches & Officials meet: 8:00 a.m. Coaches and Officials Briefing – Mabbet Room 2nd Floor.
- Warm-ups . -
- 8:00 a.m. Jr and Up warm up
 - 8:10 a.m. T2T warm up
 - 8:20 a.m. L2T warm up
 - 8:30 a.m. FUNd warm up
 - 8:40 a.m. Ice Clean and Officials getting into position.
 - 9:00 racing commences till Noon.
 - 12:00 noon – Active Start races – hand timing – Officials/Volunteers lunch break
 - 12:45 – Afternoon racing Commences
 - 4:00 p.m. Completion of race day.

NO LATE REGISTRATION ACCEPTED

All registrations due to Louise McLaren louise_mclaren@telus.net by November 14, 2018 7:00pm
For more information, please contact the Meet Coordinator: Rick Spencer: rspencer0001@gmail.com



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Skater Name: _____ M/F: _____ Club: _____

SSC#: _____ Birth date(dd/mm/yy) __ / __ / __ Age as of July 1, 2018: _____

Skater classification	Seed distance	Seed time	Date and Location
Active Start	100m (100m track)		
FUNd	200m (100 m track)		
	400 m (100m track)		
L2T	200 m (100m track)		
	400 m (100m track)		
	1200 m (100m track)		
T2T	200 m (100m track)		
	400 m (100m track)		
	500 m (111m track)		
	1500m (100m track)		
Junior & Up *A4L (Seniors & Masters) ** US skaters 14 & under (or use 100 track times if you have them)	500m (111m track)**		
	1000m (111m track)**		
	1500m (111m track)**		
	777* (111m track)		
	222**(111m track)		

US skaters: please submit 222m, 500m, 1000m & 1500m times on a 111m track
New skaters: please have your coach submit estimated times to the Chief Recorder

WAIVER

By signing this entry form I hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all right and claims for damages I may have against Port Coquitlam Recreation Complex, Speed Skate Canada, the British Columbia Speed Skating association and its member clubs, the Port Coquitlam Lightning Speed Skating club, the City of Port Coquitlam and our sponsors, their Agents, Officers or members including medical staff, for any and all injuries suffered by me at said contest to be held November 19, 2016 in the Port Coquitlam Recreation Complex at Port Coquitlam, British Columbia, Canada.

This information is collected under the authority of the Freedom of Information and Protection of Privacy Act. It is required to register you in the competition and could be used to contact you regarding future competitions by the Port Coquitlam Lightning Speed Skating Association. Financial information will be used to process payment. Organization of competitions/events requires that names will appear on posted race lists and results printouts. Names/Images of participants may be published on boards, website, media, newsletters and promotional material. Alternative contact and medical information will only be used in a medical emergency. If you have questions about the collection or use of this information, contact the Meet Coordinator at rspencer0001@gmail.com to request more information.

U.S. skaters must provide proof of current membership in the form of a letter from the State Association or an identity card and will need to be shown at registration. U.S. skaters are NOT covered by BCSSA or SSC insurance and therefore must carry their own insurance.

In witness whereof, I have hereunto set my hand and seal this _____ day of _____, 2018.

Skater's Signature: _____ Parent's signature: _____

I have read and agree to the BCSSA Concussion Protocol. _____ Yes
(The BCSSA Concussion Protocol can be found on the Safety webpage)

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