

SOBC-COQUITLAM SPEED SKATING-ANNUAL MEET

Date: Sunday, February 2nd, 2025

9:30am-4pm

Planet Ice - Arena #1— 2300 Rocket Way, Coquitlam, BC

Coquitlam local welcomes all speed skaters back to compete at our annual meet, which is sanctioned by SOBC.

Athletes must wear all necessary safety equipment, and follow Official Sport Rules as posted on the SOBC website.

Coaches, please bring all medical forms with you for the athletes and coaches of your team.

Although we will continue to promote safe communicable disease prevention, Planet Ice has lifted restrictions that were in place due to Covid.

Athletes should bring a water bottle, and their own nutritious snacks for between races. Snacks and coffee will be provided in the Officials/ Coaches' room for coaches and officials only. A light lunch will be provided for all.

Travel to and from the venue will be the responsibility of your local.

REGISTRATION

Deadline: Monday, January 13th, 2025

Fee: \$25/athlete & \$15/coach (non-refundable)

Cheques payable to SOBC Coquitlam, along with the enclosed registration form provided.

Mail to/ and contact (if necessary):

Vera Anderson

699 Newport St., Coquitlam, BC, V3J 3H7

604-936-8501

604-838-8819

Email: veraanders45@gmail.com

Please list all attending coaches and athletes. Athletes' race times should be listed in the space for the event they will be participating in—ie:

55m (Developmental only), 111m, 222m, 333m, 500m, 777m, 1000, 1500m, 3000m.

**Athletes must compete in a minimum of 2 races, and a max of 4.
Also please note any dietary restrictions on the registration form.**

MEET SCHEDULE:

9:30—Registration in Planet Ice lobby

9:50—Team photos will be taken adjacent to the lobby

10:00—Dryland warmup

10:30—Coaches' meeting in Officials/recording room

11:00—Equipment on

11:15-11:23—On ice warmup for seniors

11:23-11:30—On ice warmup for intermediates

11:30—Races begin (ice will be cleaned when deemed necessary by chief referee)

Lunch will be served during the meet

3:45—Competition complete; mats are off the ice

[There will be one break for an ice clean, possibly two if the Chief Referee sees the need]

4:00— Event Closes – Ribbon Presentation at Planet Ice

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