



**SPEED
SKATING
ONTARIO**



Speed Skating Ontario Time Trials #1

Hosted by the Ottawa Pacers Speed Skating Club

Date:	Saturday September 24, 2022 This meet is subject to change or cancellation due to COVID-19.
Location:	Bell Sensplex 1565 Maple Grove Rd, Kanata ON
Format:	Skaters aged 14-29 will race in gender-specific groups with seeding based on ability. See the 2022 -2023 Technical Bulletin for details.
Skater Eligibility:	Skaters aged 14-29 with a Speed Skating Ontario Competitive Membership. Entry Time Standards for OSSA Time Trials (skated since Aug 1, 2021) 500m: boys/men category: 1:05.00; girls/women category: 1:10.00 400m: boys/men category: 0:53.06 girls/women category: 0:57.14
COVID-19:	All meets are required to follow all provincial and local public health guidelines. Please stay home if you are feeling unwell.
Sanctioned By:	Speed Skating Ontario and Speed Skating Canada
Entry Fee:	\$75.00 + HST (\$84.75) per person. No refunds after the close of all entries. No exceptions including medical circumstances.
Entry Deadline:	Wednesday September 14, 2022 at 11:59pm. There is no extended deadline.
Entries via:	All skaters must register HERE .
Check In:	Coaches should notify the Chief Meet Recorder or Chief Referee if any skaters are absent before warmups.
Volunteers:	Please let us know if you are interested in volunteering by completing THIS FORM .
Coaches:	Coaches are required to register in advance of the meet HERE . The Coaches Meeting time/location will be shared within 72 hours before the meet.
Officials:	The Officials meeting time/location will be shared within 72 hours before the meet.
Warm Ups	Warm Up Times will be confirmed with the final distribution.
Meet Contact:	Mary Frances Carter executivedirector@ontariopseedskating.ca
Equipment:	Please see D3-100 in the SSC Red Book .