



**SPEED  
SKATING  
ONTARIO**

**2024 Ontario Provincial  
Championships  
Technical Bulletin**

**Updated March 2024**

## DATE AND LOCATION

The Ontario Provincial Championships will take place in Kingston on March 9-10, 2024.

## ELIGIBILITY

All skaters must have a Speed Skating Ontario Competitive Membership and must have competed in at least two Provincial Circuit meets in the 2023-2024 season to be eligible to participate in the Ontario Provincial Championships.

The Provincial Midseason meet may count as one of the two events a skater is required to participate in for the 2023-2024 season.

Due to competition conflict, participation in Canadian Youth Long Track Championships may also count as one of the two events a skater is required to participate in for the 2023-2024 season.

All skaters 13 years of age will compete at the Provincial Championships. Skaters who are 13 years of age must have competed in at least two competitions from the Provincial Circuit, Elite Circuit, or Time Trials during the 2023-2024 season.

Skaters who are 14 years of age or older who participated in the Ontario Elite Championships are not eligible for the Ontario Provincial Championships.

## RACING FORMAT AND GROUPS

**All Points:** Format in which all skaters advance to finals and therefore accumulate points.

**Age Class:** Competition in which seeding is done first by gender, then by age.

Skaters aged 9 – 10 will race in gender-specific group(s) on the 100m track, seeded on 400m time from the 2023/2024 SSO Ranking List as of February 21.

Skaters aged 11 – 13 will race in gender-specific groups based on age classes on the 100m track, seeded on 400m time from the 2023/2024 SSO Ranking List as of February 21.

Skaters aged 14-29 will race in mixed-gender Open group(s) on the 111m track, seeded on the 500m time from the 2023/2024 SSO Ranking List as of February 21.

If any group does not have enough skaters for multiple finals in any distance, that age class will still run a heat and a final in that distance. The heat will seed skaters on the line for the final.

(See appendix B for racing groups rationale)

## RACING DISTANCES

Age Class	Track	Distances
Age 9 – 10	100m	Possible distances*: 1000m, 400m, 800m, 1500m Super Final 800m, 400m, 600m, 1000m Super Final *Distances will be confirmed after registration based on groups and abilities
Age 11	100m	1500m, 400m, 800m, 1000m Super Final
Age 12	100m	1500m, 400m, 800m, 1000m Super Final
Age 13	100m	1500m, 400m, 800m, 1000m Super Final
Open (14-29)	111m	1000m, 500m, 777m, 1500m Super Final

## RELAYS

An ISU Mixed Gender Relay will be hosted for the top 32 youth-aged skaters per gender based on fastest 400m time entering the competition.

If time allows, relays may be scheduled for other racing Groups and Divisions.

## ISU MIXED GENDER RELAY FORMAT

The distance is 1800m (18 laps on the 100m track). It is to be run with a fixed schedule for the exchanges as follows: first 4 x 2.5 laps, then 4 x 2 laps

The order of exchanges shall be as follows: female-female-male-male, female-female-male-male. The order of skating between the 2 females on the team can be changed from the first time they skate (2.5 laps each) to the second time they skate (2 laps each). The same will apply for the two males on the team.

In case of a fall, only a skater of the same gender can cover the relay, with these exceptions:

- if there is a fall in the very last corner before a gender change, a skater from the opposite gender can take the relay and keep on going;
- if there is a fall during the last 2 laps of the race, any team member can take the relay.
- In exceptional cases when a team cannot make an exchange because of actions from other teams, the exchange can be made half of a lap later.

Teams failing to do the exchanges as listed above will be assigned a Penalty.

## SEEDING

Seeding for age 9 – 10 events will be as follows:

Distance 1 (1000m or 800m) seeded on best available 400m time.

Distance 2 (400m) seeded on best available 400m time.

Distance 3 (800m or 600m) seeded on points earned on day 1 of competition (Distance 1 + Distance 2)

Super Final (1500m or 1000m) seeded on points earned in the competition (Distance 1 + Distance 2 + Distance 3)

Seeding for age 11 – 13 events will be as follows:

1500m distance seeded on best available 400m time.

400m distance seeded on best available 400m time.

800m distance seeded on points earned on day 1 of competition (1500 + 400m)

1000m super final seeded on points earned in the competition (1500 + 400 + 800m)

Seeding for Open events will be as follows:

1000m distance seeded on best available 500m time.

500m distance seeded on best available 500m time.

777m distance seeded on points earned on day 1 of competition (1000 + 500m)

1500m super final seeded on points earned in the competition (1000 + 500 + 777m)

## EVENT AGENDA

Warm Up times, Start of Racing and the order of Racing Distances will be at the discretion of the Technical Director in consultation with the Chief Recorder and Chief Referee.

## RACING POINTS

See Appendix A of the 2023-2024 SSO Short Track Technical Bulletin for the racing points chart.

## **PENALTIES**

A skater that is penalized in the heat will be given the lowest possible seeding for the final but will still race the final and earn their points obtained in the final.

In the case of a Yellow Card, Skaters with two penalties within a single race shall be issued a yellow card (code YC-2). Skaters issued a YC-2 will be permitted to continue to race in the proceeding round and will earn points in the final round.

If the Yellow Card is issued for dangerous behaviour (YC-B) the skater will not race in subsequent rounds of that distance, and no points will be assigned for the distance.

In the case of a Red Card, the skater will be excluded from the competition immediately and will not be ranked in final classification.

## **AWARDS**

After each distance, racing points will be reassigned for each age class outlined below. Overall awards will then be issued in the following age classes:

- 9 year old girls and boys
- 10 year old girls and boys
- 11 year old girls and boys
- 12 year old girls and boys
- 13 year old girls and boys
- 14 year old men and women
- Junior B men and women (15-16 years old)
- Junior A men and women (17-18 years old)
- Senior men and women (19-29 years old)

## **SELECTION CRITERIA FOR CANADIAN YOUTH SHORT TRACK CHAMPIONSHIPS (CYSTC)**

- All skaters must compete at the Ontario Provincial Championships 2024 to be eligible to be named as a quota or alternate skater for CYSTC.
- Ontario has a quota of 2 skaters per age class for CYSTC.
- The format of the CYSTC is contained in the SSC Master Bulletin, which is available at: [https://speedskating.ca/?s=2023-24+Short+Track+Master+Bulletin&post\\_type=resource](https://speedskating.ca/?s=2023-24+Short+Track+Master+Bulletin&post_type=resource).
- The selection of the 2 Team Ontario quota spots for CYSTC will be based on the results of the Ontario Provincial Championships in Kingston on March 9-10, 2024. The top 2 overall finishers per age class will be named to Team Ontario for CYSTC.
- The remaining positions on Team Ontario are selected based on entries of the 400m time when compared against skaters from other provinces and territories, as per the Speed Skating Canada Master Bulletin.
- At the end of the Ontario Provincial Championships, Speed Skating Ontario will announce the provisional Team Ontario consisting of 2 primary skaters to fill the quota spots in each age class and up to 6 alternates per age class with the next fastest 400m time (or 500m converted time) skated in the 2023-2024 season at an SSC or SSO sanctioned event in mixed gender or gender specific racing categories.

### **TEAM SELECTION TIE-BREAKERS**

- Ties for a spot on Team Ontario will be decided on the basis of the skater with the fastest 800m time skated at the Ontario Provincial Championships in Kingston on March 9-10, 2024.

### **ANNOUNCEMENT OF TEAM ONTARIO**

- Team Ontario will be announced on the SSO Website during the week of March 15, 2024, once Speed Skating Canada has posted the list of qualified skaters for CYSTC.

# APPENDIX A: RACING POINTS

## Ontario Racing Points

Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	23	31	13	41	3
2	816	12	106	22	22	32	12	42	2
3	666	13	86	23	21	33	11	43	1
4	543	14	70	24	20	34	10	Others	1
5	443	15	57	25	19	35	9		
6	362	16	46	26	18	36	8		
7	295	17	37	27	17	37	7		
8	241	18	30	28	16	38	6		
9	196	19	25	29	15	39	5		
10	160	20	24	30	14	40	4		

## Ties

A tie for 1 <sup>st</sup>	1000 points each, next skater 666 points
A tie for 2 <sup>nd</sup>	816 points each, next skater 543 points
A tie for 3 <sup>rd</sup>	666 points each, next skater 443 points
A tie for 4 <sup>th</sup>	543 points each, next skater 362 points
A tie for 5 <sup>th</sup>	Etc.

## Penalties

Penalties in a heat will be placed into the lowest final.

Penalties in a heat will not be placed into a semi-final.

Penalties in a semi-final will be placed into the lowest eligible final.

All penalized skaters in a final will receive last place points for that final, behind any skaters who did not finish (DNF) the race, but ahead of skaters who did not start (DNS) the race.

Order of finish – No Time -- DNF – PEN - DNS.

## **APPENDIX B: RACING GROUPS RATIONALE**

Skaters aged 9-10 will skate in gender specific groups based on 400m time to provide closer racing for racing development and to give appropriate distances to skaters based on ability.

Youth-aged skaters (11-13) will skate in gender specific age groups, as the Provincial Championships is a selection event for Canadian Youth Short Track Championships, to provide fair team selection.