



**SPEED  
SKATING  
ONTARIO**

# **Short Track Technical Bulletin**

**Version 1.0 September 2022**

# INTRODUCTION

Speed Skating Ontario (SSO) recognizes the need for our skaters to return to meaningful racing following the lockdowns and restrictions associated with COVID-19. SSO will adopt Speed Skating Canada's (SSC) modified racing ages and distances from the updated Red Book. SSO remains focused on the need for improved skater and racer development across the province, which includes technique, speed, fitness, and racing tactics. SSO also recognizes the need to welcome and attract new racers at the grassroots level as we strengthen the base of the Speed Skating Ontario pyramid.

The following racing circuits will make up the 2022-2023 SSO competition season:

## Ontario Interclub Meets

- Racing in 3 regions across the province for new and developing racers.
- Skaters experience local racing with a skater pool that includes skaters from other Clubs.
- Simple structured meets run by Clubs.
- Introduction to competition formats and racing skills.
- Refinement of racing skills for intermediate racers who are also eligible for Ontario Provincial Circuit Meets.
- The guidelines for Ontario Regional Circuit Meets are outlined in the Interclub Bulletin, which is available on the [SSO website](#).

## Ontario Provincial Circuit Meets

- Racing in 2 zones across the province for: skaters aged 6-13, Masters, Special O skaters, and skaters who do not meet the Ontario Elite Circuit time standard.
- Development of speed and racing skills.
- Introduction to all-points racing where skaters advance through rounds of heats and finals.
- Introduction to relay racing for SSC Youth Skaters (ages 11, 12 and 13).

## Ontario Elite Circuit Meets

- Province-wide racing for skaters aged 14-29 who meet a time standard.
- Refinement of racing skills and decision making at high speeds.
- Development of relay racing skills.
- Top 13 year old skaters will also be introduced to the Ontario Elite Circuit in early 2023 to prepare for transition to the 111m track and future national competitions.

## Ontario Time Trials

- Province-wide racing for skaters aged 14-29 who meet a time standard.
- Opportunity to re-introduce racing and set seed times for the 2022-2023 season.

## Ontario Masters Meets

- Province-wide racing for skaters aged 30+
- Details to be confirmed.

# SPEED SKATING ONTARIO RACING CIRCUIT OVERVIEW

	<b>Interclub Meets</b>	<b>Provincial Circuit</b>	<b>Elite Circuit</b>
Division	3 Regions, plus Flex Region	2 Zones, plus Flex Zone	Province-wide
Clubs	<u>East:</u> Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha <u>Central:</u> Durham, Markham, Newmarket, Barrie, Toronto, Brampton <u>West:</u> Milton, Oakville, Hamilton, Niagara, Cambridge, Kitchener <u>Waterloo, London</u> <u>Flex:</u> Sudbury, Sault Ste Marie, Thunder Bay	<u>East:</u> Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha, Durham, Markham, Toronto <u>West:</u> Newmarket, Barrie, Brampton, Milton, Oakville, Hamilton, Niagara, Cambridge, Kitchener <u>Waterloo, London</u> <u>Flex:</u> Sudbury, Sault Ste Marie, Thunder Bay	Province-wide
Number of in-season meets	3-4 meets per Region	3 meets per Zone and the Mid-Season Provincial Meet in December	2 meets
Eligibility	All target skaters	All target skaters *13 year old skaters start the season in the Provincial Circuit. The top 13 year olds will be invited to join the Elite Circuit in January	Skaters aged 14-29. Entry Time Standards for Elite (since Aug 1, 2021) 500m: M: 1:00.00; F: 1:05.00 400m: M: 0:48.98; F: 0:53.06
Target Skaters  <b>Primary focus is bolded</b>	<b>Active Start (3-5)</b> <b>SSC Club Skater (6-10)</b> <b>New speed skaters aged: Youth (11, 12, 13)</b> <b>Neo-Junior (14, 15)</b> Junior (16, 17, 18) Neo-Senior (19,20,21,22) Senior (23-29) Masters (30+), Special O	<b>SSC Club Skater (6-10)</b> <b>Youth Skaters (11, 12, 13)</b> The following skaters that do not meet time standards for Elite: Neo-Junior (14, 15), Junior (16, 17, 18), Neo-Senior (19,20,21,22) Senior (23-29) <b>Special O and Masters</b>	<b>The following groups of skaters who meet the established Time Standard:</b> <b>Neo-Junior (14, 15)</b> <b>Junior (16, 17, 18)</b> <b>Neo-Senior (19,20,21,22)</b> <b>Senior (23-29)</b> The top 13 year olds are invited to Elite in January
Duration	2-5 hours	1 day (Mid-Season Meet and Championships are 2 days)	2 days
Track	100m (Active Start, Club Skater and Youth) 111m (Neo-Junior +, Special O, Masters)	100m (Club Skater and Youth) 111m (Neo-Junior +, Special O, Masters)	111m
Advancements	Super Finals only. No advancements.	X + Y where Y is based on time only.	X + Y where Y is based on place, then time.
Format	As determined by host club.	Ability seeding. Mixed gender racing. Relays if possible.	Ability seeding. Gender-specific racing. Relays if possible.
Championship	N/A	Provincial Championships	Elite Championships Qualifying event for CYSTC (top 11-13 year old skaters).

# SPEED SKATING CANADA RED BOOK RACING AGES

SSO will use the new Speed Skating Canada racing ages for Ontario competitions:

<b>Category</b>	<b>Age *</b>
Club Skater	6
Club Skater	7
Club Skater	8
Club Skater	9
Club Skater	10
Youth 11	11
Youth 12	12
Youth 13	13
Neo-Junior 14 (C2)	14
Neo-Junior 15 (B1)	15
Junior 16 (B2)	16
Junior 17 (A1)	17
Junior 18 (A2)	18
Neo-Senior 19 (B1)	19
Neo-Senior 20 (B2)	20
Neo-Senior 21 (A1)	21
Neo-Senior 22 (A2)	22
Senior	23+
Master 30+	30-34
Masters 35+	35-39
Masters 40+	40-44
Masters 45+	45-49
Masters 50+	50-54
Masters 55+	55-59
Masters 60+	60-64
Masters 65+	65-69
Masters 70+	70-74
Masters 75+	75-79
Masters 80+	80-84
Masters 85+	85-89
Masters 90+	90+

Age of participant before July 1st prior to the competitive season\*

Skaters aged 3-5 will be called Active Start skaters.

# COMMON COMPETITION PROCEDURES

## Coaches Box Requirements

There is a maximum of two (2) club coaches permitted in the coaches' box per club and they must be registered in IceReg as a coach. If a club has 18 or more skaters registered in a meet, three (3) coaches per club are permitted in the coaches' box for that meet. Coaches must wear their SSO nametag if such is provided.

## Provincial Circuit Coaching Requirements

Coaches in the coaches' box must be a currently certified speed skating coach with the NCCP (example – FUNdamentals Certified Coach or Introduction to Competition Certified Coach or Competition Development Certified Coach in speed skating) or Trained with the intention to complete certification this season.

## Elite Circuit Coaching Requirements

Coaches in the coaches' box must be a currently certified speed skating coach in Introduction to Competition or Competition Development streams or Trained with the intention to complete certification this season.

## Out-of-Province Coaches

Out-of-Province coaches are required to register with SSO ten (10) days in advance of the competition. Certification requirements are the same as listed above for Canadian coaches. Out-of-Country coaches must be approved by the Technical Committee.

## Coach Registration, Check-in and Meetings

All coaches are required to register prior to the competition. The registration link can be found on the Meet Announcement and on SSO's website. Check-in will take place prior to the warmup or start of racing on the first day of competition. The coaches and officials meeting will take place before the start of competition. The location will be shared by the event hosts. Meetings may be held virtually the evening before the meet.

## Close of all Entries

Meet registrations will close at 11:59pm on the Wednesday that falls ten (10) or eleven (11) days prior to the meet. There will be no extended deadline.

## Refunds

There will be no refunds for any Ontario Provincial or Elite Circuit meets after the close of all entries. The only exception to this rule is if a skater has received a positive COVID diagnosis 5 days prior to the competition and/or has been told to self-isolate by public health.

## Equipment

Speed Skating Canada equipment requirements (Regulation D3-100 in the [Red Book](#)) will be in effect. Full cut resistant suits are strongly recommended at Ontario Provincial Circuit meets/Championships and required at Ontario Elite Circuit meets/Championships. There is no minimum on the level of cut resistance, as long as the cut proof material covers all skin below the head.

National team suits (any country) or Ontario suits are not permitted to be worn. Special Olympics skaters and Masters skaters are eligible to wear their provincial and national team suits.

## Timing

Manual timing will be in effect at Provincial Circuit meets and Championships. 0.2 seconds shall be added to manually captured times in accordance with ISU rules.

Electronic Timing will be in effect at Elite Circuit meets and Championships.

## Mat Requirements

Level 3 mats are required for all Ontario Provincial and Elite Circuit Meets and Championships.

## **Helmet Covers**

1-9 numbered Helmet Covers will be used for all Provincial and Elite meets and Championships. These helmet covers will be provided for each race and must be returned to the Clerk of the Course after each race.

## **First Aid Requirements**

Medical coverage must include at least two (2) individuals meeting the definition of one or more of the following: Physician, Advanced Care Paramedic, Advanced Medical Responder, Primary Care Paramedic, Sports Therapy Professional, Emergency Nurse with First Aid. In addition to these 2 individuals, the Club must designate an individual as outlined in SSO's Concussion Policy who will work with the First Aid providers to implement the SSO Concussion Policy.

## **Racing Rules**

The order of precedence for speed skating rules at Ontario Provincial and Elite Circuit meets is as follows:

- This Technical Bulletin
- SSC Red Book
- ISU Rule Book

A ruling by the Chief Referee at any event is final. In extenuating circumstances outside of competition, the Technical Committee has final say on all matters.

## **Missed Races**

Skaters that miss a race for any reason must inform the Chief Referee to be eligible to re-enter the meet in the lowest seeding of the next round of racing.

Skaters that miss a race due to an injury must be medically cleared before returning to competition.

Every skater with a suspected concussion must be referred to a medical doctor (MD) or nurse practitioner (NP) and must not return to the competition until medically cleared to do so in accordance with the SSO's Return to Speed Skating Protocol.

## **Code of Conduct**

All athletes, coaches, officials, parents and volunteers are expected to abide by Speed Skating Ontario's Code of Conduct and Ethics, Concussion Policy and Concussion Code of Conduct.

# ONTARIO PROVINCIAL CIRCUIT MEETS

The Ontario Provincial Circuit is comprised of three (3) 1-day meets for each of the East and West zones, the Mid-Season Provincial Invitational, and the Ontario Provincial Championships. The identified Provincial Circuit meets can be viewed on the [SSO Competition Calendar](#).

## Eligibility

### Age Requirement

Skaters must have reached a minimum age of 6 years old before July 1, 2022 to be eligible for Ontario Provincial Circuit racing. Skaters aged 5 years and under may be accepted into the meet in an Active Start group, if space and time allows.

### Membership Requirement

All SSO skaters must have a SSO Competitive Membership to participate in Ontario Provincial Circuit Meets.

### Out-of-Zone Skaters

If space allows, skaters are eligible to race in one Provincial Circuit meet in the opposite Zone per year.

### Out-of-Province Skaters

An out-of-province skater is registered as a speed skater in another Province, Territory or State other than Ontario. Out-of-province skaters may be considered to attend Ontario Provincial Circuit Meets provided they register as per the posted timelines, they meet the age requirement, and there are no remaining waitlisted skaters from in-province. Acceptance into the meet will be dependent upon space availability in the meet, and will be determined by the Chief Referee, Chief Recorder and Technical Director. Out-of-Province skaters will be placed within an age group based on their date of birth and will skate the track appropriate to that age group. Out-of-Province skaters are not eligible to participate in the Ontario Provincial Championships.

### Special Olympics

Race opportunities for Special Olympics skaters to race as a separate category will take place at designated meets throughout the season. Any club with Special Olympics skaters wanting to race at these designated meets shall contact the Special Olympics Provincial Convenor at [speedskating@specialolympicsontario.ca](mailto:speedskating@specialolympicsontario.ca). In consultation with the Chief Referee, the Provincial Registrar, and the Special Olympics Provincial Convenor, the distances and racing agenda will be determined.

Registrations shall be submitted using the Special Olympics Club Entry form available on the SSO website. Speed Skating Ontario registration deadlines apply.

The Special Olympics Provincial Convenor in consultation with the Chief Referee will determine how many skaters will be accepted into the Special Olympics designated meets.

All skaters must be registered members of Speed Skating Ontario to participate in Provincial Circuit Meets.

### Masters Racers

If there are sufficient registrations from Masters skaters, a designated group may be created for Masters skaters at the discretion of the Chief Referee, Chief Recorder and Technical Director.

## Registration

The Meet Announcement will share pertinent details for registration.

Registrations are due at 11:59pm on the Wednesday that falls 10 days prior to the competition (or 11 days prior, if the event is on a Sunday). There is no extended deadline.

SSO hopes to accommodate all eligible skaters in these meets; however, 1-day Provincial Circuit Meets are optimized for 150 people. If the number of registrations exceeds 150 skaters, skaters will be accepted on a first-come-first-served basis. Clubs will be informed whether their skaters are accepted on Monday before the meet.

# Race Format

Ontario Provincial Circuit meets are All Points and Ability format with mixed gender racing.

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

**Ability:** Competition in which seeding is primarily on ability. Seed times prevail for seeding purposes, within the skater's appropriate racing group. Seeding will be based on a skater's time in one distance, which is specified later in this document.

## Racing Groups

The racing age groups are as follows:

- Group 1: Club Skater (6-10 years old)
- Group 2: Youth Skater (11-13 years old)
- Group 3: Competitive for Life (14-29 years old)
- Group 4: Masters (30+ years old)

Divisions within groups will be created as necessary (ie. Group 1A, Group 1B etc). Final division sizes will be determined for each meet by the Technical Director in consultation with the Chief Referee and Chief Recorder.

## Racing Distances

Racing distances will be determined by the Technical Director in consultation with the Chief Referee. Distances for the top Division in each Group are listed below. Subsequent Divisions may have shorter distances.

Group	Track	Distances for Top Division
Group 1 Club Skater (6-10 years)	100m	200m, 400m; 600m or 800m super final 1000m may be introduced for top 9-10 year-olds in winter 2023
Group 2 Youth Skater (11-13 years)	100m	400m, 800m; 1000m or 1500m super final The 200m mass start race may be used as a tool for top speed. 1200m - 2000m relay
Group 3 Comp for Life (14-29 years)	111m	500m, 777m; 1000m or 1500m super final
Group 4 Masters (30+ years)	111m	500m, 777m; 1000m or 1500m super final

A fourth distance, relays or a heat/final of the super final distance may be scheduled for all skaters if time allows. This will be determined by the Technical Director in consultation with the Chief Referee and the Chief Recorder after the close of all registrations.

## Seeding Distances

- Group 1 (6-10 years old) – 200m on 100m track
- Group 2 (11-13 years old) – 400m on 100m track
- Group 3 (14-29 years old) – 500m on 111m track
- Group 4 (Masters) – 500m on 111m track

Note: if a skater does not have 100m track times, the SSC Conversion formula will be used.

## Seeding of Racers

Seeding into Divisions within a racing group and into the first distance of the meet will be based on:

- Each skater's 2021-2022 season-best time for the skater's first provincial meet of the season (skated after August 1, 2021 in an SSO or SSC sanctioned event)
- Each skater's 2022-2023 season-best time for subsequent provincial meets (skated after August 1, 2022 and before the Wednesday night entry deadline for the respective meet)
- If a skater does not have previously recorded times in an event with an SSO or SSC sanction, the skater's coach or meet registrar may submit a time from an Interclub meet or a practice to suitably seed the skater into a division.
- Skaters that do not have a time will be seeded at the bottom of the group.

Subsequent distances will be seeded based on cumulative points earned during the competition.



**Number of Skaters on the Line**

The Chief Referee, Technical Director and Chief Recorder will determine the number of skaters on the line. Safety will be kept as top priority based on the size of the rink and ability of the skaters.

**Advancements**

Advancements shall be based on time. Ex. X + Y where Y is based on time only, regardless of place.

**Semi Finals**

Semi finals may be raced if needed based on group size. Not all groups or racers are guaranteed semi finals.

**Results**

Medals will be awarded to the top three overall finishers in each Division based on the cumulative points earned during the finals of each distance. Host clubs may provide additional awards at their discretion.

**Relays**

Relays will be hosted for the top 16 Group 2 skaters per gender where possible. If time allows, relays may be scheduled for other racing Groups and Divisions.

**Ontario Provincial Championships**

The format of the Ontario Provincial Championships will be available in the Ontario Championships bulletin, which will be shared on the SSO website when it is available.

# ONTARIO ELITE CIRCUIT MEETS

The Ontario Elite Circuit is comprised of two (2) 2-day meets and the Ontario Elite Championships. The identified Elite Circuit meets can be viewed on the [SSO Competition Calendar](#).

## Eligibility

### Age Requirement

Skaters must be 14-29 years old before July 1, 2022 to be eligible to start the season in the Ontario Elite Circuit. The top 13-year-old skaters will be invited to the Elite Circuit in the winter of 2023.

### Membership Requirement

All SSO skaters must have a SSO Competitive Membership to participate in Ontario Elite Circuit Meets.

### Time Standards

Entry Time Standards for Elite (skated since Aug 1, 2021 in an SSC or SSO sanctioned meet) are as follows:

Distance (Track)	Girls/Women	Boys/Men
500m (111m)	1:05.00	1:00.00
400m (100m)	0:53.06	0:48.98

### 13 year old Skaters

13-year-old skaters in Ontario will follow the following progression of meets:

- Provincial 1 (East/West) and Provincial 2 (East/West) (100m track).
- Provincial Mid-Season Meet in December (100m track).
- Top X\* 13 year olds per gender are invited to race at OEC#2 in January (111m track).
- Prequalified 13 year olds attend OWG in February (111m track).
- The top X\* 13 year olds per gender race on 100m track at Ontario Elite Championships for selection for Canadian Youth Short Track Championships.
- Remaining 13 year olds continue with Provincial 3 (East/West) and Provincial Championships (100m track).

\*X will be determined in November 2022.

### Out of Province Skaters

An out-of-province skater is registered as a speed skater in another Province, Territory or State other than Ontario. Out-of-province skaters may be considered to attend Ontario Elite Circuit Meets provided they register as per the posted timelines, they meet the age requirement and time standards and requirements and there are no remaining waitlisted skaters from in-province. Acceptance into the meet will be dependent upon space availability in the meet, and will be determined by the Chief Referee, Chief Recorder and Technical Director.

Out-of-Province skaters are not eligible to participate in the Ontario Elite Championships.

## Registration

The Meet Announcement will share pertinent details for registration.

Registrations are due at 11:59pm on the Wednesday that falls 10 days prior to the competition. There is no extended deadline.

SSO hopes to accommodate all eligible skaters in these meets; however, Ontario Elite Circuit Meets are optimized for 150 people. If the number of registrations exceeds 150 skaters, skaters will be accepted on a first-come-first-served basis. Clubs will be informed whether their skaters are accepted on Monday before the meet.

# Race Format

Ontario Elite Circuit meets are All Points and Ability with Single Distance Seeding. Racing will occur in gender-specific racing categories.

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

**Ability:** Competition in which seeding is primarily on ability. Seed times prevail for seeding purposes, within the skater's appropriate racing group.

**Single Distance Seeding:** Format in which each distance is seeded based on skaters' current time in each distance.

## Racing Categories

Skaters will race in either the girl's/women's category or the boy's/men's category.

Groups within categories may be created as necessary (ie. Open Women A, Open Women B, Open Women C etc). Final group sizes will be determined by the Technical Director in consultation with the Chief Referee and Chief Recorder.

## Selection of Racing Category

Skaters can compete in the gender category with which they identify, or in which they feel most comfortable. Skaters can change their racing category once per season and must race in that category for the remainder of the season but are not required to do so in perpetuity. Any skater wishing to make a racing category change should notify SSO by emailing [techdirector@ontariospeedskating.ca](mailto:techdirector@ontariospeedskating.ca) prior to the registration deadline of the next Ontario Elite Circuit meet.

Skaters wishing to represent Canada at International Competitions sanctioned by ISU must provide SSC with the minimum required information to demonstrate compliance with the ISU Transgender Policy ([ISU Communication No.2440](#)).

## Racing Distances

Racing distances will be determined by the Technical Director in consultation with the Chief Referee after the close of all registrations. All racing will take place on the 111m track. Distances may include 500m, 777m, 1000m, 1500m, 3000m Points Race, 3000m Relay.

## Seeding of Skaters into Divisions

If multiple divisions are required, skaters will be seeded into divisions based on their combined 500m + 1500m/3 time.

## Seeding of Distances

Single distance seeding will be used for the first round of each distance.

## Seed Time Requirements

Related to the two points above, seed times must be skated on the 111m track since August 1, 2022 in an SSC sanctioned event with gender-specific racing and Electronic Timing. If a skater does not have times from the 2022-2023 season, times skated on the 111m track since January 1, 2022 in an SSC sanctioned event with gender-specific racing and Electronic Timing will be used. If a skater does not have 111m track times, the SSC conversion formula will be used.

## Number of Skaters on the Line

The Chief Referee, Technical Director and Chief Recorder will determine the number of skaters on the line. Safety will be kept as top priority based on the size of the rink and ability of the skaters.

## Advancements

Advancements shall be based on place then time. Ex. X + Y where Y is based on place, followed by time.

## Semi Finals

Semi finals may be raced if needed based on group size. Not all groups or racers are guaranteed semi finals.

**Results**

Medals will be awarded to the top three overall finishers in each Division based on the cumulative points earned during the finals of each distance. Host clubs may provide additional awards at their discretion.

**Relays**

3000m relays will be hosted for the top 16 skaters per gender where possible. If time allows, relays may be scheduled for more skaters.

**Ontario Elite Championships**

The format of the Ontario Elite Championships will be available in the Ontario Championships bulletin, which will be shared on the SSO website when it is available.

# ONTARIO TIME TRIALS

There will be two (2) SSO Time Trials at the start of the 2022-2023 season. The Time Trials can be viewed on the [SSO Competition Calendar](#).

## Eligibility

### Age Requirement

Skaters must be 14-29 years old before July 1, 2022 to compete in the Ontario Time Trials.

### Membership Requirement

All SSO skaters must have a SSO Competitive Membership to participate in the Ontario Time Trials.

### Time Standards

Entry Time Standards for Ontario Time Trials (skated since Aug 1, 2021 in an SSC or SSO sanctioned meet) are as follows:

Distance (Track)	Girls/Women	Boys/Men
500m (111m)	1:10.00	1:05.00
400m (100m)	0:57.14	0:53.06

### Out of Province Skaters

An out-of-province skater is registered as a speed skater in another Province, Territory or State other than Ontario. Out-of-province skaters may be considered to attend the Ontario Time Trials provided they register as per the posted timelines, they meet the age requirement and time standards, they abide by all COVID restrictions and requirements and there are no remaining waitlisted skaters from in-province. Acceptance into the meet will be dependent upon space availability in the meet, and will be determined by the Chief Referee, Chief Recorder and Technical Director.

## Registration

The Meet Announcement will share pertinent details for registration.

Registrations are due at 11:59pm on the Wednesday that falls 10 days prior to the competition. There is no extended deadline.

Speed Skating Ontario hopes to accommodate all eligible skaters in these meets; however, these meets are optimized for 150 people. If the number of registrations exceeds 150 skaters, skaters will be accepted on a first-come-first-served basis. Clubs will be informed whether their skaters are accepted on Monday before the meet.

## Race Format

Time Trials meets are Ability format with Single Distance Seeding and gender-specific racing. There are no points or medals awarded for Time Trials events.

**Ability:** Competition in which seeding is primarily on ability. Seed times prevail for seeding purposes, within the skater's appropriate racing group.

**Single Distance Seeding:** Format in which each distance is seeded based on skaters' current time in that distance.

### Racing Categories

Skaters can compete in the gender category with which they identify, or in which they feel most comfortable. Skaters can change their racing category once per season and must race in that category for the remainder of the season but are not required to do so in perpetuity. Any skater wishing to make a racing category change should notify SSO by emailing [techdirector@ontariospeedskating.ca](mailto:techdirector@ontariospeedskating.ca) prior to the registration deadline of the next Ontario Time Trial.

Skaters wishing to represent Canada at International Competitions sanctioned by ISU must provide SSC with the minimum required information to demonstrate compliance with ISU Transgender Policy ([ISU Communication No.2440](#)).

### **Racing Distances**

Racing distances will include: 500m (2), 1500m (2). Distances may also include 1000m (1) and relays if time allows. All racing will take place on the 111m track.

### **Seeding of Skaters**

Single distance seeding will be used for each distance.

Races will be seeded from fastest to slowest seed times. For example, the fastest 5 skaters will be in Race A, the next fastest 5 skaters will be in Race B, etc.

The first race of each distance will be seeded using each skater's seed time in the distance (skated since Aug 1, 2021 in an SSC or SSO sanctioned meet).

The second race of each distance will be seeded using each skater's faster time of their seed time or their finishing time from the first race.

### **Number of Skaters on the Line**

The Chief Referee, Technical Director and Chief Recorder will determine the number of skaters on the line. Safety will be kept as top priority based on the size of the rink and ability of the skaters.

### **Missed Races**

Skaters that miss a race for any reason must inform the Chief Referee to be eligible to re-enter the meet in the lowest seeding of the next round of racing. Skaters that miss a race due to an injury must be medically cleared before returning to competition.

Every skater with a suspected concussion must be referred to a medical doctor (MD) or nurse practitioner (NP) and must not return to the competition until medically cleared to do so in accordance with the SSO's Return to Speed Skating Protocol.

# ONTARIO MASTERS MEETS

Speed Skating Ontario is investigating the possibility of hosting an Ontario Masters Circuit comprised of Masters Racing hosted in conjunction with existing meets throughout the season. More information will be shared as it becomes available.

# 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 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.