



**SPEED
SKATING
ONTARIO**

**2023 Ontario Elite Championships
Technical Bulletin**

and

**2023 Canadian Youth Short Track
Championships
Selection Bulletin**

DATE AND LOCATION

The Ontario Elite Championships will take place in Kingston on March 4-5, 2023.

ELIGIBILITY

All skaters must have a Speed Skating Ontario Competitive Membership to participate in the Ontario Elite Championships. The following skaters are invited to participate:

- Skaters aged 14-29 years old before July 1, 2022 who have met the Ontario Elite Circuit time standards* and have demonstrated an elite short track racing pathway this season by attending at least one of the following:
 - An Ontario Elite Circuit Meet in the 2022-2023 season
 - An Ontario Short Track Time Trial in the 2022-2023 season
 - A Short Track National Competition
 - The 2023 Ontario Winter Games
- Skaters aged 13 years old who were invited to the Ontario Elite Circuit during the week of December 12, 2022.
- The top twelve 11 and 12 year old girls and boys on the Speed Skating Ontario Ranking List posted during the week of January 23, 2023.

*Ontario Elite Time Standards for skaters aged 14-29 years old :

Distance (Track)	Girls/Women	Boys/Men
500m (111m)	1:05.00	1:00.00

RACING FORMAT AND GROUPS

All points, gender specific racing.

Skaters aged 11, 12 and 13 will race in gender-specific, 1-year age classes on the 100m track.

Skaters aged 14-29 will race in gender-specific Open group(s) on the 111m track.

Open groups will be created using skaters' 500m + 1500m/3 time from the SSO Ranking List.

Single distance seeding into events will be used for ~~all groups~~ the Open groups.

The 3000m points race Super Final will be seeded on points earned in the competition (1500m + 500m + 1000m)

Seeding for Youth events will be as follows :

1500m distance seeded on best available 400m time (or converted 500m time)

400m distance seeded on best available 400m time (or converted 500m time)

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

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

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.

RACING DISTANCES

Age Class	Track	Distances
Age 11, 12, 13	100m	400m, 800m, 1500m, 1000m super final 1800m ISU Mixed Gender Relay (see format on page 3)
Open (14-29)	111m	500m, 1000m, 1500m, 3000m Points Race super final 3000m combined relay

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 2022-2023 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, 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

Awards will be issued to the top 3 overall skaters in each of the following groups:

- 11 year old girls and boys
- 12 year old girls and boys
- 13 year old girls and boys

After each distance, racing points will be reassigned for each group as listed below. **Overall** awards will then be issued for the following groups:

- 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)

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.

SELECTION CRITERIA FOR CANADIAN YOUTH SHORT TRACK CHAMPIONSHIPS (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=High+Performance+Master+Bulletin&post_type=resource

The 2 Team Ontario quota spots for CYSTC will be based on the results of the Ontario Elite Championships in Kingston on March 4-5, 2023. The top 2 overall finishers per age class will be named to Team Ontario for CYSTC.

The remaining positions on Team Ontario are 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 Elite 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 2022-2023 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 Elite Championships in Kingston on March 4-5, 2023.

ANNOUNCEMENT OF TEAM ONTARIO

Team Ontario will be announced on the SSO Website during the week of March 13, 2023, once Speed Skating Canada has posted the list of qualified skaters for CYSTC.