



**2025-2026 Ontario
Short Track Championships
Technical Bulletin**

November 2025

GENERAL CHAMPIONSHIPS PROCEDURES

Unless otherwise stated in this Ontario Championships Technical Bulletin, the Common Competition Procedures for Provincial and Elite Circuit Meets outlined starting on page 7 of the 2025-2026 SSO Short Track Technical Bulletin will apply at the 2026 Ontario Provincial Championships and 2026 Ontario Elite Championships.

ONTARIO ELITE CHAMPIONSHIPS

DATE AND LOCATION

The Ontario Elite Championships will take place in Cambridge on March 7-8, 2026.

The Championships event for Special Olympics athletes will be hosted in conjunction with the Ontario Elite Championships.

REGISTRATION DEADLINE

The early registration deadline for the Ontario Elite Championships is Sunday February 8, 2026 at 11:59pm. To guarantee their t-shirt size, skaters must register by the early registration deadline.

The registration deadline is Friday February 20, 2026 at 11:59pm.

Registrations may be accepted, if space allows, until the late registration deadline of Sunday February 22, 2026 at 11:59pm. A \$100 late registration fee applies.

Registrations will not be accepted after the late registration deadline.

ELIGIBILITY

All skaters must have a Speed Skating Ontario Competitive Membership and be a permanent resident and reside in the Province of Ontario to participate in the Ontario Elite Championships.

The following skaters are invited to participate:

1. Skaters aged 13-29 years old before July 1, 2025 who have met the Ontario Elite Circuit time standards* and have competed on an elite short track racing pathway this season by competing in **at least three (3) meets**:
 - two (2) Ontario Elite Circuit Meets
 - the third meet could be an Ontario Elite Circuit Meet, an Ontario Single Distance event, an SSC National Competition, or a Long Track Competition sanctioned by a PTSO or SSC.
2. Skaters aged 13-29 years old before July 1, 2025 who have met the Ontario Elite Circuit time standards* and have moved from the Provincial Circuit to the Elite Circuit during the 2025-2026 season and have competed in **at least three (3) meets**:
 - an Ontario Provincial Circuit Meet
 - at least one Ontario Elite Circuit Meet
 - the third meet could be an Ontario Provincial Circuit Meet, an Ontario Elite Circuit Meet, an Ontario Single Distance event, an SSC National Competition, or a Long Track Competition sanctioned by a PTSO or SSC.

Skaters must race in the Championships that align with the Ontario racing circuit in which they finished the season.

Skaters who competed in the Ontario Provincial Championships are not eligible for the Ontario Elite Championships.

*Ontario Elite Time Standards for skaters aged 13-29 years old:

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

RACING FORMAT AND GROUPS

Skaters aged 13-29 will race in gender-specific Open group(s) on the 111m track. Open groups will be created based on ability, using skaters' fastest eligible 500m + (1500m/3) time skated in the 2025/2026 season as of Thursday February 19, 2026. Single distance seeding into events will be used for the Open groups.

RACING DISTANCES

Age Class	Track	Distances
Open (13-29)	111m	1500m, 500m, 1000m, 3000m combined relay. 1500m Mixed Gender, no points. 500m Mixed Gender, no points (ages 14-29) or 400m Mixed Gender, no points (age 13). 2000m Mixed Team Relay, if time allows.

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 Competitor Steward and Chief Referee.

ISU MIXED TEAM RELAY FORMAT

The distance is 2000m (18 laps on the 111m 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: girl-girl-boy-boy, girl-girl-boy-boy.

Note: in this scenario, the gender of the skater identified is based on their identified racing gender for the season.

The order of skating between the 2 girls 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 boys 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.

RACING POINTS

See Appendix A of the 2025-2026 SSO Short Track Technical Bulletin for racing points information.

ONTARIO ELITE CHAMPIONSHIPS AWARDS

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

- 13 year old men and women
- Neo-Junior men and women (14-15 years old)
- Junior men and women (16-18 years old)
- Senior men and women (19-29 years old)

OVERALL ONTARIO ELITE SEASON CHAMPION

An overall Ontario Elite Season Champion male and female will be awarded at the conclusion of the Elite Championships. This will be awarded based on skaters' ranking points from all Ontario Elite Circuit competitions in the 2025/2026 season plus double their points earned in the Ontario Elite Championships.

Skaters must compete at the Ontario Elite Championships to be named Ontario Elite Season Champion.

Other awards may be added at the discretion of SSO.

ONTARIO PROVINCIAL CHAMPIONSHIPS

DATE AND LOCATION

The Ontario Provincial Championships will be in Newmarket on February 28-March 1, 2026.

The Ontario Masters Championships will be hosted in conjunction with the Ontario Provincial Championships.

REGISTRATION DEADLINE

The early registration deadline for the Ontario Provincial Championships is Sunday February 1, 2026 at 11:59pm. To guarantee their t-shirt size, skaters must register by the early registration deadline.

The registration deadline is Friday February 13, 2026 at 11:59pm.

Registrations may be accepted, if space allows, until the late registration deadline of Sunday February 15, 2026 at 11:59pm. A \$100 late registration fee applies.

Registrations will not be accepted after the late registration deadline.

ELIGIBILITY

All skaters must have a Speed Skating Ontario Competitive Membership and be a permanent resident and reside in the Province of Ontario to be eligible to participate in the Ontario Provincial Championships.

Skaters aged 9-29 before July 1, 2025 must have competed in **at least two Ontario Provincial Circuit meets** in the 2025-2026 season to be eligible to participate in the Ontario Provincial Championships.

Masters skaters (and Neo-Senior or Senior skaters who have opted to race in the Masters Designated Racing group for the season) must have competed in **at least one Ontario Masters Designated meet or Ontario Provincial Circuit Meet** in the 2025-2026 season to be eligible to participate in the Ontario Provincial Championships.

The Ontario Provincial Midseason meet counts as an eligible meet for the 2025-2026 Ontario Provincial Circuit.

Skaters who are registered to compete in the Ontario Elite Championships are not eligible for the Ontario Provincial Championships.

RACING FORMAT AND GROUPS

Skaters aged 9 – 13 will race in mixed-gender group(s) on the 100m track, seeded on their fastest eligible 400m time skated in the 2025/2026 season as of Monday February 16, 2026.

Skaters aged 14-29 will race in mixed-gender Open group(s) on the 111m track, seeded on their fastest eligible 500m time skated in the 2025/2026 season as of Monday February 16, 2026.

Skaters aged 30+ (and Neo-Seniors and Seniors who have opted to race in Masters Designated Racing for the season) will race in mixed-gender Open group(s) on the 111m track, seeded on their fastest eligible 500m time skated in the 2025/2026 season as of Monday February 16, 2026.

Seeding into Divisions within a racing group and into the first distance of the meet will be based on the distances stated above. Subsequent distances will be seeded based on cumulative points earned during the competition.

RACING DISTANCES

Racing distances will be determined by the Technical Director in consultation with the Competitor Steward and Chief Referee. Recommended distances for the top Division in each Group are listed in the following chart. Subsequent Divisions may have shorter distances.

Group	Track	Distances for Top Division
Skaters 14-29 years old	111m	500m, 777m, 1000m and 1500m super final
Special Olympic skaters	111m	Distances to be determined by Special Olympics Ontario
Skaters 9-13 years old	100m	400m, 800m, 1500m*; 1000m Super Final, if time allows** 1800m Mixed Team relay
Masters 30+ years old	111m	500m, 777m, 1000m and 1500m super final

*1200m will be raced for the 1500m final to align with Canadian Youth Short Track Championships format

**1000m Super Final will be raced in gender and age specific groups, seeded on entry time into the meet. Points will not count towards overall results.

RELAYS

An ISU Mixed Team Relay will be hosted for up to 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 TEAM 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: girl-girl-boy-boy, girl-girl-boy-boy.

Note: in this scenario, the gender of the skater identified is based on their identified racing gender for the season.

The order of skating between the 2 girls 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 boys 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.

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 Competitor Steward and Chief Referee.

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
- Neo-Junior women and men (14-15 years old)
- Junior women and men (16-18 years old)
- Senior women and men (19-29 years old)
- Masters women and men (5 year age groupings beginning at age 30)

OVERALL ONTARIO YOUTH PROVINCIAL SEASON CHAMPION

An overall Youth Provincial Season Champion male and female from each of the East and West Regions will be awarded at the conclusion of the Provincial Championships. This will be awarded based on skaters' ranking points from their best 3 Ontario Provincial Circuit competitions in their home Region in the 2025/2026 season, plus double their points earned in the Ontario Provincial Championships.

Skaters must compete at the Ontario Provincial Championships to be named Provincial Champion.

Other awards may be added at the discretion of SSO.

SELECTION CRITERIA FOR CANADIAN YOUTH SHORT TRACK CHAMPIONSHIPS (CYSTC)

All skaters must compete at the Ontario Provincial Championships 2026 or the Ontario Elite Championships 2026 to be eligible to represent Team Ontario at CYSTC.

The entry requirements and racing format of the CYSTC is contained in the SSC Master Bulletin, which is available at: <https://speedskating.ca/resource-categories/high-performance-short-track/>

The SSC Master Bulletin outlines two (2) Quota spots (guaranteed entries) per age/gender category per Province/Territory.

Timelines

SSC has two (2) Time Entries (Submission Dates) for CYSTC this year.

Time Entry #	SSO's Submission Date to SSC	Skater's Submission Date to SSO	Times Skated Between
1	Feb 9, 2026	Feb 8, 2026 at 10:00pm	Aug 1, 2025 and Feb 8, 2026
2	March 2, 2026	Mar 1, 2026 at 10:00pm	Aug 1, 2025 and Mar 1, 2026

SSC's Time Entry #1 is on February 9, 2026 and includes the fastest 400m time (or converted 500m time) skated between August 1, 2025, and February 8, 2026*. In Time Entry #1, SSC will select guaranteed entries and up to 6 entries per age/gender category, based on the fastest times submitted from all Provinces/Territories. As per the 2025-2026 Short Track High Performance Master Bulletin "PTSO guaranteed entries must be the top 2 skaters in order of best times."

SSC's Time Entry #2 is on March 2, 2026 and includes the fastest 400m time (or converted 500m time) skated between August 1, 2025 and March 1, 2026.* The criteria outlined in the Master Bulletin will be followed for the remaining available spots per age/gender category when compared against skaters from other Provinces and Territories.

*times must be skated at SSC or PTSO sanctioned events in mixed gender or gender specific categories.

Times must be submitted by skaters (or their families) to SSO using the **SSO Time Submissions for National Meets form** by the date specified in the column titled "Skater's Submission Date to SSO" in the Table above.

Coaching

CYSTC is a National Youth Championship event with skaters named to represent Team Ontario. Speed Skating Ontario will name Team Ontario Coaches to support the Team Ontario athletes at this event.

Announcements

Speed Skating Canada will post the list of qualified skaters on the SSC CYSTC web page in accordance with the timelines outlined in the SSC Master Bulletin:

- February 10, 2025
- March 3, 2025

Team Ontario will be announced through SSO channels once Speed Skating Canada has posted the final list of qualified skaters for CYSTC.