

Ontario

Speed Skating



Long Track

Technical Bulletin

Provincial Long Track Championships Format

January 2022

PREAMBLE

The purpose of this Bulletin is to provide information concerning the format of the Ontario Provincial Long Track Championships, including competition regulations that define the running of the competition and the eligibility of skaters for the Championships. The statements made in this Technical Bulletin remain in effect unless they are superseded in an amendment.

The order of precedence for speed skating rules for events sanctioned by OSSA is:

- This Technical Bulletin (2022 OSSA Long Track Technical Bulletin)
- SSC Rule Book
- ISU Rule Book

Participants, coaches, club officials and parents are reminded that a ruling by the chief referee at any event is final and is only subject to appeal in accordance with the OSSA Appeal Policy. OSSA's Code of Conduct applies in all dealings with meet competition officials.

In extenuating circumstances outside of competition, the OSSA Technical Committee has the final say.

Questions about the content of this Technical Bulletin may be directed to the OSSA Sport Manager, at sportmanager@ontariospeedskating.ca.

ONTARIO PROVINCIAL LONG TRACK CHAMPIONSHIPS

The event will take place over two (2) days – weather permitting – January 29-30, 2022.

Skaters with an OSSA competitive membership aged 9 years old and above as of July 1, 2021 are eligible for the Ontario Provincial Long Track Championships.

The 2022 Canadian Youth Long Track Championships (CYLTC) have been cancelled. The Ontario Provincial Long Track Championships will not select Team Ontario for CYLTC this year.

Equipment

Speed Skating Canada equipment requirements (Regulations D3-200, D3-300, D3-301) will be enforced for this meet. See SSC Red Book for most recent updates <https://www.speedskating.ca/events/rules>

Timing

Manual timing will be provided for the Ontario Provincial Long Track Championships and 0.20 seconds will be added to manually captured finish times in accordance with ISU rules.

Coaching

Clubs should consider sending a maximum of 2 Coaches to this event in accordance with COVID gathering restrictions.

A limit of one (1) coach per skater will be permitted in the coaching box during Olympic Style racing. Coaches in the box should be NCCP certified in speed skating. An additional coach in training may accompany the primary coach, if 2m of physical distancing can be maintained in the coaches' box.

Scratches

Coaches must inform the Recorder immediately if any skaters scratch from racing.

Racing Format

All racing at the 2022 Ontario Provincial Long Track Championships is Olympic Style racing. Olympic Style races are gender specific and final races. There is no advancement.

Racing Groups	Distances	Point Assignments
Girls and Boys 9-10	300m, 500m, 700m, 1100m	Sammelagt points (modified for distances not divisible by 500m)
Girls and Boys 11-12	300m, 500m, 1500m, 3000m	Sammelagt points (modified for the 300m)
Female and Male aged 13+ Junior C (13-14) Junior B (15-16) Junior A (17-18) Senior (19-29) Master (30+ in 5 year increments)	500m, 1000m, 1500m, 3000m(female)/ 5000m(male)	Sammelagt points

Small divisions within the Racing Groups of approximately 10 skaters (5 pairs) will have access to the track at a time. Final divisions will be determined once registrations are received and seeding is completed.

Skaters may register for individual distances. Only skaters who compete in all offered distances for their Racing Group will have satisfied the requirements for the All Round Championships.

Sammelagt points: Skaters' race times are converted into Sammelagt points for ranking purposes. Sammelagt points or modified Sammelagt points (for distances not divisible by 500m) will be tabulated to determine overall placement by gender and Racing Group.

Seeding of Racers

Seed times from outdoor and indoor events held between January 1, 2019 – present will be accepted for seeding purposes. Indoor times will be adjusted by recognized calculation standards for comparison with times skated outdoors. The recognized calculation standard for an indoor time is 106% of the indoor time, in order to be compared to other outdoor times. Seed times may be verified on www.speedskatingresults.com. Skaters without long track seed times will be seeded at the bottom of their Racing Group.

Racers may be put in Quads for Olympic Style races 700m, 1000m, 1100, 1500m, 3000m, or 5000m.

Results and Awards

Sammelagt points (or modified Sammelagt points for distances not divisible by 500m) will be tabulated to determine overall placement by Racing Group and gender. Disqualifications (DQ), Did not finish (DNF), and Did not start (DNS) will follow SSC regulations.

Provincial Championships medals will be awarded to the All Round top 3 finishers in each Racing Group by gender.

Provincial medals will not be awarded to skaters competing only in single distance Olympic Style events.

Out-of-Province Skaters

Out-of-Province skaters are eligible to participate in the Olympic Style racing if space allows and if all COVID regulations can be followed. Out-of-Province skaters are not eligible for Provincial medals.

Proposed Racing Agenda – this draft schedule is subject to change based on registrations

Day 1 - Saturday

Racing Group	Distance
Girls 9-10	300m
Boys 9-10	300m
Girls 11-12	300m
Boys 11-12	300m
Girls 9-10	1100m
Boys 9-10	1100m
Girls 11-12	1500m
Boys 11-12	1500m
Break	
Junior Women	500m
Junior Men	500m
Senior Women	500m
Senior Men	500m
Junior Women	1500m
Junior Men	1500m
Senior Women	1500m
Senior Men	1500m
Break	
Masters Women	500m
Masters Men	500m
Masters Women	1500m
Masters Men	1500m

Day 2 - Sunday

Racing Group	Distance
Girls 9-10	500m
Boys 9-10	500m
Girls 11-12	500m
Boys 11-12	500m
Girls 9-10	700m
Boys 9-10	700m
Girls 11-12	3000m
Boys 11-12	3000m
Break	
Junior Women	1000m
Junior Men	1000m
Senior Women	1000m
Senior Men	1000m
Junior Women	3000m
Junior Men	5000m
Senior Women	3000m
Senior Men	5000m
Break	
Masters Women	1000m
Masters Men	1000m
Masters Women	3000m
Masters Men	5000m