



Hosted by London Speed Skating Club

Date:	December 13-14, 2025
Location:	Western Fair Sports Centre, 865 Florence St, London, ON, N5W 6G6 (London Major Appliances Rink) Speed Skating Ontario and the London Speed Skating Club acknowledge that the ice we skate on and the lands we gather upon are the traditional territories of the Anishinabewaki ᐱᑦᑭᓴᑦᑎᓄᓂᖅ, Attiwonderonk (Neutral), and Mississauga nations. We recognize the enduring relationship between these Indigenous peoples and their traditional lands and waters. Our relationship to this land is rooted in play—bringing people together to nurture fun, safety, and community through sport. We commit to stewarding these lands with the same intention we bring to sport: ensuring they thrive for generations to come. Let this be a living commitment, reflected in how we learn, share, and honor the wisdom of those who have cared for these waters and lands since time immemorial.
Format:	Ability seeding. Gender-specific racing. See the 2025-2026 Technical Bulletin for details.
Skater Eligibility:	Skaters aged 13-29 with a Speed Skating Ontario Competitive membership who meet the Elite time standard on the SSO Ranking List since August 1, 2024 and choose to race in Elite meets. 500m: M: 1:00.00; F: 1:05.00 400m: M: 0:48.98; F: 0:53.06 Ontario athletes currently training at Regional Training Centres and retired skaters from the Canadian Senior national racing pathway who met the Elite time standard before their retirement can join the Ontario Elite Circuit. These skaters must have a current Speed Skating Ontario Competitive or National membership. Master Skaters
Health Measures:	Please stay home if you are feeling unwell.
Sanctioned By:	Speed Skating Ontario
Entry Fees and Deadlines:	Early Registration Deadline: Register before November 23, 2025 \$125.00 + HST Registration Deadline: December 3 2025 \$140.00 + HST (Fees after the Early Registration Deadline and before the Registration Deadline on December 3, 2025) Late entries may be accepted, up to 24 hours after the close of registrations, if space allows. In addition to the registration fee a \$100.00 + HST late fee will apply.
Entries via:	All skaters must register through IceReg.
Scratches:	Coaches are required to notify the Provincial Registrar as soon as they become aware of a scratch.
Volunteers:	If you are interested in volunteering, please let us know through the registration process in IceReg.
Coaches:	Coaches in the coaches' box must meet the SSO requirements indicated in the SSO Technical Bulletin. Coaches are required to register in advance of the meet in IceReg.

Coaches and
Officials
Meeting:

The Coaches and Officials meeting time/location will be shared within 24 hours of the meet.

Warm Ups:

Warmup times will be confirmed with the final distribution.

Meet Contact:

Caleb Caunce events@ontariospeedskating.ca

Equipment:

All skaters are required to meet the equipment requirements outlined in the SSC Red Book and included in the 2025-2026 SSO Technical Bulletin.
