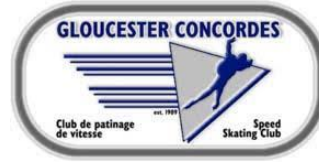




**SPEED
SKATING
ONTARIO**



Ontario Provincial Circuit Meet East #4

Hosted by Gloucester Concordes Speed Skating Club

Date:	Saturday February 22, 2025
Location:	Bob MacQuarrie Recreation Complex- 1490 Youville Dr, Orleans, ON K1C 2X8 The Bob MacQuarrie Recreation Complex is located on the traditional territories of the Kanien'kehá:ka (Mohawk), Omàmiwininiwag (Algonquin), and the Anishinabewaki peoples.
Format:	Ability seeding. Mixed gender racing. All points format. Relays may be included if time allows. Relay priority is for skaters preparing to represent Ontario at Canadian Youth Short Track Championships. See the 2024-2025 SSO Technical Bulletin for details.
Skater Eligibility:	Skaters aged 9-12 as of July 1, 2024 with a recommended 400m time standard of 1:08.00 Skaters aged 13-29 as of July 1, 2024, that do not meet time standards for the Elite Circuit, or who decline racing in the Elite Circuit. Master Skaters All skaters are required to have a Speed Skating Ontario Competitive membership. East: Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha, Durham, Markham, Toronto, Meteor Flex clubs: Sudbury, Sault Ste Marie, Thunder Bay
Health Measures:	Please stay home if you are feeling unwell.
Sanctioned By:	Speed Skating Ontario (SSO)
Entry Fee:	\$80.00 per person. No refunds after the Entry Deadline.
Entry Deadline:	Wednesday February 12, 2025 at 11:59pm. Late registrations will not be accepted.
Entries via:	Skaters from Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha, Durham, Markham, Toronto, Meteor and Flex Clubs must register through IceReg. Skaters looking to register as an out-of-region or out-of-province skater, please submit your interest by completing the Out-of-Region Google Form on the "Meet Announcement" page on the SSO website. After the Entry Deadline, SSO will review meet capacity and out-of-region or out-of-province registrations to determine if there is space available in the meet. SSO will share a Final List of skaters accepted into the meet with the Clubs.
Check In:	Coaches are required to check in and confirm skaters' participation.
Volunteers:	Please let us know if you are interested in volunteering when completing registration through IceReg. Coaches in the coaches' box must meet the NCCP and SSO requirements indicated in the SSO Technical Bulletin.
Coaches:	Coaches are required to register in advance of the meet on the "Meet Information" page on the SSO website. The Coaches Meeting time/location will be shared within 24 hours before the meet.
Officials:	The Officials meeting time/location will be shared within 24 hours before 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 available on the "Meet Information" page on the SSO website.