



**SPEED
SKATING
ONTARIO**

**2023 Ontario Provincial
Championships
Technical Bulletin**

Revised March 9, 2023

DATE AND LOCATION

The Ontario Provincial Championships will take place in Kitchener Waterloo on March 11-12, 2023.

ELIGIBILITY

All skaters must have a Speed Skating Ontario Competitive Membership and must have competed in at least one Provincial Circuit Meet in the 2022-2023 season or the Provincial Mid-Season Meet in December 2022 to be eligible to participate in the Ontario Provincial Championships. Skaters who skated the Ontario Elite Championships are not eligible for the Ontario Provincial Championships. Skaters who are on an elite racing pathway are not eligible for the Provincial Championships.

RACING FORMAT AND GROUPS

All Points: Format in which all skaters advance to finals and therefore accumulate points.

Age Class: Competition in which seeding is done first by gender, then by age.

Skaters will race in gender-specific groups with **one or** 2-year age classes on the 100m track :

6 and 7 years old seeded on 200m time

8 and 9 years old seeded on 200m time

10 and 11 years old seeded on 400m time

12 and 13 years old seeded on 400m time

Skaters aged 14-29 will race in mixed-gender Open group(s) on the 111m track, seeded on the 500m time.

Skaters aged 30+ will race in mixed-gender Open group(s) on the 111m track, seeded on the 500m time.

Seeding in subsequent distances of the event will be based on points earned in the event.

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 6 and 7	100m	200m, 300m, 400m, 600m Super Final
Ages 8 and 9	100m	200m, 300, 400m, 500m (100m track), 600m Super Final
Ages 10 and 11	100m	400m, 800m, 1000m, 1500m Super Final
Ages 12 and 13	100m	400m, 800m, 1500m , 1000m Super Final
Open (14-29)	111m	500m, 777m, 1000m, 1500m Super Final
Masters (30+)	111m	500m, 777m, 1000m, 1500m Super Final

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

After each distance, racing points will be reassigned for each age class outlined below. Awards will then be issued in the following age classes:

- 6 year old girls and boys
- 7 year old girls and boys
- 8 year old girls and boys
- 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

After each distance, racing points will be reassigned for each group outlined below. Awards will then be issued in 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)
- Masters men and women (by 5-year age grouping)