



Hosted by Cambridge Speed Skating Club

Date:	November 7-8, 2026
Location:	Hespeler Memorial Arena, 640 Ellis Rd, Cambridge, ON, N3C 4N1 Speed Skating Ontario and the Cambridge Speed Skating Club acknowledge that the ice we skate on and the lands we gather upon are the traditional territories of the Anishinabewaki ᐱᓂᓴᓇᑲᕐᑯᐸᐤ, Ho-de-no-sau-nee-ga (Haudenosaunee), Attiwonderonk (Neutral), and Mississauga peoples, including the Mississaugas of the Credit First Nation. 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 2026-2027 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.
Sanctioned By:	Speed Skating Ontario (SSO)
Entry Fees and Deadlines:	Early Registration Deadline: Register before October 18, 2026 \$125.00 + HST Registration Deadline: October 28, 2026 \$140.00 + HST (After the Early Registration Deadline and before the Registration Deadline on October 28, 2026) 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 late fee will apply.
Entries via:	All skaters must register through IceReg
Check In:	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 Counce events@ontariospeedskating.ca
Equipment:	All skaters are required to meet the equipment requirements outlined in the SSC Red Book and included in the 2026-2027 SSO Technical Bulletin.