



Ontario Provincial Circuit East #1

Hosted by Kingston Striders

Date:	Saturday October 21, 2023
Location:	Catarauqui Arena - 1030 Sunnyside Rd, Kingston, Ontario The Catarauqui Arena is located on the territory of the Haudenosaunee and Anishinabek peoples
Skater Eligibility:	Skaters aged 10-12 as of July 1, 2023 Skaters aged 13-29 that do not meet time standards for the Elite Circuit, or who decline racing in the Elite Circuit. Master's skaters from all regions in Master specific racing groups. All skaters are required to have a Speed Skating Ontario Competitive membership. East clubs: Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha, Durham, Markham, and Toronto. Flex clubs: Sudbury, Sault Ste Marie, Thunder Bay
Health Measures:	Please stay home if you are feeling unwell.
Sanctioned By:	Speed Skating Ontario
Entry Fee:	\$75.00 per person. No refunds after the close of all entries. Members of East Zone clubs (Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha, Durham, Markham, and Toronto), please submit payment of \$75.00 to executivedirector@ontariospeedskating.ca using the password OSSA2023 upon registration. Please include the skater's name in the subject line. Skaters registering as an out-of-region or out-of-province skater, please do not send payment until your registration has been confirmed by SSO. No refunds after the Entry Deadline.
Entry Deadline:	Wednesday October 11, 2023 at 11:59pm. There is no extended deadline.
Entries via:	All skaters must register HERE After the Entry Deadline, Speed Skating Ontario will review meet capacity and out-of-zone or out-of-province registrations. SSO will share a Final List of Skaters with Clubs.
Check In:	Coaches are required to check in and confirm skaters' participation.
Volunteers:	Please let us know if you are interested in volunteering by completing THIS FORM
Coaches:	Coaches in the coaches' box must meet the NCCP requirements indicated in the SSO Technical Bulletin Coaches are required to register in advance of the meet HERE . 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:	Please see D3-100 in the SSC Red Book