



Ontario Elite Circuit

Hosted by Cambridge Speed Skating Club

Date: Saturday November 4 – Sunday November 5, 2023

Location: **Hespeler Memorial Arena**
640 Ellis Rd. Cambridge ON N3C 4N1
The Hespeler Memorial Arena is located on the territory of the Haudenosaunee Anishinabewaki, Attiwonderonk (Neutral), Mississauga and Mississaugas of the Credit First Nation peoples.

Format: Ability seeding. Gender-specific racing. See the 2023-2024 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, 2022 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

Health Measures: Please stay home if you are feeling unwell.

Sanctioned By: Speed Skating Ontario and Speed Skating Canada

Entry Fee: \$135.60 (\$120+ \$15.60 HST) per person.
No refunds after the close of all entries.

Entry Deadline: **Wednesday October 25, 2023 at 11:59pm. There is no extended deadline.**

Entries via: All skaters must register (insert Icreg link)

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 Counce events@ontariospeedskating.ca

Equipment: Please see D3-100 in the [SSC Red Book](#)