



**SPEED
SKATING
ONTARIO**



Speed Skating Ontario Time Trials #1

Hosted by the Ottawa Pacers Speed Skating Club

Date:	Sunday September 24, 2023
Location:	Bell Sensplex 1565 Maple Grove Rd, Kanata ON
Format:	Skaters aged 13-29 will race in mixed gender groups with seeding based on ability. See the 2023 -2024 Technical Bulletin for details.
Skater Eligibility:	Skaters aged 13-29 with a Speed Skating Ontario Competitive Membership. Entry Time Standards for SSO Time Trials (skated since Aug 1, 2022) 500m: M: 1:05.00; F: 1:10.00 or 400m: M: 0:53.06 F: 0:57.14
Out Province Skaters	An out-of-province skater is registered as a speed skater in another Province, Territory or State other than Ontario. Out-of-province skaters may be considered to attend the Ontario Time Trials provided they register as per the posted timelines, they meet the age requirement and time standards and there are no remaining waitlisted skaters from in-province. Acceptance into the meet will be dependent upon space availability in the meet, and will be determined by the Chief Referee, Chief Recorder and Technical Director.
Health Measures:	Please stay home if you are feeling unwell.
Sanctioned By:	Speed Skating Ontario and Speed Skating Canada
Entry Fee:	\$75.00 + HST (\$84.75) per person. No refunds after the close of all entries. No exceptions including medical circumstances.
Entry Deadline:	Wednesday September 13, 2023 at 11:59pm. There is no extended deadline.
Entries via:	All skaters must register HERE
Check In:	Coaches should notify the Chief Meet Recorder or Chief Referee if any skaters are absent before warmups.
Volunteers:	Please let us know if you are interested in volunteering by completing THIS FORM .
Coaches:	Coaches are required to register in advance of the meet HERE . The Coaches Meeting time/location will be shared within 72 hours before the meet.
Officials:	The Officials meeting time/location will be shared within 72 hours before the meet.
Warm Ups	Warm Up 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 .