



**SPEED  
SKATING  
ONTARIO**

**Long Track**

# **Technical Bulletin**

**Provincial Long Track Championships Format**

**and**

**Team Ontario Selection for Canadian Youth Long Track  
Championships**

**December 2023**

## **PREAMBLE**

The purpose of this Bulletin is to provide information concerning the format of the Ontario Provincial Long Track Championships, including competition regulations that define the eligibility and running of the Championships. The statements made in this Technical Bulletin remain in effect unless they are superseded in an amendment.

The order of precedence for speed skating rules for events sanctioned by SSO is:

- This Technical Bulletin (2024 Speed Skating Ontario Long Track Technical Bulletin)
- SSC Rule Book
- ISU Rule Book

Participants, coaches, club officials and parents are reminded that a ruling by the chief referee at any event is final and is only subject to appeal in accordance with the SSO Appeal Policy. The SSO Code of Conduct applies in all dealings with meet competition officials.

In extenuating circumstances outside of competition, the SSO Technical Committee has the final say.

Questions about the content of this Technical Bulletin may be directed to the SSO Technical Director at [smorrison@ontariospeedskating.ca](mailto:smorrison@ontariospeedskating.ca).

## **ONTARIO PROVINCIAL LONG TRACK CHAMPIONSHIPS**

The event will take place over two (2) days, weather permitting, in Ottawa, Ontario on January 27 – 28, 2024.

Skaters with a SSO competitive membership aged 7 years old and above before July 1, 2023 are eligible for the Ontario Provincial Long Track Championships.

### **Equipment**

Speed Skating Canada equipment requirements (Regulations D3-200, D3-300, D3-301) will be enforced for this meet. See the [SSC Red Book](#) for most recent updates.

### **Timing**

Manual timing will be provided for the Ontario Provincial Long Track Championships and 0.20 seconds will be added to manually captured finish times in accordance with ISU rules.

### **Coaching**

A limit of two (2) club coaches per skater will be permitted during Mass Start racing. Coaches should be Fundamentals Coach certified or higher. Coaches will not be on the ice during Mass Start racing.

A limit of one (1) coach per skater will be permitted in the coaching box during Olympic Style racing. Two (2) coaches may be allowed per skater for distances 1500m or longer if they are not being raced in quads. Coaches in the box should be Introduction to Competition certified. An additional coach in training may accompany the primary coach.

### **Scratches**

Coaches must inform the Recorder immediately if any skaters scratch from racing.

## Racing Format

This section outlines the racing distances and format of the Provincial Long Track Championships.

Racing Groups	Distances	Point Assignments
Girls and Boys 7-8	Mass Start: 100m, 300m, 500m, 700m (Super Final)	All Points, Age Class
Girls and Boys 9-10	Mass Start: 300m, 700m, 1100m (Super Final); 500m (2) Olympic Style	All Points, Age Class
Girls and Boys 11-13	500m (2) Olympic Style, 7 Lap ISU Mass Start, 1500m Mass Start, 300m Mass Start, 1000m Mass Start Super Final, 4 Lap Team Pursuit (TP)	Mass Start - All Points, Age Class Olympic Style - Sammelagt Points converted to Racing Points, best 500m time of 2. No points for TP.
Open Women and Open Men aged 14+ Junior C (14) Junior B (15-16) Junior A (17-18) Senior (19-29) Master (30+ in 5 year increments)	Sprint: 500m (2), 1000m (2)  All Round: 500m, 1000m, 1500m, 3000m (women)/ 5000m (men) Olympic Style  10 Lap ISU Mass Start Women and Men	Sammelagt points

Open Women and Open Men may register for individual distances, or Sprint, or All Round, or both.

Only skaters who compete in at least 500m x1, 1000m x1, 1500m, and 3000m (women) or 5000m (men) will have satisfied the requirements for the All Round Championships. The best 500m and 1000m result will count towards the overall All Round placement.

Only skaters who compete in 500m x2 and 1000m x2 will have satisfied the requirements for the Sprint Championships. All 4 events will count towards the overall Sprint placement.

Youth-aged skaters will race 2 500m Olympic Style, the best of the two will be used for ranking and points

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

**Sammelagt points:** Skaters' race times are converted into Sammelagt points for ranking purposes. Sammelagt points will be tabulated to determine overall placement by gender and Racing Group.

Racing Points (Appendix A) will be assigned based on Sammelagt Points where required for skaters aged 7-13 years old.

**Age Class:** Competition in which seeding is done first by gender, then by age, with skaters of the same age class grouped together. Age Classes with 3 or less racers may be combined to provide meaningful competition at the discretion of the Technical Committee and the Chief Referee. Distances raced by the combined age classes will be at the discretion of the Technical Committee and the Chief Referee, ensuring that all distances required for CYLTC selection are raced.

**Olympic Style:** Races are gender specific and final races. There is no advancement.

For racing groups with Olympic Style 500m x 2 or 1000m x2: the skater will be assigned either the inner or outer lane for race #1. The skater will be assigned the other lane for race #2.

## **Seeding of Racers**

Seed times from outdoor and indoor events held between January 1, 2022 – present will be accepted for seeding purposes. Indoor times will be adjusted by recognized calculation standards for comparison with times skated outdoors. The recognized calculation standard for an indoor time is **109.5%** of the indoor time, in order to be compared to other outdoor times. Seed times may be verified on [www.speedskatingresults.com](http://www.speedskatingresults.com). Skaters without long track seed times will be seeded at the bottom of their Racing Group.

Racers may be put in Quads for Olympic Style races 1000m, 1500m, 3000m, or 5000m.

If any racing group does not have enough skaters to run heats and finals in any distance, that group shall run a heat and a final in the distance to determine placing on the line of the final.

## **Results and Awards**

Penalties (PEN), Did not finish (DNF), and Did not start (DNS) will follow SSC regulations.

Final points will be tabulated to determine overall placement by Racing Group and gender.

Sammelagt Points will be used for All Round and Sprint Open Events.

Racing Points outlined in Appendix A will be used for youth Age Classes that skate both Olympic Style and Mass Start.

Provincial Championships medals will be awarded to the top 3 finishers in each Racing Group by gender.

Provincial medals will not be awarded to skaters competing only in single distance Olympic Style events.

## **Out-of-Province Skaters**

Out-of-Province skaters are eligible to participate in the Olympic Style racing if space allows. Out-of-Province skaters are not eligible for Provincial medals.

## **Racing Schedule**

The Racing Schedule will be determined after registration has closed.

# SELECTION CRITERIA: 2024 CANADIAN YOUTH LONG TRACK CHAMPIONSHIPS (CYLTC)

## Location of Championships

The 2024 CYLTC will be hosted in Quebec City on February 10 – 11, 2024.

## Timeline

Preliminary entries for CYLTC are due to Speed Skating Canada (SSC) on January 22, 2024. Final entries are due on January 30, 2024.

## Age Eligibility

Skaters aged 11-13 before July 1, 2023 are eligible for the 2024 CYLTC.

## CYLTC Format

The format of the CYLTC is available in the SSC CYLTC Bulletin on the SSC [LT bulletins page](#). Skaters and coaches should familiarize themselves with the CYLTC Bulletin.

## Quota Spots on Team Ontario

The quota number of skaters that the Speed Skating Ontario (SSO) may send to CYLTC is 2 skaters per eligible age/gender. Additional spots may become available for additional team members if other Branches decline their spots.

## Selection Criteria

The primary selection event for CYLTC will be the 2024 Ontario Provincial Long Track Championships on January 27-28, 2024 in Ottawa, Ontario. Overall placement within each age-eligible Age Class at the Ontario Provincial Championships will determine the primary and alternate skaters for Team Ontario at CYLTC.

In the event that the Ontario Provincial Long Track Championships are not able to be hosted on January 27-28, 2024 in Ottawa, Team Ontario for the CYLTC will be selected based on the fastest 500m times skated between October 28, 2023 and January 21, 2024, inclusive, and posted on [speedskatingresults.com](#). Times will not be accepted from High Altitude locations such as Calgary or Salt Lake City. Indoor times will be compared to outdoor times by using a conversion of **109.5%**.

The following events are recommended to attempt 500m times for Team Ontario selection:

- Coupe Jeunesse #1 – Quebec City – October 28/29, 2023
- Milwaukee Time Trials #4 – Milwaukee – November 18, 2023
- Milwaukee Time Trials #5 – Milwaukee – December 2, 2023
- Coupe Jeunesse #2 – Quebec City – December 9/10, 2023
- Milwaukee Time Trials #6 – Milwaukee – December 16, 2023
- Lake Placid Time Trials – Lake Placid – December 30, 2023 (TBC)
- Western Canadian Outdoor Classic – Winnipeg – January 13-14, 2024

## Intent for Team Ontario Consideration

Skaters wanting to be considered for the 2024 CYLTC must inform the SSO office by filling out this [Submission of Interest Form](#) by **Friday January 12, 2024**. Skaters who submit interest after this time will not be considered for Team Ontario at CYLTC.

## Announcement of Team Ontario

On January 29, 2024, the SSO Technical Committee will announce the provisional team consisting of 2 primary skaters and up to 3 alternates per eligible age class to represent Ontario at the CYLTC.

## APPENDIX A

### Racing Points:

Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	23	31	13	41	3
2	816	12	106	22	22	32	12	42	2
3	666	13	86	23	21	33	11	43	1
4	543	14	70	24	20	34	10	Others	1
5	443	15	57	25	19	35	9		
6	362	16	46	26	18	36	8		
7	295	17	37	27	17	37	7		
8	241	18	30	28	16	38	6		
9	196	19	25	29	15	39	5		
10	160	20	24	30	14	40	4		

### Ties:

A tie for 1 <sup>st</sup>	1000 points each, next skater 666 points
A tie for 2 <sup>nd</sup>	816 points each, next skater 543 points
A tie for 3 <sup>rd</sup>	666 points each, next skater 443 points
A tie for 4 <sup>th</sup>	543 points each, next skater 362 points
A tie for 5 <sup>th</sup>	Etc.