



Ontario Provincial Circuit Meet East #3

Hosted by: St. Lawrence Speed Skating Club

Date:	Sunday February 11 th , 2024
Location:	Brockville Memorial Centre , 100 Megadoma Blvd, Brockville, ON K7A7J5 The Brockville Memorial Centre is located on the traditional territories of the Algonquin, Wendake-Nionwentsio, Haudenosaunee and Mississauga nations.
Format:	Ability seeding. Mixed gender racing. All points format. Relays may be included if time allows. Relay priority is for skaters preparing to represent Ontario at Canadian Youth Short Track Championships. See the 2023-2024 SSO Technical Bulletin for details.
Skater Eligibility:	Skaters aged 9-12 as of July 1, 2023 with a recommended 400m time standard of 1:08.00 Skaters aged 13-29 as of July 1, 2023, that do not meet time standards for the Elite Circuit, or who decline racing in the Elite Circuit. Masters skaters from all regions are welcome to register. Masters racing will be mixed-ages (14+) for this event East: Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha, Durham, Markham, Toronto, Meteor Flex clubs: Sudbury, Sault Ste Marie, Thunder Bay
Health Measures:	Please stay home if you are feeling unwell.
Sanctioned By:	Speed Skating Ontario (SSO)
Entry Fee:	\$75.00 per person. No refunds after the Entry Deadline.
Entry Deadline:	Wednesday January 31st, 2024 at 11:59pm. There is no extended deadline.
Entries via:	Skaters from Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha, Durham, Markham, Toronto, Meteor and Flex Clubs must register through IceReg. Skaters looking to register as an out-of-zone or out-of-province skater, please submit your interest by completing the google form on the Meet Announcement page on the SSO website or HERE . After the Entry Deadline, SSO will review meet capacity and out-of-zone or out-of-province registrations to determine if there is space available in the meet. SSO will share a Final List of Skaters accepted into the meet with the 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 Counce events@ontariospeedskating.ca
Equipment:	Please see D3-100 in the SSC Red Book