



**SPEED
SKATING
ONTARIO**

2023-2024 Short Track Technical Bulletin

Updated October 30 2023

INTRODUCTION

Speed Skating Ontario (SSO) recognizes the need to offer quality racing experiences for our members that focus on athlete development, provide social experiences, meet the needs of skaters of all abilities, and that have adequate depth of field for viable meets and quality racing experiences. SSO will continue to use Speed Skating Canada's (SSC) racing ages from the SSC Red Book and offer racing distances appropriate for each age, where possible. SSO also recognizes the need to provide a robust racing experience for the growing cohort of new skaters at the grassroots level following the 2022 Olympics and return to sport following the pandemic. A strong emphasis on grassroots racing will strengthen the base of the SSO athlete pyramid.

The following racing circuits will make up the 2023-2024 SSO competition season:

Ontario Regional Racing Program

- Racing in 3 regions (+ flex region) across the province for skaters aged 4-8 and new racers of any age.
- Skaters experience local racing with skaters from nearby Clubs.
- 2-4 hour meets on evenings and weekends.
- Simple structured meets run by Clubs using the Ontario Regional Racing Program guidelines.
- Introduction to competition formats and racing skills with the focus on fun.
- Times are recorded for development purposes only, not formal ranking.

Ontario Provincial Circuit Meets

- Racing in 2 zones across the province for: skaters aged 9-12, Special Olympic skaters, and skaters aged 13+ who do not meet the Ontario Elite Circuit time standard or who choose not to race in the Elite Circuit.
- Development of speed and racing skills.
- Introduction to all-points racing where skaters advance through rounds of heats and finals.
- Introduction to relay racing for youth aged skaters.
- Skaters aged 9-13 race together on the 100m track.

Ontario Elite Circuit Meets

- Province-wide racing for skaters aged 13-29 who meet a time standard.
- Refinement of racing skills and decision making at high speeds.
- Development of relay racing skills.
- 13 year old skaters will be offered 100m track racing intermittently to prepare for Canadian Youth Short Track Championships.

Ontario Time Trials

- Province-wide racing for skaters aged 13-29 who meet a time standard.
- Opportunity to re-introduce racing and set seed times for the 2023-2024 season.

Ontario Masters Meets

- Province-wide racing for skaters aged 30+ and senior skaters aged 19-29 who opt to race with Masters.
- These meets will be run in conjunction with Provincial or Elite Circuit meets on the 111m track.

SPEED SKATING ONTARIO RACING CIRCUIT OVERVIEW

| | Regional Racing Program | Ontario Provincial Circuit | Ontario Elite Circuit |
|--------------------------------|--|--|---|
| Division | 3 Regions, plus Flex Region | 2 Zones, plus Flex Zone | Province-wide |
| Clubs | <u>East:</u> Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha <u>Central:</u> Durham, Markham, Newmarket, Barrie, Toronto, Brampton, Meteor <u>West:</u> Milton, Oakville, Hamilton, Niagara, Cambridge, Kitchener Waterloo, London <u>Flex:</u> Sudbury, Sault Ste Marie, Thunder Bay | <u>East:</u> Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha, Durham, Markham, Toronto, Meteor <u>West:</u> Newmarket, Barrie, Brampton, Milton, Oakville, Hamilton, Niagara, Cambridge, Kitchener Waterloo, London <u>Flex:</u> Sudbury, Sault Ste Marie, Thunder Bay | Province-wide |
| Number of regular-season meets | Approximately 7 meets per Region | 4 meets per Zone and the Mid-Season Provincial Meet in December | 3 meets (+ 2 Ontario Time Trials) |
| Eligibility | Skaters aged 4-8 and new racers of any age. Clubs can add racing for appropriate Novice, Special Olympic or Masters skaters of their choice. | Skaters aged 9-12 Recommended Time Standard: 1:08.00 in the 400m Skaters aged 13-29 that do not meet time standards for the Elite Circuit, or who decline racing in the Elite Circuit. Special Olympic skaters | Skaters aged 13-29 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 |
| Duration | 2-4 hours | 1 day (Mid-Season Meet and Championships are 2 days) | 2 days |
| Track | 100m for skaters aged 4-13 111m for appropriate Novice, Special Olympic and Masters skaters | 100m for skaters aged 9-13 111m for skaters aged 14-29 and Special Olympic skaters | 111m Exhibition super final for 13 year olds on the 100m track (400m or 1500m) |
| Advancements | Super Finals only. No advancements. | X + Y where Y is based on time only. | X + Y where Y is based on place, then time. |
| Format | Determined by host club. | Ability seeding. Mixed gender racing. Relays for youth aged skaters (and more if possible). | Ability seeding. Gender-specific racing. Relays for 13 year olds (and more if possible). |
| Championship | 1-day celebration event | 2-day Provincial Championships for skaters who have raced in at least two Provincial Circuit meets this season. All 13 year old skaters race at the Provincial Championships for CYSTC selection. | 2-day Elite Championships for skaters aged 14-29 who meet the time standard and have raced in at least two Elite Circuit meets or Time Trials this season. |

SPEED SKATING CANADA RED BOOK RACING AGES

Speed Skating Canada's racing ages:

| Category | Age * |
|--------------------|--------------|
| Club Skater | 6 |
| Club Skater | 7 |
| Club Skater | 8 |
| Club Skater | 9 |
| Club Skater | 10 |
| Youth 11 | 11 |
| Youth 12 | 12 |
| Youth 13 | 13 |
| Neo-Junior 14 (C2) | 14 |
| Neo-Junior 15 (B1) | 15 |
| Junior 16 (B2) | 16 |
| Junior 17 (A1) | 17 |
| Junior 18 (A2) | 18 |
| Neo-Senior 19 (B1) | 19 |
| Neo-Senior 20 (B2) | 20 |
| Neo-Senior 21 (A1) | 21 |
| Neo-Senior 22 (A2) | 22 |
| Senior | 23+ |
| Master 30+ | 30-34 |
| Masters 35+ | 35-39 |
| Masters 40+ | 40-44 |
| Masters 45+ | 45-49 |
| Masters 50+ | 50-54 |
| Masters 55+ | 55-59 |
| Masters 60+ | 60-64 |
| Masters 65+ | 65-69 |
| Masters 70+ | 70-74 |
| Masters 75+ | 75-79 |
| Masters 80+ | 80-84 |
| Masters 85+ | 85-89 |
| Masters 90+ | 90+ |

*Age of participant before July 1st prior to the competitive season

Skaters aged 3-5 will be called Active Start skaters.

COMMON COMPETITION PROCEDURES

Coaches Box Requirements

There is a maximum of two (2) club coaches permitted in the coaches' box per club. These coaches must be registered in IceReg as a coach. If a club has 18 or more skaters registered in a meet, three (3) coaches per club are permitted in the coaches' box for that meet. Coaches must wear their SSO nametag if such is provided.

Provincial Circuit Coaching Requirements

Coaches in the coaches' box must be a currently certified speed skating coach with the NCCP (example – FUNdamentals Certified Coach or Introduction to Competition Certified Coach or Competition Development Certified Coach in speed skating) or Trained with the intention to complete certification this season.

Elite Circuit Coaching Requirements

Coaches in the coaches' box must be a currently certified speed skating coach in Introduction to Competition or Competition Development streams or Trained in at least one of these streams with the intention to complete certification this season.

Out-of-Province Coaches

Out-of-Province coaches are required to register with SSO ten (10) days in advance of the competition. Certification requirements are the same as listed above for Canadian coaches. Out-of-Country coaches must be approved by the Technical Committee.

Coach Registration, Check-in and Meetings

All coaches are required to register prior to the competition. The registration link can be found on the Meet Announcement and on SSO's website. Check-in will take place prior to the warmup or start of racing on the first day of competition. The coaches and officials meeting will take place before the start of competition. The location will be shared by the event hosts. Meetings may be held virtually on the evening before the meet.

Close of all Entries

Meet registrations will close at 11:59pm on the Wednesday that falls ten (10) or eleven (11) days prior to the meet. There will be no extended deadline.

Refunds

There will be no refunds for any Ontario Provincial or Elite Circuit meets after the close of all entries.

Equipment

Speed Skating Canada equipment requirements (Regulation D3-100 in the [Red Book](#)) will be in effect. Full cut resistant suits are strongly recommended at Ontario Provincial Circuit meets/Championships and required at Ontario Elite Circuit meets/Championships and Time Trials. There is no minimum on the level of cut resistance, as long as the cut proof material covers all skin below the head.

Speed Skating Canada has released updated equipment overview and visuals that should be referenced by all skaters and their families. The resources can be accessed [HERE](#).

National team suits (any country) or Ontario suits are not permitted to be worn in mainstream competition. Special Olympics skaters and Masters skaters are eligible to wear their provincial and national team suits.

Timing

Manual timing will be in effect at Provincial Circuit meets and Championships. 0.2 seconds shall be added to manually captured times in accordance with ISU rules.

Electronic Timing will be in effect at Elite Circuit meets and Championships, and Provincial Circuit Meets where possible.

Mat Requirements

Level 3 mats are required for all Ontario Provincial and Elite Circuit Meets and Championships.

Mats at Regional Circuit meets must meet Level 2 Crash Protection for Competition as described in the SSC Red Book, and must be securely placed for the duration of the event (ie. the mats are not prone to falling over or coming loose during the event).

Helmet Covers

1-9 numbered Helmet Covers will be used for all Provincial and Elite meets and Championships. These helmet covers will be provided for each race and must be returned to the Clerk of the Course after each race.

First Aid Requirements

Medical coverage must include at least two (2) individuals meeting the definition of one or more of the following: Physician, Advanced Care Paramedic, Advanced Medical Responder, Primary Care Paramedic, Sports Therapy Professional, Emergency Nurse with First Aid. In addition to these 2 individuals, the Club must designate an individual as outlined in SSO's Concussion Policy who will work with the First Aid providers to implement the SSO Concussion Policy.

Racing Rules

The order of precedence for speed skating rules at Ontario Provincial and Elite Circuit meets is as follows:

- This Technical Bulletin
- SSC Red Book
- ISU Rule Book

A ruling by the Chief Referee at any event is final. In extenuating circumstances outside of competition, the Technical Committee has final say on all matters.

Missed Races

If a skater misses a race, Coaches must immediately (by the end of the next division at the latest) notify the Chief Referee with the reason for the missed race to be considered for eligibility to re-enter the meet in the lowest seeding of the next round of racing.

If a skater misses their heat or semi:

And there is no valid reason, they are out for the rest of the distance and will receive no points.

And there is a valid reason, they will be left in for finals and will be eligible to race for points in the bottom available final.

If a skater misses their final:

And there is no valid reason, they will receive no points.

And there is a valid reason, they will receive bottom points in their final for that distance.

If a skater does not skate the full distance (heat, (semi) and final), or a super final, they will not be awarded points.

Skaters that miss a race due to an injury must be medically cleared before returning to competition.

Every skater with a suspected concussion must be referred to a medical doctor (MD) or nurse practitioner (NP) and must not return to the competition until medically cleared to do so in accordance with the SSO's Return to Speed Skating Protocol.

Code of Conduct

All athletes, coaches, officials, parents and volunteers are expected to abide by Speed Skating Ontario's Code of Conduct and Ethics, Concussion Policy and Concussion Code of Conduct.

ONTARIO PROVINCIAL CIRCUIT MEETS

The Ontario Provincial Circuit is comprised of four (4) 1-day meets for each of the East and West zones, the Mid-Season Provincial Invitational, and the Ontario Provincial Championships. The identified Provincial Circuit meets can be viewed on the [SSO Competition Calendar](#).

Eligibility

Age Requirement

Skaters must have reached a minimum age of **9** years old before July 1, 2023 to be eligible for Ontario Provincial Circuit racing. All skaters aged **9**, 10, 11 and 12 can race in the Provincial Circuit. **The recommended time standard is 1:08.00.**

Skaters aged 13+ who do not meet the Elite Time Standard or who opt not to race in the Elite Circuit are eligible to race in the Ontario Provincial Circuit.

Membership Requirement

All SSO skaters must have a SSO Competitive Membership to participate in Ontario Provincial Circuit Meets.

Out-of-Zone Skaters

If space allows, skaters are eligible to race in one Provincial Circuit meet in the opposite Zone per year.

Out-of-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 Ontario Provincial Circuit Meets provided they register as per the posted timelines, they meet the age requirement, their speed is not better suited for the Elite or Regional Circuit, if they are 13 years old or older, 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. Out-of-Province skaters will be placed within an age group based on their date of birth and will skate the track appropriate to that age group. Out-of-Province skaters are not eligible to participate in the Ontario Provincial Championships.

Special Olympics

Race opportunities for Special Olympics skaters to race as a separate category will take place at designated meets throughout the season. Any club with Special Olympics skaters wanting to race at these designated meets shall contact the Special Olympics Provincial Convenor at speedskating@specialolympicsontario.ca. In consultation with the Chief Referee, the Provincial Registrar, and the Special Olympics Provincial Convenor, the distances and racing agenda will be determined.

Registrations shall be submitted using the Special Olympics Club Entry form available on the SSO website. Speed Skating Ontario registration deadlines apply.

The Special Olympics Provincial Convenor in consultation with the Chief Referee will determine how many skaters will be accepted into the Special Olympics designated meets.

All skaters must be registered members of Speed Skating Ontario to participate in Provincial Circuit Meets.

Registration

The Meet Announcement will share pertinent details for registration.

Registrations are due at 11:59pm on the Wednesday that falls 10 days prior to the competition (or 11 days prior, if the event is on a Sunday). There is no extended deadline.

SSO hopes to accommodate all eligible skaters in these meets; however, 1-day Provincial Circuit Meets are optimized for no more than 130 people. If the number of registrations exceeds 130 skaters, skaters will be accepted on a first-come-first-served basis. Clubs will be informed whether their skaters are accepted on Monday before the meet.

Race Format

Ontario Provincial Circuit meets are All Points and Ability format with mixed gender racing.

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

Ability: Competition in which seeding is primarily on ability. Seed times prevail for seeding purposes, within the skater's appropriate racing group. Seeding will be based on a skater's time in one distance, which is specified later in this section.

Racing Groups

The racing age groups are as follows:

- Group 1: 14-29 year old skaters
- Group 2: 9-13 year old skaters

Divisions within groups will be created as necessary (ie. Group 1A, Group 1B etc). Final division sizes will be determined for each meet by the Technical Director in consultation with the Chief Referee and Chief Recorder.

Racing Distances

Racing distances will be determined by the Technical Director in consultation with the Chief Referee. Distances for the top Division in each Group are listed in the chart. Subsequent Divisions may have shorter distances.

| Group | Track | Distances for Top Division |
|---|-------|--|
| Group 1 Skaters 14-29 years old and Special Olympic skaters | 111m | 500m, 777m; 1000m or 1500m super final |
| Group 2 Skaters 9-13 years old | 100m | 400m, 800m; 1000m or 1500m super final Potential: 200m 1200m - 2000m relay |

A fourth distance, relays or a heat/final of the super final distance may be scheduled for all skaters if time allows. This will be determined by the Technical Director in consultation with the Chief Referee and the Chief Recorder after the close of all registrations.

Seeding Distances

- Group 1 (14-29 years old) – 500m on 111m track
- Group 2 (9-13 years old) – 400m on 100m track

Note: if a skater does not have times on the appropriate track, the SSC Conversion formula will be used.

Seeding of Racers

Seeding into Divisions within a racing group and into the first distance of the meet will be based on:

- Each skater's 2022-2023 season-best time from the SSO Ranking List for the skater's first provincial meet of the season.
- Each skater's 2023-2024 season-best time from the SSO Ranking List for subsequent provincial meets. Times must be skated before the Wednesday night entry deadline for the respective meet.
- If a skater does not have times recorded on the SSO Ranking List, the skater's coach or meet registrar may submit a time from an Interclub meet or a practice to suitably seed the skater into a division. All efforts should be made to submit an appropriate seed time for each skater. Skaters that do not have a seed time by the registration deadline will be seeded at the bottom of the group.

Subsequent distances will be seeded based on cumulative points earned during the competition.

Number of Skaters on the Line

The Chief Referee, Technical Director and Chief Recorder will determine the number of skaters on the line. Safety will be kept as top priority based on the size of the rink and ability of the skaters.

False Starts

Modified false start rule. The first false start results in the skater moving 2m back and to the outside lane. Subsequent false start(s) result(s) in a penalty.

Advancements

Advancements shall be based on time. Ex. X + Y where Y is based on time only, regardless of place.

Semi Finals

Semi finals may be raced if needed based on group size. Not all groups or racers are guaranteed semi finals.

Results

Medals will be awarded to the top three overall finishers in each Division based on the cumulative points earned during the finals of each distance. Host clubs may provide additional awards at their discretion.

Relays

Relays will be hosted for the top 16 Group 2 skaters based on fastest 400m time entering the competition per gender where possible. If time allows, relays may be scheduled for other racing Groups and Divisions.

Ontario Provincial Championships

The format of the Ontario Provincial Championships will be available in the Ontario Championships bulletin, which will be shared on the SSO website at a later date.

ONTARIO ELITE CIRCUIT MEETS

The Ontario Elite Circuit this season is comprised of two (2) 2-day meets, **one (1) 1-day meet** and the Ontario Elite Championships.

The identified Elite Circuit meets can be viewed on the [SSO Competition Calendar](#).

Eligibility

Age Requirement

Skaters must be 13-29 years old before July 1, 2023 to be eligible to race in the Ontario Elite Circuit.

Membership Requirement

All SSO skaters must have a SSO Competitive Membership to participate in Ontario Elite Circuit Meets.

Time Standards

Entry Time Standards for Elite (skated since Aug 1, 2022 in an SSC or SSO sanctioned meet) are as follows:

| Distance (Track) | Girls/Women | Boys/Men |
|------------------|-------------|----------|
| 500m (111m) | 1:05.00 | 1:00.00 |
| 400m (100m) | 0:53.06 | 0:48.98 |

Out of 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 Ontario Elite Circuit Meets provided they register as per the posted timelines, they meet the age requirement and time standards and requirements 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.

Out-of-Province skaters are not eligible to participate in the Ontario Elite Championships.

Registration

The Meet Announcement will share pertinent details for registration.

Registrations are due at 11:59pm on the Wednesday that falls 10 days prior to the competition. There is no extended deadline.

SSO hopes to accommodate all eligible skaters in these meets; however, Ontario Elite Circuit Meets are optimized for 150 people. If the number of registrations exceeds 150 skaters, skaters will be accepted on a first-come-first-served basis. Clubs will be informed whether their skaters are accepted on Monday before the meet.

Race Format

Ontario Elite Circuit meets are All Points and Ability with Single Distance Seeding. Racing will occur in gender-specific racing categories.

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

Ability: Competition in which seeding is primarily on ability. Seed times prevail for seeding purposes, within the skater's appropriate racing group.

Single Distance Seeding: Format in which each distance is seeded based on skaters' current time in each distance.

Racing Categories

Skaters will race in either the girl's/women's category or the boy's/men's category.

Groups within categories may be created as necessary (ie. Open Women A, Open Women B, Open Women C etc). Final group sizes will be determined by the Technical Director in consultation with the Chief Referee and Chief Recorder.

Selection of Racing Category

Skaters can compete in the gender category with which they identify, or in which they feel most comfortable. Skaters can change their racing category once per season and must race in that category for the remainder of the season but are not required to do so in perpetuity. Any skater wishing to make a racing category change should notify SSO by emailing techdirector@ontariospeedskating.ca prior to the registration deadline of the next Ontario Elite Circuit meet.

Skaters wishing to represent Canada at International Competitions sanctioned by ISU must provide SSC with the minimum required information to demonstrate compliance with the ISU Transgender Policy ([ISU Communication No.2440](#)).

Racing Distances

Racing distances will be determined by the Technical Director in consultation with the Chief Referee after the close of all registrations. Distances may include 500m, 777m, 1000m, 1500m, 3000m Relay.

Seeding of Skaters into Divisions

If multiple divisions are required, skaters will be seeded into divisions based on their combined 500m + 1500m/3 time.

Seeding of Distances

Single distance seeding will be used for the first round of each distance.

Seed Time Requirements

Seed times will be taken from the 2022-2023 SSO Ranking List for the skater's first event of the season. Once a skater has times on the 2023-2024 SSO Ranking List, times will be taken from this list for seeding into events. If a skater does not have 111m track times, the SSC conversion formula will be used.

Number of Skaters on the Line

The Chief Referee, Technical Director and Chief Recorder will determine the number of skaters on the line. Safety will be kept as top priority based on the size of the rink and ability of the skaters.

False Starts

No false starts allowed. The first (and subsequent) false start(s) result(s) in a penalty.

Advancements

Advancements shall be based on place then time. Ex. X + Y where Y is based on place, followed by time.

Semi Finals

Semi finals may be raced if needed based on group size. Not all groups or racers are guaranteed semi finals.

Results

Medals will be awarded to the top three overall finishers in each Division based on the cumulative points earned during the finals of each distance. Host clubs may provide additional awards at their discretion.

Relays

3000m relays will be hosted for the top 16 skaters **aged 14+** per gender after the first day of racing **and the top 16 13-year-olds** where possible. If time allows, relays may be scheduled for more skaters.

Ontario Elite Championships

The format of the Ontario Elite Championships will be available in the Ontario Championships bulletin, which will be shared on the SSO website at a later date.

ONTARIO TIME TRIALS

There will be two (2) SSO Time Trials at the start of the 2023-2024 season. The Time Trials can be viewed on the [SSO Competition Calendar](#).

Eligibility

Age Requirement

Skaters must be 13-29 years old before July 1, 2023 to compete in the Ontario Time Trials.

Membership Requirement

All SSO skaters must have a SSO Competitive Membership to participate in the Ontario Time Trials.

Time Standards

Entry Time Standards for Ontario Time Trials (skated since Aug 1, 2022 in an SSC or SSO sanctioned meet) are as follows:

| Distance (Track) | Girls/Women | Boys/Men |
|------------------|-------------|----------|
| 500m (111m) | 1:10.00 | 1:05.00 |
| 400m (100m) | 0:57.14 | 0:53.06 |

If a skater does not have previously recorded times on the 2022-2023 SSO Ranking List, the skater's coach or meet registrar may submit a time from a practice to be considered for entry into the meet.

Out of 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.

Registration

The Meet Announcement will share pertinent details for registration.

Registrations are due at 11:59pm on the Wednesday that falls 10 or 11 days prior to the competition. There is no extended deadline.

Speed Skating Ontario hopes to accommodate all eligible skaters in these meets; however, these meets are optimized for 130 people. If the number of registrations exceeds 130 skaters, skaters will be accepted on a first-come-first-served basis. Clubs will be informed whether their skaters are accepted on Monday before the meet.

Race Format

Time Trials meets are Ability format with Single Distance Seeding and mixed gender racing. There are no points or medals awarded for Time Trials events.

Ability: Competition in which seeding is primarily on ability. Seed times prevail for seeding purposes, within the skater's appropriate racing group.

Single Distance Seeding: Format in which each distance is seeded based on skaters' current time in that distance.

Racing Distances

Racing distances on the 111m track will include: 500m (2), 1500m (2). Distances may also include any of: 1000m (1), 400m (on 100m track for 13 year olds) and relays if time allows.

Seeding of Skaters

Single distance seeding will be used for each distance.

Races will be seeded from fastest to slowest seed times. For example, the fastest 5 skaters will be in Race A, the next fastest 5 skaters will be in Race B, etc.

The first race of each distance will be seeded using each skater's seed time in the distance.

The second race of each distance will be seeded using each skater's faster time of their seed time or their finishing time from the first race.

Seed times will be taken from the 2022-2023 SSO Ranking List for the skater's first event of the season. ~~Once a skater has times on the 2023-2024 SSO Ranking List, times will be taken from this list for seeding into events.~~

~~For the second Time Trials event, the better of the skater's time from the 2022-2023 SSO Ranking List or the 2023-2024 SSO Ranking List posted as of the registration deadline will be used to seed skaters into races.~~

If a skater does not have 111m track times, the SSC conversion formula will be used.

If a skater does not have previously recorded times on the SSO Ranking List, the skater's coach or meet registrar may submit a time from a practice to suitably seed the skater into racing. All efforts should be made to submit an appropriate seed time for each skater. Skaters that do not have a seed time by the registration deadline will be seeded at the bottom of the group.

Number of Skaters on the Line

The Chief Referee, Technical Director and Chief Recorder will determine the number of skaters on the line. Safety will be kept as top priority based on the size of the rink and ability of the skaters.

False Starts

No false starts allowed. The first (and subsequent) false start(s) result(s) in a penalty.

Missed Races

Skaters that miss a race for any reason must inform the Chief Referee to be considered for eligibility to re-enter the meet. Skaters that miss a race due to an injury must be medically cleared before returning to competition.

Every skater with a suspected concussion must be referred to a medical doctor (MD) or nurse practitioner (NP) and must not return to the competition until medically cleared to do so in accordance with the SSO's Return to Speed Skating Protocol.

ONTARIO MASTERS MEETS

Speed Skating Ontario is hosting an Ontario Masters Circuit comprised of Masters Racing hosted in conjunction with existing meets throughout the season.

Meets in 2023 that will have Masters Specific Racing groups are:

- Kingston OPC East #1
- Brampton OPC West #2
- Provincial Mid-Season Meet in London

2024 Masters designated meets will be evaluated in December.

More information will be shared as it becomes available.

APPENDIX A: RACING POINTS

Ontario 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 st | 1000 points each, next skater 666 points |
| A tie for 2 nd | 816 points each, next skater 543 points |
| A tie for 3 rd | 666 points each, next skater 443 points |
| A tie for 4 th | 543 points each, next skater 362 points |
| A tie for 5 th | Etc. |

Penalties

Penalties in a heat will be placed into the lowest final.

Penalties in a heat will not be placed into a semi-final.

Penalties in a semi-final will be placed into the lowest eligible final.

All penalized skaters in a final will receive last place points for that final, behind any skaters who did not finish (DNF) the race, but ahead of skaters who did not start (DNS) the race.

Order of finish – No Time -- DNF – PEN - DNS.