



Ontario Elite Circuit Meet #4 *

Hosted by Kingston Striders Speed Skating Club

Date:	Saturday January 25, 2025 - Sunday January 26, 2025
Location:	Cataraqui Arena, 1030 Sunnyside Rd, Kingston, ON K7L 4V4 The Cataraqui Arena is located on the territory of the Haudenosaunee, Wendake-Nionwentsio and the Mississauga peoples.
Format:	Ability seeding. Gender-specific racing. See the 2024-2025 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, 2023 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:	\$141.25 (\$125+ \$16.25 HST) per person. No refunds after the close of all entries.
Entry Deadline:	Wednesday January 15, 2025 at 11:59pm. Late registrations will not be accepted.
Entries via:	All skaters must register through IceReg.
Check In:	Coaches are required to check in and confirm skaters' participation.
Volunteers:	Please let us know if you are interested in volunteering when completing registration through IceReg.
Coaches:	Coaches in the coaches' box must meet the NCCP and SSO requirements indicated in the SSO Technical Bulletin. Coaches are required to register in advance of the meet on the "Meet Information" page on the SSO website. 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:	All skaters are required to meet the equipment requirements outlined in the SSC Red Book available on the "Meet Information" page on the SSO website.
