



**SPEED  
SKATING  
ONTARIO**

**2025-2026  
Long Track Championships  
Technical Bulletin**

**December 2025**

## **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.

This Bulletin also provides the selection and eligibility requirements for the Canadian Youth Long Track Championships (CYLTC).

The statements made in this Technical Bulletin remain in effect unless they are superseded in an amended bulletin.

## **ONTARIO PROVINCIAL LONG TRACK CHAMPIONSHIPS**

The Ontario Provincial Long Track Championships will be held on January 31 and February 1, 2026 at the Brewer Oval in Ottawa, Ontario, weather permitting.

### **Eligibility**

Skaters with a SSO competitive membership aged 7 years old and above before July 1, 2025 are eligible for the Ontario Provincial Long Track Championships.

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

### **Equipment**

Speed Skating Canada equipment requirements (Regulations D3-200, D3-300, D3-301) will be enforced for all skaters in 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 will be permitted in the coaching box during Mass Start racing. A limit of one (1) Coach per skater will be permitted in the coaching box during Olympic Style racing. No Coaches can be in the Coaches Box during ISU Mass Start Racing.

Coaches in the box should be Fundamentals Coach certified or higher. An additional coach in training may accompany the primary coach.

### **Scratches**

Coaches must inform the Competitor Steward of any scratches from racing at least 60 minutes prior to the start of the event for which they are scratching. Failure to comply with this timing may result in the skater being ineligible to skate in their next event on the schedule.

## Racing Format

The racing distances and format of the Provincial Long Track Championships are as follows:

Racing Groups	Distances	Point Assignments
Club Girls and Boys 7-8 Years Old	Mass Start: 100m, 300m, 700m (Super Final) 500m Olympic Style	Mass Start - All Points  Olympic Style – Sammelagt Points converted to Racing Points.
Club Girls and Boys 9-10 Years Old	Mass Start: 100m, 300m, 700m (Super Final) 500m Olympic Style	Mass Start - All Points  Olympic Style – Sammelagt Points converted to Racing Points.
Youth 11 Girls and Boys Youth 12 Girls and Boys Youth 13 Girls and Boys	500m Olympic Style 1500m Olympic Style 7 Lap ISU Mass Start 300m Mass Start 4 Lap Team Pursuit (Exhibition)	Mass Start - All Points  Olympic Style – Sammelagt Points converted to Racing Points.  ISU Mass Start results converted to Racing Points.
Open Women and Men Neo Junior (14-15) Junior (16-18) Senior (19-29) Master (30+ in 5 year increments)	500m Olympic Style 1000m Olympic Style 1500m Olympic Style 3000m women/ 5000m men Olympic Style  10 Lap ISU Mass Start Women and Men	Olympic Style – Sammelagt Points converted to Racing Points.  ISU Mass Start results converted to Racing 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.

**Racing Points** (Appendix A) will be assigned based on Sammelagt Points where required.

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

## Registration

Skaters aged 7-13 register for all events offered for their Racing Group by age.

Skaters aged 14+ register for all events offered for Open skaters, or they can register for individual Olympic Style distances. Those registering for individual Olympic Style distances are not eligible for Provincial Championships medals.

## Combining of Groups

Racing Groups with 3 or less racers may be combined to provide meaningful competition at the discretion of the Technical Director and the Chief Referee. Distances raced by the combined Groups will be at the discretion of the Technical Director and the Chief Referee, ensuring that the distances raced meet the needs of skaters based on their age.

## Seeding of Racers

Seed times from outdoor and indoor sanctioned events (SSC, PTSO or other NSO, example US Speedskating) held between January 1, 2025 – present will be accepted for seeding purposes.

If a skater does not have an eligible Long Track time in a particular distance since January 1, 2025, their most recent time raced, (as far back as January 1, 2020) will be considered to achieve appropriate seeding. Masters and Senior skaters may use times older than January 1, 2020 if they do not have recently recorded times as described above.

No conversion factor will be used for indoor vs 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 Mass Start heats and finals for seeding into multiple finals in any distance, that group shall still run both a heat and a final in the distance, with the results of the heat being used to seed the placing on the line of the final.

## Mass Start Racing Formats

### 7-Lap Mass Start

Allocation of sprint points:

Intermediate Sprint: The first three (3) skaters will earn 9-3-1 sprint points.

Final Sprint: The first six (6) skaters will earn 30-20-10-6-4-2 sprint points.

### 10-Lap Mass Start

Allocation of sprint points:

Intermediate Sprints: The first three (3) skaters will earn 3-2-1 sprint points at each sprint.

Final Sprint: The first six (6) skaters will earn 30-20-10-4-2-1 sprint points.

## Team Pursuit Racing Format

Teams will be gender-specific, where possible.

Teams will have up to four skaters, seeded evenly with serpentine seeding.

All skaters on a team must complete all laps of the team pursuit and the finishing time will be taken from the fourth (or last) skater on the team.

## Results and Awards

Disqualifications (DQ), Did Not Finish (DNF), and Did Not Start (DNS) will follow SSC rules.

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

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 Draft Racing Schedule is available in Appendix B.

The Final Racing Schedule will be confirmed after registration has closed.

The schedule is subject to change.

# **SELECTION CRITERIA: 2026 CANADIAN YOUTH LONG TRACK CHAMPIONSHIPS (CYLTC)**

The 2026 Canadian Youth Long Track Championships (CYLTC) will be hosted in Calgary, Alberta on February 6-8, 2026.

## **Age Eligibility**

Skaters aged 11-13 before July 1, 2025 are eligible for the 2026 CYLTC.

## **CYLTC Format**

The format of the CYLTC can be found 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**

Speed Skating Ontario (SSO) may send 2 eligible skaters per age and gender category to CYLTC. Additional spots may become available for additional team members based on entry times compared to other provinces.

## **Selection Criteria for Team Ontario**

Skaters will be selected for the CYLTC based on the fastest 500m long track times skated between July 1, 2024 and January 18, 2026. Time entries are eligible from any sanctioned long track speed skating event (SSC, PTSO or other NSO, example US Speedskating).

Competition protocols must be available to confirm time entries.

## **Timeline**

Preliminary entries for CYLTC are due to Speed Skating Canada (SSC) on January 19, 2026. Participant lists will be posted on January 20, 2026 on the SSC website.

Qualified skaters on the participant list must register and pay in IceReg by January 22, 2026. Replacement skaters must sign up for the waitlist in IceReg by January 22, 2026 to maintain eligibility until the final registration deadline, which is February 2, 2026.

## **Intent for Team Ontario Consideration**

Eligible skaters interested in competing at the 2026 CYLTC must submit their eligible 500m long track time to SSO by January 18, 2026 at 9:00pm using the [SSO CYLTC Time Submissions form](#).

## **Announcement of Team Ontario**

SSO will announce the qualified skaters representing Team Ontario once the final participant list is posted by SSC.

## 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.

## APPENDIX B

### Draft Racing Schedule

The schedule is subject to change.

<b>Saturday</b>		
Open & Master Women & Men	Warm Up	
Open and Master Women	500m	Olympic Style
Open and Master Men	500m	Olympic Style
Youth & Club Skaters	Warm Up	
Club Girls	500m	Olympic Style
Club Boys	500m	Olympic Style
Youth Girls	500m	Olympic Style
Youth Boys	500m	Olympic Style
Club Girls	100m	Heat
Club Boys	100m	Heat
Open and Master Women	1500m	Olympic Style
Open and Master Men	1500m	Olympic Style
Youth Girls	1500m	Olympic Style
Youth Boys	1500m	Olympic Style
Lunch		
Club Girls	100m	Final
Club Boys	100m	Final
Open and Master Women	10 Lap	ISU Mass Start
Open and Master Men	10 Lap	ISU Mass Start
Youth Girls	7 Lap	ISU Mass Start
Youth Boys	7 Lap	ISU Mass Start



<b>Sunday</b>		
Youth/Club Girls & Boys	Warm Up	
Club Girls	300m	Heat
Club Boys	300m	Heat
Youth Girls	300m	Heat
Youth Boys	300m	Heat
Open and Master Women	Warm Up	
Open and Master Men	Warm Up	
Club Girls	300m	Final
Club Boys	300m	Final
Youth Girls	300m	Final
Youth Boys	300m	Final
Open and Master Women	1000m	Olympic Style
Open and Master Men	1000m	Olympic Style
Club Girls	700m	Super Final
Club Boys	700m	Super Final
Youth Girls	4 Lap Team Pursuit	Exhibition
Youth Boys	4 Lap Team Pursuit	Exhibition
Lunch		
Club and Youth Awards		
Open and Master Women	3000m	Olympic Style
Open and Master Men	5000m	Olympic Style