



How to Register for Quebec Long Track Meets: for Ontario Racers

PVQ (Patinage de Vitesse Quebec) has simplified their registration process for Long Track Meets for out-of-province skaters. Ontario skaters can now register directly for PVQ Long Track Meets — no more provincial acceptance process or SSO Submission of Interest forms are required for PVQ Long Track Meets.

Steps to Register:

1. Go to the PVQ Long Track page:
 - Coupe Jeunesse (ages 10–13)
 - Coupe Québec (ages 14+)
2. Click the “Inscriptions” button to register via IceReg.
3. During registration:
 - Select the “**Hors-Québec**” category.
4. Register before the deadline:
 - **Wednesday at 11:59 PM, 10–11 days** prior to the competition.

After Registering:

Since PVQ LT registrations are no longer tracked through SSO, please email both:

- Julie: techdirector@ontariospeedskating.ca
- Mary Frances: executivedirector@ontariospeedskating.ca

Let them know you're competing out-of-province for results tracking and insurance purposes.



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PVQ (Patinage de Vitesse Quebec) Short Track Meets follow a **pre-approval process** for Ontario skaters. SSO collects expressions of interest and submits them to PVQ for review.

Types of PVQ Short Track Meets:

- [Collegial-Universitaire](#) (ages 16+, masters)
- [Provincial](#) (ages 13–19)
- [Interregional](#) (ages 10–12)
- [Elite](#) (by PVQ invitation only)

Registration Process:

Complete the SSO Submission of Interest Google Form (<https://forms.gle/KVt8BMaMrjpeF2Lb9>)

- Deadline: **Monday, 12–13 days before the competition date**
- You will receive a copy of your form submission via email.
- If you don't receive it:
 - You may have entered your email incorrectly.
 - The form may not have submitted properly.
- If You Encounter technical issues with the form or made a mistake, contact Julie at techdirector@ontariospeedskating.ca. Please do not resubmit the form.

What Happens Next?

- **Thursday, 9–10 days before the meet:**
PVQ informs SSO of how many Ontario skaters are accepted.
 - SSO will contact selected skaters individually with registration instructions.
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Important Note:

Do **not** register for a Short Track Meet directly on the PVQ website until you've received confirmation from SSO. Only pre-approved entries will be accepted by PVQ.