



Ontario Provincial Circuit Meet East #3

Hosted by Ottawa Pacers Speed Skating Club

Date:	Sunday January 26, 2025
Location:	Bell Sensplex, 1565 Maple Grove Rd, Stittsville, ON K2V 1A3 The Bell Sensplex is located on the traditional territories of the Anishinabewaki and the Omàmiwininiwag (Algonquin) peoples.
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 2024-2025 SSO Technical Bulletin for details.
Skater Eligibility:	Skaters aged 9-12 as of July 1, 2024 with a recommended 400m time standard of 1:08.00 Skaters aged 13-29 as of July 1, 2024, that do not meet time standards for the Elite Circuit, or who decline racing in the Elite Circuit. All skaters are required to have a Speed Skating Ontario Competitive membership. 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
Entry Fee:	\$80 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:	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-region or out-of-province skater, please submit your interest by completing the Out-of-Region Google Form on the "Meet Announcement" page on the SSO website. After the Entry Deadline, SSO will review meet capacity and out-of-region 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 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 Caunce 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.