



**SPEED
SKATING
ONTARIO**

2024-2025

**Short Track Championships
Technical Bulletin**

November, 2024

ONTARIO ELITE CHAMPIONSHIPS

DATE AND LOCATION

The Ontario Elite Championships will take place in Hamilton on March 1-2, 2025.

ELIGIBILITY

All skaters must have a Speed Skating Ontario Competitive Membership to participate in the Ontario Elite Championships.

The following skaters are invited to participate:

1. Skaters aged 13-29 years old before July 1, 2024 who have met the Ontario Elite Circuit time standards* and have competed on an elite short track racing pathway this season by attending **at least three of the following**:
 - Ontario Elite Circuit Meets in the 2024-2025 season
 - A Short Track National Competition
 - A Long Track National Competition
2. Skaters aged 13-29 years old before July 1, 2024 who have met the Ontario Elite Circuit time standards* and have moved from the Provincial Circuit to the Elite Circuit during the season must have attended **at least three of the following**:
 - An Ontario Provincial Circuit Meet in the 2024-2025
 - At least one Ontario Elite Circuit Meet in the 2024-2025 season
 - A Short Track National Competition
 - A Long Track National Competition

*The number of competitions required was determined in consultation with SSC's Long Term Athlete Development Model. SSC recommends 3-6 development competitions a season for Train to Train and Train to Compete athletes in addition to 2-4 performance competitions

*Ontario Elite Time Standards for skaters aged 13-29 years old:

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

RACING FORMAT AND GROUPS

All points, gender specific racing.

Skaters aged 13-29 will race in gender-specific Open group(s) on the 111m track. Open groups will be created using skaters' 500m + (1500m/3) time from the 2024/2025 SSO Ranking List as of the registration deadline.

Single distance seeding into events will be used for the Open groups.

The 1500m Super Final will be seeded on points earned in the competition (1500m + 500m + 1000m)

RACING DISTANCES

Age Class	Track	Distances
Open (13-29)	111m	1500m, 500m, 1000m, 1500 super final 3000m combined relay

REGISTRATION DEADLINE

The registration deadline for the Ontario Elite Championships will be Friday February 14, 2025.

EVENT AGENDA

Warm Up times, Start of Racing and the order of Racing Distances will be at the discretion of the Technical Director in consultation with the Competitor Steward and Chief Referee.

RACING POINTS

See Appendix A of the 2024-2025 SSO Short Track Technical Bulletin for the racing points chart.

PENALTIES

A skater that is penalized in the heat will be given the lowest possible seeding for the final but will still race the final and earn their points obtained in the final.

In the case of a Yellow Card, Skaters with two penalties within a single race shall be issued a yellow card (code YC-2). Skaters issued a YC-2 will be permitted to continue to race in the final and will earn points in the final round.

If the Yellow Card is issued for dangerous behaviour (YC-B) the skater will not race in subsequent rounds of that distance, and no points will be assigned for the distance.

In the case of a Red Card, the skater will be excluded from the competition immediately and will not be ranked in final classification.

AWARDS

After each distance, racing points will be reassigned for each group as listed below. Overall awards will then be issued for the following groups:

- 13 year old men and women
- 14 year old men and women
- Junior B men and women (15-16 years old)
- Junior A men and women (17-18 years old)
- Senior men and women (19-29 years old)

ONTARIO ELITE CHAMPION

An overall Elite Champion male and female will be awarded at the conclusion of the Elite Championships. This will be awarded based on skaters' ranking points from their best 3 Ontario Elite Circuit competitions in the 2024/2025 season.

Skaters must compete at the Elite Championships to be named Elite Champion.

ONTARIO PROVINCIAL CHAMPIONSHIPS

DATE AND LOCATION

The Ontario Provincial Championships will take place in Sudbury on March 8-9, 2025.

ELIGIBILITY

All skaters must have a Speed Skating Ontario Competitive Membership and must have competed in **at least two Provincial Circuit meets** in the 2024-2025 season to be eligible to participate in the Ontario Provincial Championships.

The Provincial Midseason meet may count as one of the two events a skater is required to participate in for the 2024-2025 season.

Skaters who are 13 years of age or older who participated in the Ontario Elite Championships are not eligible for the Ontario Provincial Championships.

Masters' skaters are required to have attended at least one Provincial Circuit meet in the 2024-2025 season to be eligible to participate in the Ontario Provincial Championships.

RACING FORMAT AND GROUPS

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

Mixed Gender

Ability: Competition in which seeding is done on ability.

Racing Groups

Skaters aged 9 – 13 will race in mixed-gender group(s) on the 100m track, seeded on 400m time from the 2024/2025 SSO Ranking List as of the close of registration.

Skaters aged 14-29 will race in mixed-gender Open group(s) on the 111m track, seeded on the 500m time from the 2024/2025 SSO Ranking List as of the close of registration.

Skaters aged 30+ will race in mixed-gender Open group(s) on the 111m track, seeded on the 500m time from the 2024/2025 SSO Ranking List as of the close of registration.

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
Skaters 14-29 years old	111m	500m, 777m; 1000m and 1500m super final
Special Olympic skaters	111m	Distances to be determined by Special Olympics Ontario
Skaters 9-13 years old	100m	400m, 800m; 1000m and 1500m super final Potential: 200m 1200m - 2000m relay
Masters 30+ years old	111m	500m, 777m; 1000m and 1500m super final

Seeding Distances

- Group 1 (14-29 years old) – 500m on 111m track
- Group 2 (9-13 years old) – 400m on 100m track
- Group 3 (30+ years old) – 500m on 111m track

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

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

REGISTRATION DEADLINE

The registration deadline for the Ontario Provincial Championships will be Sunday February 23, 2025.

RELAYS

An ISU Mixed Gender Relay will be hosted for the top 32 youth-aged skaters per gender based on fastest 400m time entering the competition.

If time allows, relays may be scheduled for other racing Groups and Divisions.

ISU MIXED GENDER RELAY FORMAT

The distance is 1800m (18 laps on the 100m track). It is to be run with a fixed schedule for the exchanges as follows: first 4 x 2.5 laps, then 4 x 2 laps

The order of exchanges shall be as follows: female-female-male-male, female-female-male-male.

The order of skating between the 2 females on the team can be changed from the first time they skate (2.5 laps each) to the second time they skate (2 laps each). The same will apply for the two males on the team.

In case of a fall, only a skater of the same gender can cover the relay, with these exceptions:

- if there is a fall in the very last corner before a gender change, a skater from the opposite gender can take the relay and keep on going.
- if there is a fall during the last 2 laps of the race, any team member can take the relay.
- In exceptional cases when a team cannot make an exchange because of actions from other teams, the exchange can be made half of a lap later.

Teams failing to do the exchanges as listed above will be assigned a Penalty.

EVENT AGENDA

Warm Up times, Start of Racing and the order of Racing Distances will be at the discretion of the Technical Director in consultation with the Competitor Steward and Chief Referee.

RACING POINTS

See Appendix A of the 2024-2025 SSO Short Track Technical Bulletin for the racing points chart.

PENALTIES

A skater that is penalized in the heat will be given the lowest possible seeding for the final but will still race the final and earn their points obtained in the final.

In the case of a Yellow Card, Skaters with two penalties within a single race shall be issued a yellow card (code YC-2). Skaters issued a YC-2 will be permitted to continue to race in the final and will earn points in the final round.

If the Yellow Card is issued for dangerous behaviour (YC-B) the skater will not race in subsequent rounds of that distance, and no points will be assigned for the distance.

In the case of a Red Card, the skater will be excluded from the competition immediately and will not be ranked in final classification.

AWARDS

After each distance, racing points will be reassigned for each age class outlined below. Overall awards will then be issued in the following age classes:

- 9 year old girls and boys
- 10 year old girls and boys
- 11 year old girls and boys
- 12 year old girls and boys
- 13 year old girls and boys
- 14 year old men and women
- Junior B men and women (15-16 years old)
- Junior A men and women (17-18 years old)
- Senior men and women (19-29 years old)
- Masters (5 year age groupings beginning at age 30)

ONTARIO PROVINCIAL CHAMPION

An overall Provincial Champion male and female will be awarded at the conclusion of the Provincial Championships. This will be awarded based on skaters' ranking points from their best 3 Ontario Provincial Circuit competitions in the 2024/2025 season.

Skaters must compete at the Provincial Championships to be named Provincial Champion.

SELECTION CRITERIA FOR CANADIAN YOUTH SHORT TRACK CHAMPIONSHIPS (CYSTC)

All skaters must compete at the Ontario Provincial Championships 2025 or the Ontario Elite Championships 2025 to be eligible to be named as a quota or alternate skater for CYSTC.

Ontario has a quota of 2 skaters per age class for CYSTC.

The format of the CYSTC is contained in the SSC Master Bulletin, which is available at: <https://speedskating.ca/resource-categories/high-performance-short-track/>

The selection of the 2 Team Ontario quota spots will be based on the fastest 400m times (or converted 500m time) skated between August 1, 2024, and March 2, 2025. As per the 2024-2025 Short Track High Performance Master Bulletin “PTSO guaranteed entries must be the top 2 skaters in order of best times.”

The remaining positions on Team Ontario are selected based on entries of the 400m time when compared against skaters from other provinces and territories, as per the Speed Skating Canada Master Bulletin.

Times must be submitted using the SSO Time Submissions for National Meets form by March 2, 2025

ANNOUNCEMENT OF TEAM ONTARIO

Team Ontario will be announced on the SSO Website during the week of March 10, 2024, once Speed Skating Canada has posted the list of qualified skaters for CYSTC.

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 but will be placed into the lowest 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.