

**The Ottawa Pacers Speed Skating Club invites you to:
Ontario Long Track Provincial Championships
January 26 and 27, 2013**



Name: _____

Address: _____

Telephone _____ Email: _____

Club: _____

Coach: _____ Helmet # _____

Date of birth: _____ Sex: M _____ F _____
Year Month Day

Note: As per OSSA's technical bulletin, there will be 3 separate events being held this weekend. Please check with your coach as to which event is appropriate. Detailed event explanations on the last page.

INDICATE WHICH EVENT YOU ARE REGISTERING FOR

Age class races _____ **\$40.00**
 Olympic style all round competition: _____ **\$40.00**
 Olympic style single distance races _____ **\$10.00 per race**

AGE CLASS (Division 1)

Group: _____ Time: 500m _____ 400m _____

(2011 – 2012 personal best outdoor long track mass start)

OLYMPIC STYLE (Division 2)

Junior _____ Senior _____ Time: 500m _____ 1000m _____
 1500M _____ 3000M _____ 5000m _____

(2011 - 2012 personal best outdoor long track Olympic style)

OLYMPIC STYLE SINGLE DISTANCE (Division 3)

Event	Distances – Enter times only for races you will compete in.	
Male Single Distance (Junior /Senior)		500m Saturday
		500m Sunday
		1000m Saturday
		1000m Sunday
		1500m
Female Single Distance (Junior /Senior)		500m Saturday
		500m Sunday
		1000m Saturday
		1000m Sunday
		1500m

(2011 - 2012 personal best outdoor long track Olympic style)

*If you do not have a long track time, please enter "NT"

In consideration of my accepting this entry, I hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against SSC, OSSA, The Pacers Speed Skating Club of Ottawa, their agents, officers or members for any and all injuries suffered by me at said competition to be held on January 26 and 27, 2013 in Ottawa, Ontario.

Signature of participant: _____

Signature (Parent or Guardian if participant is under 18): _____

In witness whereof, I have here unto set my seal this _____ day of _____ 20 ____

Sanctioned by OSSA and SSC

Date: Saturday and Sunday, January 26-27, 2013

Location: Brewer Skate Park
210 Hopewell Avenue, Ottawa, Ontario

Check In: Saturday, January 26, 2013, 0730
Brewer Skate Park, 210 Hopewell Avenue
"OFFICIALS" Trailer

Coaches Meeting Saturday, January 26, 2013 at 07:30
Brewer Skate Park, 210 Hopewell Avenue
"OFFICIALS" Trailer

Officials meeting Saturday, January 26, 2013, at 0815 "Brewer Pool room"

Warm Ups: Saturday and Sunday 0800 – 0830

Racing starts: Saturday and Sunday at 0900
Division #1 followed by Division 2 and 3

Club cheque only, payable to: Ottawa Pacers Speed Skating Club

Registration Deadline: In our possession, January 16, 2013 by 2200
(late entries will not be accepted)

SCRATCHES TO BE RECEIVED AND CONFIRMED BY
FRIDAY JANUARY 25, 2013 at 1800

Club Entries to: pgauthier@rogers.com

Mass start safety equipment SSC D3/300 and D3-301

**Olympic style safety equipment D3-200 requires cut resistant ankle
protection**

Ontario Provincial Long Track Information

Racing Formats – Mass Start 400m track

Mass Start racing is similar to Short Track, where a number of skaters start together and race in a pack in a single lane. Time is recorded, but it is a head to head competition with the winner being the first skater across the line.

Racing Formats – Olympic Style 400m track

In Olympic Style racing, skaters are paired for each race, racing against the clock. Each skater races in a separate lane on the track, and over 2 days of competition, skaters will compete using both inner and outer lanes. To make sure that skaters travel the same distance in longer races, skaters must cross from the outer to the inner lane (or from the inner to the outer lane) on the back straight-away once every lap.

This LT Provincial Meet comprises of 3 separate divisions for competition.

- Age-Class category -Division 1 this division includes both mass start and Olympic style racing, introducing younger skaters to Long Track and offering similar events to the Canadian Age Class Long Track Championships. Girls age 11-29 and boys age 12-29 wishing to compete for the opportunity to represent OSSA at the Age Class Long Track Championships in Winnipeg, must register for this division. Division 1 races will be held first in the morning of both days.

Group	Distances
Girls 8 and younger Boys 8 and younger	Mass start 100m, 200m, 400m, 500m
Girls 9-10, Boys 9-11	Mass start 300m, 500m, 800m, 1000m
Girls 11, Boys 12	Mass start 300m, 3000m Olympic Style 100m, 500m
Girls 12, Boys 13	Mass start 300m, 3000m Olympic Style 100m, 500m
Girls 13, Boys 14	Mass start 300m Olympic Style 100m, 500m, 3000m
Girls 14, Boys 15	Mass Start 300m Olympic Style 100m, 500m, 3000m
Open Female (15-29), Open Male (16-29)	Olympic Style 500m, 1000m, 1500m, 3000m

- **Division 2:** Junior (C, B, A), Senior and Masters – this division is Olympic style racing intended for both experienced competitors and older skaters new to Olympic Style racing. The All Round competition evaluates points from a total of 4 distances over 2 days. Division 2 races will be held following division 1

Event	Distances
Male All-Round (ISU Junior/ Senior)	Olympic Style: 500m, 1500m, 3000m, 5000m
Female All-Round (ISU Junior / Senior)	Olympic Style: 500m, 1000m, 1500m, 3000m

- **Division 3:** Alternatively, skaters may select one or more single-distances on each day. Division 3 races will be held in conjunction with division 2
- Medals will not be awarded for single distances

Event	Distances
Male Single Distance (Junior /Senior)	500m Day 1
	500m Day 2
	1000m Day 1
	1000m Day 2
	1500m Day 1
Female Single Distance (Junior /Senior)	500m Day 1
	500m Day 2
	1000m Day 1
	1000m Day 2
	1500m Day1

ISU Age Classification

**note a skater's racing age is determined by his/her age on June 30th prior to the competition.*

ISU **Junior C** is Age 13-14

ISU **Junior B** is Age 15-16

ISU **Junior A** is Age 17-18

ISU **Senior** is Age 19 – 29

Accommodations

Best Western Victoria Park Suites

377 O'Connor Street, Ottawa, Ontario
1-800-465-7275 or 613-567-7275

\$ 109.00 per night

- Rates are based on single/double occupancy
- Rates include Upgraded Continental Breakfast
- Rates include free Local Calls and Wireless High Speed Internet
- Rates include parking
- Standard Suite: Queen size or two double beds, working desk area, cordless phone and kitchenette with microwave, coffee maker, mini fridge and dinnerware.

Mention Ottawa Pacers Speed Skating when making booking. Will hold rate until Jan 12th 2013

DIRECTIONS TO BREWER SKATE PARK PARKING LOT

- Exit Highway 417 to Bronson Avenue South
- Follow Bronson Avenue to Brewer Way
- Turn left at traffic lights just passed Carleton University

Brewer Skate Park Oval is located immediately behind the Brewer Arena
(look for the red shack and the trailers).

