



PROVINCIAL SERIES #2
Clarington Speed Skating Academy



Date: November 22-23 2014

Location: South Courtice Arena
1595 Prestonvale Road
Courtice, Ontario

Sanctioned By: The Ontario Speed Skating Association

Check In: November 22, 7:00am -7:45am
Please register and check in by Club only

Coaches Meeting: November 22 , after warm ups for Provincial Series skaters

Officials Meeting: November 22, after warm ups for Provincial Series skaters

Warm Ups: 11:05am – See page 2 or OSSA Technical Bulletin

Entry Fee: \$100.00 per skater, \$275 per family of 3

Entry Deadline: Wednesday, November 12, 2014 10:00 pm.
LATE ENTRIES WILL NOT BE ACCEPTED.

Entries Via: Email: registrar@ontariospeedskating.ca

For more meet information contact: Ron Richards , coolrunning@sympatico.ca

Health Cards: Please be sure that all skaters travel with a copy of their health card number as it may be required in case of an emergency.

Mandatory Equipment: In accordance with Speed Skating Canada regulations, D3-100, all competitors must wear: hard shell helmets, bib-style neck protectors, cut and water resistant gloves or mitts, knee pads, shin guards, long sleeved clothing, safety glasses with head strap, Kevlar ankle protectors, and corners of blades must be rounded off.

Accommodations: Due to the demand of hotels in our area, please book rooms early. Go online for best deals.

Event Agenda

Note: this Provincial Series Meet is also running concurrently with the selection competition for the Canada Winter Games. There will be separate divisions within Group 1 for the skaters eligible for selection to the Canada Winter Games. Please see the 2015 Canada Winter Games Selection Bulletin for more details. Groups may be combined at Provincial Series #2 if there are not enough skaters in certain groups to run meaningful races.

Saturday, November 22:

Warm-ups: (CWG skaters only)
7:15AM – CWG Women
7:30AM – CWG Men

Racing starts at 8:00AM

CWG Men & Women:
- 1000m Heat, Quarter, Semi

Warm-ups: (Provincial Series skaters only)
11:05AM – Open Men and Women
11:11AM – Girls 11-13 (all divisions)
11:17AM – Boys 11-13 Division 1
11:23AM – Boys 11-13 Division 2

Racing resumes at 11:40AM

- CWG Men and Women: 1000m Finals
- Open Men and Women: 1500m Heats
- Boys and Girls 11-13: 400m Heats

Lunch Break

- CWG Men and Women:
 - o 500m(2) Heats
- Open Men and Women:
 - o 1500m Finals
 - o 500m Heats, Semis, Finals
- Boys and Girls 11-13:
 - o 400m Semis and Finals
 - o 1500m Semis and Finals

Sunday, November 23:

Warm-ups: (CWG skaters only)
7:15AM – CWG Women
7:30AM – CWG Men

Racing starts at 8:00AM

CWG Men & Women:
- 500m(2) Quarter, Semi, Final

Warm-ups: (Provincial Series skaters only)
10:05AM – Open Men and Women
10:11AM – Girls 11-13 (all divisions)
10:17AM – Boys 11-13 Division 1
10:23AM – Boys 11-13 Division 2

Racing resumes at 10:40AM

- CWG Men and Women: Super 3000m Points Race (A+B Finals only)
- Open Men and Women: 1000m Heats, Semis
- Boys and Girls 11-13: 200m Pursuit

Lunch Break

- CWG Men and Women:
 - o Super 3000m Points Race (C+D Finals only)
- Open Men and Women:
 - o 1000m Finals
 - o Super 3000m Points Race
- Boys and Girls 11-13:
 - o 200m Mass Start Finals
 - o Super 3000m Points Race