



## ONTARIO PROVINCIAL LONG TRACK CHAMPIONSHIPS 2018

HOSTED BY: OTTAWA PACERS SPEED SKATING CLUB

Date: Saturday January 13<sup>th</sup> 2018 and Sunday January 14<sup>th</sup> 2018

Location: Brewer Skate Park (100 Brewer Way, Ottawa, Ontario)

Sanctioned By: Ontario Speed Skating Association (OSSA) and Speed Skating Canada (SSC)

Check In: Saturday January 13, 2017 at **7:00-7:20 AM** in the "Brewer Pool Room"  
**Please check in by Club only!**

Coaches Meeting: Saturday January 13, 2017 at **7:30 AM** in the "Brewer Pool Room"

Officials Meeting: Saturday January 13, 2017 at **8:00 AM** in the "Brewer Pool Room"

Age	Gender	Category	Race type	Distances	Notes
10 and under	Girls	Mass Start racing	Various mass start		No choice – dependent on Age and Gender
11 and under	Boys	Mass Start racing	Various mass start		No choice – dependent on Age and Gender
11-14	Girls	Age Class	Mass start and Olympic Style		No choice – dependent on Age and Gender
12-14	Boys	Age Class	Mass start and Olympic Style		No choice – dependent on Age and Gender
15	Boys	Age Class	Mass start and Olympic Style		Choose either Age class or Open
15 and over	Ladies	Open	Olympic Style	<ul style="list-style-type: none"> <li>● 500m (1)</li> <li>● 500m (2)</li> <li>● 1000m</li> <li>● 1500m</li> <li>● 3000m</li> </ul>	Register for individual distances (There are 2 500m races, skaters can choose to do just one of them - 500m (1) is part of the All Round competition)
15 and over	Men	Open	Olympic Style	<ul style="list-style-type: none"> <li>● 500m (1)</li> <li>● 500m (2)</li> <li>● 1000m</li> <li>● 1500m</li> <li>● 5000m</li> </ul>	Register for individual distances (There are 2 500m races, skaters can choose to do just one of them - 500m (1) is part of the All Round competition)

Refer to the 2017-2018 OSSA Long Track Technical Bulletin for details: [LINK](#)

Entry Fee:	<b>\$75.00</b> per skater or <b>\$20.00</b> per race where individual races available
Entry Deadline:	<ul style="list-style-type: none"> <li>Online registrations are due Wednesday, <b>January 3<sup>th</sup> 2018 at 11:59pm.</b></li> <li>Late entries may be accepted until 12 noon on <b>Friday, January 5<sup>th</sup> 2018</b> at the cost of <b>double the entry fee.</b></li> <li>All Ontario Speed Skating Association competitions will have no refunds after the close of all entries. <b>No exceptions</b></li> </ul>
Entries Via:	<ul style="list-style-type: none"> <li>Registrations for this meet are <b>only being accepted online</b> at <a href="https://goo.gl/forms/9KCOh8Mt3LgTGbqD2">https://goo.gl/forms/9KCOh8Mt3LgTGbqD2</a></li> <li>Registrations can be done by individuals directly. Skaters will still need to provide <b>payment and a completed waiver</b> to the skater's home club. Waivers can be printed from the links below:  OSSA Assumption of Risk (Aged Under 18) <a href="#">LINK</a>                      OSSA Waiver (Aged 18+) <a href="#">LINK</a></li> </ul>
For more meet information contact:	Kathie Gauthier at <a href="mailto:lt-meet@ottpacers.ca">lt-meet@ottpacers.ca</a>
Accommodation:	A block of rooms has been reserved at: <a href="#">LINK</a> <b>Best Western Victoria Park Suites</b> 377 O'Connor Street, Ottawa 1-800-465-7275; 613-567-7275 Breakfast, parking and kitchenette
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:	<p>Mass Start    D3-300/D3-301 (as per SSC Redbook <a href="#">LINK</a>)  Olympic Style D3-200</p> <p>In accordance with these regulations, all competitors in mass start races must wear cut and puncture resistant gloves or mitts, shin guards (built in or hard plastic), ankle protection, and shatter-resistant protective sport glasses or a complete visor. Glasses must be held on by an elastic strap. All skin below the midline of the neck must not be bare. The rear and front tips of all skate blades shall be rounded to a minimum radius of 1cm. Participants under 15 years of age must also wear hard shell helmets, neck protection made of Kevlar, Dyneema or ballistic nylon and high density foam knee pads.</p> <p>Competitors in Olympic Style races must wear Kevlar or Dyneema ankle protection.</p>

**RACING AGENDA for Saturday and Sunday – to follow**

OSSA has teamed up with Choice Hotels! This partnership will provide lots of benefits for OSSA and clubs, but will also benefit our members directly. Anytime you need a hotel for personal travel, you can save up to 15% and earn funding for OSSA. To take advantage of the discount opportunity book online at [choicehotels.ca/ontariospeedskating](http://choicehotels.ca/ontariospeedskating) or call 800-4CHOICE and quote corporate ID#00235690.

