



ONTARIO PROVINCIAL LONG TRACK CHAMPIONSHIPS 2019

HOSTED BY: OTTAWA PACER AND GLOUCESTER SPEED SKATING CLUBS

Date: Saturday January 12th 2019 and Sunday January 13th 2019

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 12, 2019 at **7:00-7:20 AM** in the "Brewer Pool Room"
Please check in by Club only!

Coaches Meeting: Saturday January 12, 2019 at **7:30 AM** in the "Brewer Pool Room"

Officials Meeting: Saturday January 12, 2019 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"> ● 500m (1) ● 500m (2) ● 1000m ● 1500m ● 3000m 	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"> ● 500m (1) ● 500m (2) ● 1000m ● 1500m ● 5000m 	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 2018-2019 OSSA Long Track Technical Bulletin for details

Entry Fee: **\$80.00** per skater or **\$20.00** per race where individual races available

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- Entry Deadline:
- Online registrations are due **Wednesday, January 2nd 2019 at 11:59pm.**
 - Late entries may be accepted until 12 noon on **Friday, January 4th 2019** at the cost of **double the entry fee.**
 - All Ontario Speed Skating Association competitions will have no refunds after the close of all entries. **No exceptions**

- Entries Via:
- Registrations for this meet are only being accepted online at <https://Ottawapacers.powerupsports.com>
 - If you don't have an account, please sign up and create an account. To sign up a skater for the meet, click on the **Profile tab** and click "**Add a Skater**". Once the parent profile and skater profile are completed, click on **Register Now** and select the Skater and Meet Registration option (2019 LT). Skaters will still need to provide payment and waiver (if applicable) to their home club.
 - For registration issues, please contact president@ottpacers.ca

Registrations can be done by individuals directly. Skaters will still need to provide **payment and a completed 2018-2019 waiver** to the skater's home club.

For more meet information contact: Kathie Gauthier at lt-meet@ottpacers.ca

Accommodation: A block of rooms has been reserved at **Best Western Victoria Park Suites**
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.

Mass Start D3-300/D3-301 (as per SSC Redbook [LINK](#))
Olympic Style D3-200

Mandatory Equipment: 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.

Competitors in Olympic Style races must wear Kevlar or Dyneema ankle protection.

RACING AGENDA for Saturday and Sunday – to follow
