

Sudbury Sprinters Speed Skating Club 2023-2024 Ice Schedule			
Month	Date	Day	Notes
September	17	Sun	6:30-8 Learn to Speed Skate Program
	23	Sat	6-7 Learn to Speed Skate Program (6-7), Older returning skaters (5-6)
	30	Sat	6-7 Learn to Speed Skate Program (6-7), Older returning skaters (5-6)
October	10	Tue	5-7
	14	Sat	5-7
	17	Tue	5-7
	21	Sat	5-7
	24	Tue	5-7
	28	Sat	5-7
November	31	Tue	5-7
	7	Tue	5-7
	11	Sat	5-7
	14	Tue	5-7
	18,19		Provincials East 2 - if needed to participate in Mid-Season Provincials (East: Quinte (19) and West: Brampton (18))
December	21	Tue	5-7
	28	Tue	5-7
	5	Tue	5-7
	9,10		Mid-Season Provincials (London)
	12	Tue	5-7
January	16	Sat	5-7
	19	Tue	5-7
	6	Sat	5-7 *Xmas break ending
	9	Tue	5-7
	14		Provincial West 3 (Milton)
	16	Tue	5-7
	20	Sat	5-7
23	Tue	5-7	
February	27	Sat	5-7 *Sudbury Regional? (Invite Sault-Ste-Marie)
	30	Tue	5-7
	3	Sat	5-7
	6	Tue	5-7
	10	Sat	5-7 Provincial East 3 (St-Lawrence) (11)
March	13	Tue	5-7 Provincial East 4 (Toronto) (18)
	17	Sat	5-7 *Family Day Weekend
	20	Tue	5-7
	24,25		Regional 7 (Gloucester TBC)
	24		Provincial West 4 (Barrie) (24)
	27	Tue	5-7
March	2	Sat	5-7
	5	Tue	5-7
	9,10	Sat	5-7 Provincial Championships (Kingston)
	16	Sat	5-7
	19	Tue	5-7 Last practice
	23,24		Regional Championships (TBC)
# Saturdays:	12	In 2022-2023: 11	
# Tuesdays:	21	In 2022-2023: 20	

#### NOTES

Age for the season is age on July 1, 2023.

#### Track size:

13 and under: 100m

14 and over: 111m.

#### Circuits:

Regional circuit is for 4-9

Provincial circuit is for 10-29

13 year olds can move to Elite if meet times at time trials in the fall?

500m: 1:00:00 for males, 1:05:00 for females, 400m: 43.98 for males, 53.06 for females

Masters skaters will compete at Provincial or Elite meets, TBD. SSO reaching out to known Masters skaters.

19-29 can do Masters circuit.