

SSSSC ICE SCHEDULE (2024-2025)				
MONTH	DATE	DAY	TIME	NOTES
SEPTEMBER	7	Sat	6-8	Learn to Speed Skate Program (6-7), Train to Compete (7-8)
	11	Wed	6-8	Learn to Speed Skate Program (6-7), Train to Compete (7-8)
	14	Sat	6-8	Learn to Speed Skate Program (6-7), Train to Compete (7-8)
	18	Wed	6-8	Learn to Speed Skate Program (6-7), Train to Compete (7-8)
	21	Sat	6-8	Practices start an hour later for everyone
	25	Wed	6-8	Practices start an hour later for everyone
	28	Sat	5-7	
OCTOBER	5	Sat	5-7	5: Regional Meet (Kitchener-Waterloo)
	8	Tue	5-7	
	15	Tue	5-7	
	19	Sat	5-7	19: Ontario Provincial Circuit West #1 (Kitchener-Waterloo) POSSIBLY ATTENDING
	22	Tue	5-7	
	26	Sat	5-7	26: Ontario Provincial Circuit East #1 (Kingston)
				27: Regional Meet (Kingston)
	29	Tue	5-7	
	5	Tue	5-7	
	12	Tue	5-7	
	16	Sat	5-7	16: Regional Meet (Markham) POSSIBLY ATTENDING
				17: Ontario Provincial Circuit East #2 (Quinte)
	19	Tue	5-7	
DECEMBER				23: Ontario Provincial Circuit West #2 (Brampton) - CLUB ATTENDING
	26	Tue	5-7	
	3	Tue	5-7	
				7,8: Mid-Season Provincials (London) - CLUB ATTENDING
	10	Tue	5-7	
JANUARY	14	Sat	5-7	
	17	Tue	5-7	
	21	Sat	5-7	
				3: Regional Meet (Sudbury) - CLUB HOSTING
				5: Regional Meet (London)
	7	Tue	5-7	
				11: Ontario Provincial Circuit West #3 (Milton) - POSSIBLY ATTENDING
	14	Tue	5-7	
18	Sat	5-7	18,19: LT Camp and Fun Meet (Sudbury) - CLUB HOSTING	
21	Tue	5-7		
25	Sat	5-7	26: Ontario Provincial Circuit East #3 (Ottawa)	
28	Tue	5-7		

FEBRUARY	4	Tue	5-7	
	8	Sat	5-7	7-9: Canadian Youth Long Track Championships (BC)
	11	Tue	5-7	
	15	Sat	5-7	15,16: LT Camp and Fun Meet (Sudbury) (BACK UP DATES) - CLUB HOSTING
				16: Ontario Provincial Circuit East #4 (Toronto)
	18	Tue	5-7	
				22: Ontario Provincial Circuit West #4 (Barrie) - CLUB ATTENDING
				22: Ontario Provincial Circuit East #5 (Gloucester)
	25	Tue	5-7	
MARCH	4	Tue	5-7	
	8,9			8,9: Short Track Provincial Championship (Sudbury) - CLUB HOSTING
	11	Tue	5-7	For Canadian Youth ST Championship Training, if needed.
	15	Sat	5-7	For Canadian Youth ST Championship Training, if needed.
	18	Tue	5-7	For Canadian Youth ST Championship Training, if needed.
				21-23: Canadian Youth Short Track Championships (Dieppe, NB)
Possible social/celebration of milestones event at the end of March				

	2022-2023	2023-2024	2024-2025
# Saturdays:	11	16	12
# Tuesdays:	20	21	21

NOTES

Age for the season is age on July 1, 2024.

Track size:

13 and under: 100m

14 and over: 111m

Circuits:

Regional circuit is for 4+

Time standard: No

Provincial circuit is for 9+

Time standard: 400m: 1:08.00 (Highly recommended)

Elite circuit is for 13-29

Time standard: 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.