

Regional Meets
Provincial Meets
Elite Meets
Championships/Celebrations
Camps
Quebec Meets

DECEMBER	2	Tue	5-7	
	9	Tue	5-7	
	13	Sat	5-7	
	13,14			Elite Meet #3 (London)
	16	Tue	5-7	
	20	Sat	5-7	Need to confirm if we have coaches as some will be in Kingston
	20,21			Provincial Mid-Season Meet (Kingston)
	26-29			SSO LT Camp (Quebec City)
JANUARY	30	Tue	5-7	To be determined
	2	Fri	Afternoon	Regional Meet (Sudbury)
	3	Sat	5-7	
	6	Tue	5-7	
	10,11			LT Event (Sudbury ON) - To be confirmed
	13	Tue	5-7	
	16,17			SSO LT Camp (HUBS) (Quebec City)
	17	Sat	5-7	
	18			Coupe Jeunesse LT #2
	20	Tue	5-7	
	24	Sat	5-7	Need to confirm if we have coaches as some will be in Ottawa
	25			Provincial East #3 (Ottawa)
	27	Tue	5-7	
	31	Sat	5-7	
	31,1			LT Provincial Championships (Ottawa) - TBC
FEBRUARY	3	Tue	5-7	
	6-8			Canadian Youth Long Track Championships (Calgary, AB)
	7	Sat	5-7	
				Entry #1 for CYSTC (400)
	7,8			Elite Meet #4 (Hamilton)
	10	Tue	5-7	
	14	Sat	5-7	Need to confirm if we have coaches as some will be in Toronto
	15			Provincial East #4 (Toronto) - Family Day Weekend
	17	Tue	5-7	
	19-21			Ontario Winter Games (Barrie)
	24	Tue	5-7	
	28	Sat	5-7	Need to confirm if we have coaches as some will be in Newmarket
	28-1			Provincial Championships (Newmarket)
				Entry #2 for CYSTC (400)
MARCH	3	Tue	5-7	
	7	Sat	5-7	
	7,8			Elite Championships (Cambridge)
	10	Tue	5-7	
	14	Sat	5-7	LAST PRACTICE
	14			Regional Celebration (East, Kingston)
	15			Regional Celebration (West, Central, York)
	20-22			Canadian Youth Short Track Championships - East (Dartmouth, N.S)
Possible social/celebration of milestones event at the end of March				

	2023-2024	2024-2025	2025-2026
# Saturdays:	16	12	14 (excluding meet weekends)
# Tuesdays:	21	21	21 (excluding Dec 30)

#### 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+, new skaters of any 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