

Process for Ontario Skaters Submitting Interest for out-of-province Competitions 2025-2026

Please follow the submission of interest process for competitions outside of Ontario as outlined in this document. A different process exists for each type of competition.

Please ensure you reference the correct section of this document based on meet type:

- Part 1) Quebec (PVQ) Long Track Meets
- Part 2) Quebec (PVQ) Short Track Meets
- Part 3) SSC National Short Track Competitions
- Part 4) SSC National Long Track Competitions
- Part 5) Other ST and LT Meets

Part 1) PVQ Long Track Meets

- Review PVQ LT meet eligibility criteria to ensure the skater is eligible. Short Track times for LT meet eligibility are: Coupe Jeunesse 400m+800m = 2:33 for women and 2:31.50 for men. Coupe Quebec - 500m + 1500m/3 = 2:03 for women and 2:00 for men.
- Register directly for the meet on the PVQ Long Track page by the deadline of 10 (or 11) days prior to the competition (Wednesday at 11:59pm)
 - PVQ Long Track Pages: [Coupe Jeunesse](#) (10-13 years old) [Coupe Quebec](#) (14+)
- All skaters, regardless of province, use the same link ("Inscriptions" button on PVQ website). You will see a "Hors-Québec" category during registration in IceReg.
- This means that submissions for PVQ Long Track Meets **no longer need to be completed through the SSO Submission of Interest google form.**
- Since this PVQ Long Track meet registration process no longer flows through SSO, be sure to email Julie (techdirector@ontariospeedskating.ca) and Mary Frances (executivedirector@ontariospeedskating.ca) to let us know that you are racing out of the province for results tracking and insurance purposes.

Part 2) PVQ Short Track Meets

- Submit your interest to SSO by the Monday that falls 12 (or 13) days before the meet by filling out the **2025 SSO Skater Interest for PVQ Short Track Meets** form here: <https://forms.gle/WJBkm5VrmcQbCycD6>
- Most PVQ entries require the fastest TWO seed times (ie. fastest TWO 500m AND fastest TWO 1500m; or fastest TWO 400m AND fastest TWO 800m) so be sure to have this information ready when filling out the form.
- SSO sends the interested skaters' names and information to PVQ on the Tuesday that falls 11 (or 12) days before the meet
- PVQ meet registrations close to Quebec skaters on the Wednesday that falls 10 (or 11) days prior to the meet.
- PVQ reviews their numbers and determines if there's space for Ontario skaters.
- PVQ informs SSO of eligible Ontario skaters by the Thursday that falls 9 (or 10) days prior to the meet and shares the passcode to register for out-of-province skaters.
- SSO forwards the meet invitation and passcode to the invited Ontario skaters.
- Families are responsible for registering in IceReg as soon as possible, as per PVQ rules.

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Part 3) SSC National Short Track Competitions

- Submit your interest to SSO by 9pm of the date in the “Times due to SSO” column (always a Sunday) outlined in the chart below by filling out the **SSO Time Submission for 2025-2026 SSC National Meets** form here: <https://forms.gle/X1AN2tckGdx5FQ2i9>
- SSO sends the interested skaters' names and information to SSC by the time “SSC Time Entry Deadline” (always a Monday) outlined in the chart below.
- SSC posts a list of invited skaters on the SSC web page for each meet (usually on the following Tuesday).
- SSO forwards the meet registration information to the invited Ontario skaters.
- Families are responsible for registering in IceReg as soon as possible, as per SSC's registration deadlines.
- Reference the [SSC Master Bulletin](#) for more information.

Meet	Times due to SSO at 9pm	SSC Time Entry Deadline #1	SSC Time Entry Deadline #2	Age	Entry Time	# Skaters
Canadian Jr ST Champs	October 5 2025	October 6 2025	<i>only one time entry deadline</i>	15-18	500m x2	40 per gender
Cdn Neo-Jr ST Champs	October 5 and Oct 19, 2025	October 6 2025	October 20 2025	14-15	500m	60 per gender
ST Canada Cup	Oct 26 and Nov 23 2025	October 27 2025	November 24 2025	16+	500m x2	40 per gender
Canadian Junior Open	December 14 2025	December 15 2025	<i>only one time entry deadline</i>	16-18	500m + 1500m/3	40 per gender
Canada Cup Final	Jan 25 and March 1, 2026	January 26 2026	March 2 2026	16+	500m x2	40 per gender
Cdn Youth ST Champs	Feb 8 and March 1, 2026	February 9 2026	March 2 2026	11-13	400m	20/ age class
Canada Cup Jr Final	Feb 15 and March 8, 2026	February 16 2026	March 9 2026	14-18	500m + 1500m/3	60 per gender

Part 4) SSC National Long Track Competitions

- This process varies by the competition and will be shared in advance via enews.

Part 5) Other ST and LT Competitions

- Meet registration varies by the Provincial/Territorial Branch or host (ie. Olympic Oval).
- The process does not flow through SSO.
- Since this meet registration process does not flow through SSO, be sure to email Julie (techdirector@ontariospeedskating.ca) and Mary Frances (executivedirector@ontariospeedskating.ca) to let us know that you are racing out of the province for results tracking and insurance purposes.

If you notice any errors in this document, please contact techdirector@ontariospeedskating.ca