

HOW TO COMPLETE A RACING FORM

The following information appears on racing forms.

NOTE: All information is expected to be completed

SSC# (Speed Skating Canada Number) – This is a six-digit number that is given to a member when they register to race. Every person who races is given a card with their number on it.

Name: **Address:** **Phone Number:**

Date of Birth: **E-mail:** **Sex: M/F**

Category: This is the name of the division in which skaters are divided. This is based on the skaters' age. A skater is in a category for 2 years. When filling this in, the year number should always be added

Examples: Category: Bantam 1

Category: Juvenile 2

Coach: Matt O'Donnell/Mark O'Donnell/Andrew Dempsey

Club: Oakville Speed Skating Club

Branch: (Does not always appear on forms): Ontario Speed Skating Association

500m Time: Also known as SEED TIME: You are required to give the entire 500m time. The 500m time submitted should be the competitors best 500m time, not necessarily the most current.

Example: 56.85 or 1:25.08

Waiver: A waiver statement is on every racing form. Some racing forms are 2 pages in length. The Waiver is on the second page.

Signatures:

Signature of Skater/Participant: The person participating in the race. This must be signed by the skater even if the skater is under 18 years of age.

Signature of Parent/Guardian:

Date:

OAKVILLE SPEED SKATING CLUB 

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For Ontario Cups and some Ability meets you are now required to know the following information:

Name and Date of Competition at which Seed time (500m time) was set:

Examples:

NAME AND DATE OF COMPETITION AT WHICH SEED TIME WAS SET

NAME	2 nd Ontario Cup – Kitchener Waterloo
DATE	Dec. 5-6, 2005

NAME AND DATE OF COMPETITION AT WHICH SEED TIME WAS SET

NAME	2 nd Western Regional Ability Meet – Brampton
DATE	Feb. 23, 2005

Participation Time Standards – See attached 2005-2006 Time Standards

Examples

PARTICIPATION TIME STANDARDS -

AGE CLASS	SHORTEST DISTANCE	2 ND SHORTEST DISTANCE	TOTAL
Midget 1	333 – 42.36	500 – 62.15	104.51

PARTICIPATION TIME STANDARDS

AGE CLASS	SHORTEST DISTANCE	2 ND SHORTEST DISTANCE	TOTAL
Bantam 2	222 – 32.51	333 – 47.84	80.35

Protocol: After each race a copy of the Protocol is given to the Club. We will post this protocol on the web site for a limited time. Also during competitions the results are posted throughout the meet and you should make a note of the distances and times as well. It is important that you keep a small diary of your times and where the times occurred and the date of the meet for future reference.