



2026 Nova Scotia Long Track Championships

EVENT:	This competition is open to skaters from the age of 7 years of age and up. Any skater of age may participate who is registered as an ordinary member of Speed Skating Canada, through a provincial speed skating association, or with another recognized National Speed Skating Sport Federation.		
DATE:	Saturday January 24th – Sunday January 25th, 2026		
LOCATION:	Halifax Emera Oval 5741 Cogswell Street Halifax, Nova Scotia		
SANCTIONED BY:	Speed Skating Nova Scotia		
ENTRY FEE:	Youth (7-10) Mass-Start: \$35.00 per skater Youth (11-13) Hybrid Mass Start/Olympic Style \$65.00 per skater Neo-Junior (14-15), Junior (16-18) Olympic Style Allround \$65.00 per skater Senior (19-29), Masters (30+) Olympic Style Allround \$65.00 per skater THERE CAN BE NO FULL REFUNDS IN CASE OF CANCELLATION DUE TO WEATHER.		
ENTRY DEADLINE:	<u>Wednesday January 21th, 2026 at 8pm</u> Late entries will not be accepted Entries can be completed at IceReg at the following link: https://icereg.ca/#!/events/2026-NS-long-track-championships		
MEET CONTACTS:	Meet Coordinator:	Conor Bint	conorbint@gmail.com
	Chief Referee:	Brent Thompson	brent.speedskating@gmail.com
CHECK IN:	NOTE: Skaters must have signed the online waiver forms to be allowed to compete.		
COACHES MEETING:	Friday, January 23 ^h , 2026 8:00 PM via Zoom COACHES PLEASE REGISTER VIA ICEREG for the event		
PRACTICE ICE:	Friday January 23 th , 2026 7:00am – 9:30am and 4:00pm – 5:00pm Halifax Emera Oval Please check the Emera oval website for additional speed skating practice times and facility closures at: https://www.halifax.ca/parks-recreation/programs-activities/outdoor-recreation/emera-oval		
RACE SCHEDULE:	Saturday January 24 th , 2026	7:00am – 1:00pm	
	Sunday January 25 th , 2026	7:00am – 1:00pm	
NOTE:	Anyone attending the competition from outside the Halifax region who would be willing to help with officiating, please contact Brent Thompson brent.speedskating@gmail.com		
ACCOMMODATIONS:	Check rates at various local hotels. Several hotels are within walking distance to the oval.		



1583 Brunswick St, Halifax, NS
Hotel Direct: [902.420.0555](tel:902.420.0555)
Reservations [1.800.565.1263](tel:1.800.565.1263)
Mention Sport Nova Scotia Rate



Hampton Inn by Hilton
Halifax Downtown
1960 Brunswick Street, Halifax, NS
Reservation Desk [1-866-994-7740](tel:1-866-994-7740)
2 Queen Beds (breakfast included)
\$155 plus taxes if booked before Jan 5th

MANDATORY EQUIPMENT:

Skaters must comply with Speed Skating Canada rules regarding required skater safety equipment. Equipment for long track racing is listed in the Red Book section D3 for long track competition.

D3-200 Long Track Olympic Style training and competition.

- Ankle Protection – cut and puncture resistant anklet made of Kevlar or Dyneema.
- Skate Blades – tips of skate blades shall be rounded to a minimum radius of 1cm.

(NOTE: THOSE SKATERS PARTICIPATING IN A MASS START OR TEAM PURSUIT RACE WILL REQUIRE FULL SAFETY EQUIPMENT AS OUTLINED BELOW FOR THAT RACE.)

D3-300 & 301 Long Track Mass Start Competition

- Ankle Protection – cut and puncture resistant anklet made of Kevlar or Dyneema.
- Neck Protection – neck protection made of Kevlar, Dyneema, or ballistic nylon.
- Eye Protection – shatter resistant glasses held in place with a strap or complete visor.
- Hand Protection – leather or synthetic glove offering cut or puncture resistance.
- Head Protection – a helmet must be worn.
- Shin Protection – hard plastic or puncture resistant full frontal shin coverage.
- Skate Blades – tips of skate blades shall be rounded to a minimum radius of 1cm.
- Knee Protection – impact absorbing full frontal knee coverage. (Youth 7-10 yrs of age)

COMPETITION FORMAT:

1. **YOUTH (7-10 years-old skating age)** will compete in mass start races grouped based 100m seed race on the first day of competition.
2. **YOUTH (11-13 years-old skating age)** will be competing in distances that will be run at the 2026 SSC Canadian Youth Long Track Competition.
3. **NEO-JUNIOR (14-15), JUNIOR (16-18), SENIOR (19-29) and MASTERS (30+)** skaters will be competing in four Olympic style events and one ISU Mass-Start event. Olympic-Style events will follow an Allround format.

IMPORTANT NOTES:

- **Registered skaters will be placed in all events automatically, based on skating age.**
- Skaters 11-13 that are not be ready for the distances that they are automatically registered in, may be placed in the Youth (7-10) at the request of their coach. **The coach's request must be received by the chief referee by Friday, January 23, 2026 by 12:00pm noon.**
- Any skater that does not wish to compete in an event must notify the chief referee in writing as soon as possible. Coaches may also withdraw skaters at the Zoom coaches meeting on Friday, January 23rd evening at 8:00pm. The sooner withdrawals are received the better.
- Pairing lists will not be re-arranged within 90 minutes of the scheduled start of the event.

CATEGORIES AND EVENTS:

Age Group / Category		
• YOUTH (7-10)	✓ 100m MS / 500m MS ✓ 300m MS / 200m MS / 400m MS	
• YOUTH (11-13)	✓ 300m MS ✓ 500m OS (x2 if time allows) ✓ 7-lap ISU Mass Start	✓ 1500m MS ✓ 1000m MS
• SKATERS (14+)	✓ 500 OS (x2 if time allows) ✓ 1500m OS ✓ 10-lap or 16-lap ISU Mass Start	✓ 1000m OS ✓ 3000m OS (women) ✓ 5000m OS (men)