

# SPEED SKATING CANADA

## COMPETITIONS BULLETIN 2010-11

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#### **Competitions Bulletins**

The Competitions Development Committee will issue bulletins periodically throughout the season informing competition organisers, skaters, coaches, officials, Branches and training centres of the format(s) to be used for SSC Championships, criteria concerning skater and Branch eligibility and any modifications to SSC regulations.

The Competitions Development Committee reserves the right to modify or change the enclosed policies in the event that exceptional circumstances arise and that any such changes are clearly in the best interest of the long term development of participants and Speed Skating Canada. In these situations all competition organizers, skaters, coaches, officials, Branches and training centres will be advised as soon as they are confirmed by the Competitions Development Committee.

## GENERAL INFORMATION

The following bulletin outlines all specific technical regulations, eligibility criteria and competition formats for the following events:

- Canadian Short Track Championships\*
  - \* **IMPORTANT** - The Open (Senior) age class of the Canadian Short Track Championship shall serve as the National Team Selections #2. The format and eligibility criteria for this category shall run in accordance with the guidelines set forth in the relevant High Performance Short Track Bulletin(s)
- Canada East and Canada West Short Track Championships
- Canadian Age Class Long Track Championships

## Sanction

- All events listed shall be sanctioned as SSC Championships and will run in accordance with all SSC Policies, Procedures and Regulations.
- The Racing Rules of Speed Skating Canada, and where applicable, the ISU shall be used.
- Programs and entry forms for the SSC sanctioned meets must contain the following notice, "Sanctioned by Speed Skating Canada".
- Participants in all events listed within this bulletin must be Ordinary Members in good standing of Speed Skating Canada and registered as Competitive Skaters.

## Announcements

Entry forms and announcements must be sent to the SSC Head Office at least sixty (60) days before the date of the Championships by electronic mail for approval.

The announcement and entry form for each SSC Championships will be available on the SSC website and distributed electronically to all Branches and training centers at least forty-five (45) days prior to the event

## Entries

Each Branch is required to submit a ranked list of eligible skaters including all alternates nineteen (19) days prior to the competition start date on the official preliminary entry form for the designated event. An eligible skater is defined as any skater who has met the required entry requirements and intends to accept a position on the Branch's team if selected by his or her Branch. A Branch may impose additional eligibility criteria on its skaters.

Guaranteed positions not utilized by Branches will be offered to next qualified skaters (alternates) on preliminary entries as per Branch rankings until all positions are filled. Branches will be notified of additional positions available at least fourteen (14) days prior to the competition start date.

Final entries are to be confirmed seven (7) days prior to the competition and shall include seed times for all events.

## Skater's Equipment

Each skater is responsible for ensuring that he or she is wearing all required equipment stated in SSC Regulation D3-100. It is the shared responsibility of the Branch and the skater to ensure that all equipment meets the minimum specifications of SSC Regulation D3-100. Failure to wear any piece of required equipment shall result in disqualification.

**PLEASE NOTE**, new safety regulations equipment requirements have been introduced for the 2010-2011 season these are defined in SSC Regulation D3-100. Specifically:

- In SSC Short Track Championships are required to wear cut resistant clothing (undergarment or racing suit) that meets or exceeds the ISU standards as described in ISU Communication 1265.
- All skaters are required to wear shatter-resistant protective sport glasses (clear or yellow are recommended) or a complete visor are required. Glasses must be held in place by an elastic strap.
- All short track protective equipment will be required for long track mass start events.

## Medical

At SSC Championships and events sanctioned as selection/international, a medical doctor or certified paramedic shall be on duty at all times.

The guidelines and minimum requirements defined in Appendix B of the SSC Hosting Manual must be respected. It is the responsibility of the Chief Referee to ensure that this occurs.

## Training Sessions

Training ice will be made available to all participants on the day prior to the competition and will be indicated in the official announcement.

Additional training sessions may be made available for a cost on the days prior to the official training session at the discretion of the Competition/Event Organizer.

## **CANADIAN SHORT TRACK CHAMPIONSHIPS (MARCH 17-20, 2011 – MONTREAL)**

The Canadian Short Track Championships is one of Canada's premiere national short track events featuring the best skaters in Canada aged fifteen (15) years and older, not racing for Canada at the World Championships. In this event, skaters race in age categories to determine Canadian Champions, while the top twenty-four (24) ranked skaters in Canada race in an Open Category to earn positions on National Team programs.

The Canadian Short Track Championship aims to provide a meaningful, high profile and developmentally appropriate end of season event which is a source of motivation and opportunity for recognition of the best skaters in Canada fifteen (15) years of age and older. This event will serve as both an entry point to National level competitions and as a gateway to National Development Team Programs.

The events raced at Canadian Short Track Championship focus on providing a positive learning environment reinforcing the objectives for skaters in the Learning/Training to Compete and Learning/Training to Win Stages of Development.

### **Eligibility**

1. Each Branch will be allowed to enter a minimum of two (2) skaters and a maximum of five (5) skaters per age category meeting minimum time standard requirements.
2. Skaters participating in the Canada East or Canada West Short Track Championships will not be eligible to participate in the Canadian Short Track Championships.
3. Additional entries into each category will be determined by Branch based on earned positions up to the maximum number of entries by category.

**PLEASE NOTE**, should all Branches enter their guaranteed positions, the maximum number of skaters in an age category may be exceeded. Should this situation occur, entries will be allowed to exceed the maximum number of entries permitted for the age category or categories in question.

### ***Maximum number of entries/age category***

<b>Age Category</b>	<b>Male</b>	<b>Female</b>
Junior B (15-16)	32	32
Junior A (17-18)	24	24
Neo-Senior (19-23)*	24	24

\* Combines Neo-Senior 1 & Neo-Senior 2 Age Categories

### **Time Standards**

Time standards are established to ensure a safe environment for all participants and to establish a maximum difference in speed between skaters. All entrants must meet a minimum time standard to be eligible to participate. For the 2011 Canadian Short Track Championships, skaters must have a season best time equal to or faster than the combined 500m/1500m time published in the table below (115% of CDN Records). All times must have been skated prior to the submission deadline for preliminary entries.

<b>Age Category</b>	<b>Male</b>	<b>Female</b>
Junior B (15-16)	3 min 25.09 sec	3 min 39.70 sec
Junior A (17-18)	3 min 20.85 sec	3 min 39.41 sec
Neo-Senior (19-23)	3 min 20.85 sec	3 min 39.41 sec

### **Earned Positions for 2011 Canadian Short Track Championships**

Earned positions will be awarded in sequential order by Branch ranking until the maximum number of skaters per age category has been filled.

As the 2011 Canadian Short Track Championships will be the first time that this event is conducted, the priority for receiving additional positions was determined based on participation and overall Branch performance at the past three (3) Canadian Short Track Championships. The median of the total points earned by the top two (2) male and female skaters in the Junior and Intermediate Age Categories at the past three Canadian Age Class Championships was used to determine the priority order for Branches to earn additional positions.

<b>Branch</b>	<b>Earned Positions</b>		
	<b>Junior B (32)</b>	<b>Junior A (24)</b>	<b>Neo Senior (24)</b>
1. Québec	1		
2. Ontario	1		
3. BC	1		
4. NB	1		
5. Saskatchewan	1		
6. Alberta	1		
7. Manitoba			
8. PEI			
9. Nova Scotia			
10. Nunavut			
11. North West Territories			
12. Yukon			
13. Newfoundland and Labrador			

Branches who know in advance that they will not have sufficient skaters to fill all positions allocated are asked to formally release these positions to other Branches by way of the SSC Championship Branch Position Release Form as early as possible in the season so that these positions may be re-allocated to skaters in other Branches.

## Earned Positions for 2012 Canadian Short Track Championships

Earned positions will be awarded in sequential order by Branch ranking until the maximum number of skaters per age category has been filled. For information on how Branches are ranked see Branch Rankings on page 8.

### Events

The following events shall be raced as part of the Canadian Short Track Championships

Age Category	Male	Female
Junior B (15-16)	500m, 1000m, 1500m 3000m Points Race 5000m Relay	500m, 1000m, 1500m 3000m Points Race 3000m Relay
Junior A (17-18)	500m, 1000m, 1500m 3000m Points Race 5000m Relay	500m, 1000m, 1500m 3000m Points Race 3000m Relay
Neo-Senior (19-23)	500m, 1000m, 1500m 3000m Points Race 5000m Relay	500m, 1000m, 1500m 3000m Points Race 3000m Relay

### Program

The Canadian Short Track Championships will take place over a four (4) day period. Details pertaining to the allocation of points can be found in the section titled Final Points, starting on page 25 while information on round progressions and the composition of heats can be found in the Composition of Heats section starting on page 18.

<b>Day 1</b>	1500m All Categories Heats for 5000m Men's Relay
<b>Day 2</b>	500m All Categories Heats for 3000m Women's Relay
<b>Day 3</b>	1000m All Categories
<b>Day 4</b>	3000m Points Race 3000m Women's Relay Final 5000m Men's Relay Final

### Racing Formats and Special Regulations – 3000m Points Race

1. The 3000m Points Race will run similar to a criterion race in cycling. Skaters are to be seeded into this event based on the cumulative points earned in the 500m, 1000m and 1500m. A maximum of eight (8) skaters will be allowed to start in each race. Each skater will be identified by a different coloured helmet cover. In the event of a tie for the final position in a final, the tie shall be broken by the result of skaters in the 1500m.
2. Skaters will score points when they cross the line with 20, 13 and 6 laps remaining, as well as the finishing lap. Points are assigned as follows: 34, 21, 13, 8, 5, 3, 2 and 1 point. Double points will be awarded for the final lap. i.e. lap 27.

3. Lapped skaters must go to the centre of the ice. They will earn 0 points for the remainder of the race. A skater is deemed to be lapped once overtaken by the lead skater. Lapped skaters shall retain all points earned earlier in the race.
4. Final placing in the event will be determined by the total number of points earned by each skater in the race. Should skaters finish with an equal number of points, the result on the final lap will be used to break the tie. Skaters in the A final will receive Final Points for positions 1 through 8, skaters in the B final will receive Final Points for positions 9 through 16 and so on and so forth.
5. Disqualified skaters shall receive no points for the race; however points earned by other skaters during the race will not be re-distributed. They will receive last place final points for their final.
6. During the 3000m points races there will be a bell rung one lap before each points lap.
7. Should the referee be required to stop a race for any reason and a restart is required, the number of laps to be completed shall be at the discretion of the referee, however the referee must allow skaters to complete at least three (3) laps prior to points being awarded.

### **Racing Formats and Special Regulations – Relay**

1. All skaters are eligible to skate the relay.
2. Skaters from Junior A, B and Neo Senior may be used to form a team.
3. Teams may be comprised of three (3) or four (4) skaters.
4. Branches with sufficient skaters must enter their respective Branch teams. Branches with insufficient skaters and those with extra skaters are encouraged to combine with skaters of another Branch to form a team with the goal that all skaters be provided an opportunity to skate the relay.
5. No skater may be a member of more than one relay team.
6. Teams must be submitted by the Branch Coach or Team Leader no later than the conclusion of the final warm up session for the age class competition on the day of the relay heat.
7. Teams will be seeded into heats based upon the cumulative 500m times of all skaters on the team. The cumulative time will then be divided by the number of skaters on the team. That shall constitute the Team Seed time.
8. Teams will advance through rounds in accordance with the guidelines established for the composition of relay heats. Due to time restrictions only A and B finals must be skated, additional finals may be skated at the discretion of the referee in consultation with the meet coordinator and SSC technical representative. Final points will be awarded based on team rankings at the completion of their final round.
9. Heats and finals will not be held on the same day.
10. A relay for Open Class skaters may be organised at the discretion of the HPSTC.

### **Results and Awards**

Overall, relay and individual distance results and awards shall be announced in accordance with the guidelines for SSC Championships.

All individual and relay awards shall be awarded at the venue immediately following each day of racing.

## **Branch Rankings**

Throughout the competition, each Branch will earn points based on the results of their skaters or teams in each event. Points will be allocated based on the Final Points system, see page 25 and added together as follows to produce a final ranking:

**Individual Events:** Total overall points earned by the top two (2) skaters from each Branch, in each category.

**Relay events:** Branch ranking points will be awarded to teams comprised of a single branch. At the conclusion of the race all teams are ranked by branch and awarded points – if more than one team from a Branch is entered; final points are awarded to the best placing team.

## **Social Activities**

A reception/dinner is to be held on the afternoon/evening following the final event.

Overall awards are to be presented at the reception/dinner.

## **CANADA EAST AND CANADA WEST SHORT TRACK SPEED SKATING CHAMPIONSHIPS (MARCH 26-27, 2011)**

The Canada East and Canada West Short Track Championships are intended to be the focal point of athlete preparation for skaters in the Training to Train Stage of Development. The Training to Train Championship provides a meaningful, high profile and developmentally appropriate end of season event which is a source of motivation and opportunity for recognition for the best developing skaters in Canada. These events will serve as primary introduction to national competitions where skaters represent their province/territory in competition.

The events raced at the Canada East and Canada West Championships focus on providing a positive learning environment which reinforces the training objectives for skaters in the Training to Train stage of development.

### **Eligibility**

1. Each Branch will be allowed to enter a minimum of two (2) skaters per age category and to a maximum of five (5) skaters.
2. Skaters participating in the Canadian Short Track Championships will not be eligible to participate in the Canada East and Canada West Short Track Championships.
3. Additional entries into each category will be determined by Branch based on earned positions up to the maximum number of entries by category.
4. It should be noted that should all Branches enter their guaranteed positions, the maximum number of skaters may be exceeded. If the maximum number of skaters is exceeded in a category then the increased number will be accommodated.

#### ***Maximum number of entries/age category***

<b>Age Category</b>	<b>Male</b>	<b>Female</b>
Boys 12, Girls 11	24	24
Boys 13, Girls 12	24	24
Boys 14, Girls 13	24	24
Boys 15, Girls 14	24	24

### **Earned Positions for 2011 Canada East and Canada West Short Track Championships**

Earned positions will be awarded in sequential order by Branch ranking until the maximum number of skaters per age category has been filled.

As the 2011 will be the first time that the Canada East and West Short Track Championships take place, the priority for receiving additional Branch positions was determined based on participation and overall Branch performance at the past three (3) Canadian Age Class Championships.

The median of the total points earned by the top two male and female skaters in the Midget, Juvenile and Junior Age Categories at the past three Canadian Age Class Championships was used to determine

the priority order for Branches to earn additional positions. Branches whose median value was 0 were not allocated any additional positions for the 2011 Championships.

Branch earned positions are as follows for the 2011 Canada East and Canada West Short Track Championships.:

East	Min Entry	Earned	West	Min Entry	Earned
1. Quebec	2	2	1. British-Columbia	2	2
2. Ontario	2	2	2. Alberta	2	2
3. New Brunswick	2	2	3. Saskatchewan	2	2
4. Prince Edward Island	2	1	4. Manitoba	2	2
5. Nova Scotia	2	1	5. North-West Territories	2	2
6. Nunavut	2	1	6. Yukon	2	2
7. Newfoundland & Labrador	2	1			

**Branches who know in advance that they will not have sufficient skaters to fill all positions allocated are asked to formally release these positions to other Branches by way of the SSC Championship Branch Position Release Form as early as possible in the season so that these positions may be re-allocated to skaters in other Branches.**

### **Earned Positions for 2012 Canada East and West Short Track Championships**

Earned positions will be awarded in sequential order by Branch ranking until the maximum number of skaters per age category has been filled. For information on how Branches are ranked see Branch Rankings on page 14.

### **Events**

The following events shall be raced as part of the Canada East and Canada West Short Track Championships:

Age Category	Distance	Skaters on Line
Boys 12 & 13, Girls 11 & 12	100m Pursuit	1/side
	400m	4
	3000m Points Race	8
	10 minute, 2 person relay	6
	2000m Relay	4
Boys 14 & 15, Girls 13 & 14	100m Pursuit	1/side
	500m	4
	1500m	6
	3000m Points Race	8
	3000m Relay	4

## Program

The Canada East and Canada West Short Track Championships will take place over a two (2) day period.

	<b>Boys 12 &amp; 13, Girls 11 &amp; 12</b>	<b>Boys 14 &amp; 15, Girls 13 &amp; 14</b>
<b>Day 1</b>	400m 10 minute, 2 person relay Relay Heats	500m 1500m Relay Heats
<b>Day 2</b>	100m pursuit 3000m point race Relay Final	100m pursuit 3000m point race Relay Final

Details pertaining to the allocation of points can be found in the section titled Final Points, starting on page 25 while information on round progressions and the composition of heats can be found in the Composition of Heats section starting on page 18.

### Racing Formats and Special Regulations – 100m Pursuit

1. All skaters will compete in Heats and Finals. Seeding for heats is to be based on seed times.
2. Following the heats, skaters will compete in final brackets of 8 skaters, with the top 8 skaters being placed in the top bracket, the next 8 skaters in the second bracket and ranked accordingly based on their placing in the final. The next 8 fastest will be placed in tier two and compete for places 9 through 16 and so on. In the event of a tie for 8<sup>th</sup> or 16<sup>th</sup> positions the tied skaters shall be placed in the higher bracket. A random draw will be made to determine which of the two tied skaters will skate alone.
3. Finals are to be raced from slowest to fastest. The winners will be declared as follows, fastest time in top bracket final, 2<sup>nd</sup> fastest time in top bracket final, etc... Should two skaters achieve the same time in the final, both skaters will be awarded points for that position and no points shall be awarded for the following position. For Example, should two skaters achieve the same 4<sup>th</sup> place time, both skaters would receive 4<sup>th</sup> place final points and no 5<sup>th</sup> place points would be awarded.
4. The fastest skater in a starting pair shall start on the side of the Start/Finish line used for all other events.
5. Skaters disqualified in the heats will be relegated to the bottom bracket for the finals. Skaters who are disqualified in the final will receive last place points in their bracket.
6. Skaters will be marshalled on and off the ice in groups of four (4) pairs, with skaters not racing waiting in the centre of the ice.

## Racing Formats and Special Regulations – 3000m Points Race

1. The 3000m Points Race will run similar to a criterion race in cycling and will be the last individual event on the program. Skaters are to be seeded into this event based on the cumulative points thus far in the competition. A maximum of eight (8) skaters will be allowed to start in each race. Each skater will be identified by a different coloured helmet cover. In the event of a tie for the final position in a final, the tie shall be broken by the result of skaters in the longest distance already skated in the competition.
2. Skaters will score points when they cross the line with 20, 13 and 6 laps remaining, as well as the finishing lap. Points are assigned as follows: 34, 21, 13, 8, 5, 3, 2 and 1 point. Double points will be awarded for the final lap. i.e. lap 27.
3. Lapped skaters must go to the centre. They will earn 0 points for the remainder of the race. A skater is deemed to be lapped once overtaken by the lead skater. Lapped skaters shall retain all points earned earlier in the race.
4. Final placing in the event will be determined by the total number of points earned by each skater in the race. Should skaters finish with an equal number of points, the result on the final lap will be used to break the tie. Skaters in the A final will receive Final Points for positions 1 through 8, skaters in the B final will receive Final Points for positions 9 through 16 and so on and so forth.
5. Disqualified skaters shall receive no points for the race; however points earned by other skaters during the race will not be re-distributed. They will receive last place final points for their final.
6. During the 3000m points races there will be a bell rung one lap before each points lap.
7. Should the referee be required to stop a race for any reason and a restart is required, the number of laps to be completed shall be at the discretion of the referee, however the referee must allow skaters to complete at least three (3) laps prior to points being awarded.

## Racing Formats and Special Regulations – 10 minute, 2 person Relay

1. Skaters will be seeded for the 10 minute, 2 person relay based on their final position in the 400m. Note: The nature of the seeding process will likely result in skaters from different Branches skating together as a team.
2. Teams will be comprised within each final as follows based on seeding.

	A Final			B Final		
	Skater A	Skater B		Skater A	Skater B	
<b>Team 1</b>	1	12		<b>Team 1</b>	13	24
<b>Team 2</b>	2	11		<b>Team 2</b>	14	23
<b>Team 3</b>	3	10		<b>Team 3</b>	15	22
<b>Team 4</b>	4	9		<b>Team 4</b>	16	21
<b>Team 5</b>	5	8		<b>Team 5</b>	17	20
<b>Team 6</b>	6	7		<b>Team 6</b>	18	19

3. If there are an odd number of skaters, that skater may skate as an individual or alternatively may collect last place points if he/she chooses not to skate.

4. A lap scorer will be assigned to each team for the duration of the race. The chief lap scorer will have a hand held clicker and call out the number of laps.
5. The Chief Starter shall be assigned the task of monitoring the time for the duration of the race.
6. When ten (10) minutes has been completed, the starter shall fire one (1) shot, signalling the end of 10 minutes. All skaters will then complete the lap which they are skating, which shall be counted as their final lap. The order of finish shall be determined by the total number of laps completed, then by order of finish on the final lap. Teams who are disqualified will receive no points. Skaters on a team for whom a race is stopped and are unable to complete the race due to injury shall be credited for the total number of laps completed up-until the race was stopped. These teams and skaters will be ranked accordingly.
7. Final points, see page 25, for overall ranking will be awarded to each individual skater based on the rank of his or her team in this event.
8. The medalists will come from Final A. Individual championship medals will be awarded to the three teams who have completed the most laps. All skaters will be awarded placement points towards the overall title.
9. If a race is blown, it shall be restarted as follows:

Less than 2 minutes completed	The race is restarted from the beginning
Less than 8 minutes and more than 2 minutes remaining	The race is restarted with the time and lap counting beginning again after the lead skater has completed 1 lap.
Less than 2 minutes remaining	The race is restarted with 2 minutes on the clock. The clock will restart once the lead skater completes 1 lap.

10. When a race is restarted, skaters are to be placed on the start line in order of the most laps completed thus far in a race; with the skater representing the team with the most laps completed starting in the first lane position. If tied, skaters are to re-take the initial start position. It is at the team's discretion to decide which skater shall re-start.
11. If a fall results in a single skater on a team being unable to complete a race due to injury, the other skater on the team may complete the remainder of the race skating individually. Both team members will receive credit for the total number of laps skated. If the skater chooses not to re-start individually, the team shall be ranked based on the total number of laps up until the injury occurred.

### **Racing Formats and Special Regulations – Relay**

1. Relay teams will be formed from within age categories as follows with all skaters being eligible to skate the relay:

Male	12 & 13	14 & 15
Female	11 & 12	13 & 14
2. Teams may be comprised of three (3) or four (4) skaters.

3. Branches with sufficient skaters must enter their respective Branch teams. Branches with insufficient skaters and those with extra skaters are encouraged to combine them with skaters of another Branch to form a team.
4. No skater may be a member of more than one (1) relay team.
5. Teams must be submitted by the Branch Coach or Team Leader no later than the conclusion of the final warm up session on the day of the relay heats.
6. Teams will be seeded into heats based upon the cumulative 400m/ 500m seed times of all skaters on the team. The cumulative time will then be divided by the number of skaters on the team. That shall constitute the Team Seed time.
7. Team will advance directly from heats to finals. Only the top eight (8) teams plus advancements will skate in the finals. Heats and finals will not be held on the same day. At the referee's discretion and time permitting remaining teams may skate finals.
8. Final ranking for teams not skating finals will be determined by their placing in heats.

## **Branch Rankings**

Throughout the competition each Branch will earn points based on the results of their skaters or teams in each event. Points will be allocated based on the Final Points system, see page 25 and added together as follows to produce a final ranking:

**Individual Events:** Total overall points earned by the top two finishers from each Branch, in each category.

**Relay:** Branch ranking points will be awarded to teams comprised of a single branch. At the conclusion of the race all teams are ranked by branch and awarded points – if more than one team from a Branch is entered; final points are awarded to the best placing team.

## **Results and Awards**

Overall and individual distance results and awards shall be awarded in accordance with the guidelines for SSC Championships.

All individual and relay awards shall be awarded at the venue immediately following each day of racing. Saturday's medals can be awarded at the banquet on Saturday night.

An overall Branch award will be given to the top Ranked province/territory at each of the Canada East and Canada West Short Track Championships. Starting in 2012, an award will also be given to the Branch who has the greatest increase in points from the previous year's championship.

## **Social Activities**

A banquet/reception is to be held on the Saturday evening.

## **CANADIAN AGE CLASS LONG TRACK CHAMPIONSHIPS (FEBRUARY 6-7, 2011 – WINNIPEG)**

The Canadian Age Class Long Track Championships is intended to be the focal point of athlete preparation for skaters in the Training to Train Stage of Development. The Age Class Championships provide a meaningful, high profile and developmentally appropriate event which is a source of motivation and opportunity for recognition for the best developing long track skaters in Canada. These events will serve as primary introduction to national competitions where skaters represent their province/territory in competition.

The events raced at Canadian Age Class Long Track Championships focus on providing a positive learning environment which reinforces the training objectives for skaters in the Training to Train stage of development.

This competition is also intended for skaters at the Learning to Compete Stage of Development who have not met Canada Cup Time standards. Masters are ineligible for this competition. Please refer to the Canada Cup time standards found in the SSC High Performance Long Track Bulletin.

Events will include a combination of mass start, Olympic style and team events.

### **Duration**

The event shall take place over two (2) days, preceded by one (1) day available for practice. A banquet/reception on Saturday night is mandatory. The Saturday racing schedule shall conclude thus allowing sufficient time for all competitors and organizers to prepare for the evening celebration.

### **Eligibility**

1. Each Branch is entitled to enter a maximum of five (5) skaters in a category.
2. Skaters who have participated in the 2009-10 or 2010-11 Canada Cup events prior to the Canadian Age Class Long Track Championships will be ineligible to compete in this competition.
3. **In light of Branches using Canada Cups for a CWG qualifier, that there will be no restrictions for Juniors skaters that have participated in Canada Cups to also participate in CACL.**

## Program/Events

The Canadian Age Class Long Track Championships will take place over a two (2) day period. Practice ice must be made available for all skaters the day prior to the Championships.

The program shall include the following events.

Age Category	Day 1	Day2
Girls 11, Boys 12	Mass Start 300m Mass Start 2400m 1200m Relay	Olympic Style 100m Mass Start 500m
Girls 12, Boys 13	Mass Start 300m Mass Start 2400m 1200m Relay	Olympic Style 100m Mass Start 500m
Girls 13, Boys 14	Mass Start 300m Olympic Style 2400m 4 lap Team Pursuit	Olympic Style 100m & 500m
Girls 14, Boys 15	Mass Start 300m Olympic Style 2400m 5 lap Team Pursuit	Olympic Style 100m & 500m
Open Female 15-29 Open Male 16-29	Olympic Style 500m & 3000m	Olympic Style 1000m & 1500m

**At the conclusion of Day 2, all skaters will have the option of participating in the Open Mass Start 5000m Dave Thompson Memorial Race.**

## Racing Formats – Mass Start Events

For all mass start events except the 5000m Dave Thompson Memorial Race, the heat composition and round progression shall be the same as used in Short Track. Skaters will be seeded into heats based on their season best times skated outdoors.

If the racing lane is less than 6 metres wide, a maximum of 6 skaters will be placed on the line for any given race, if the track is greater than 6 metres wide a maximum of 7 skaters will be allowed. For the Dave Thompson Memorial Race there will be no limit on the number of skaters allowed to start the race.

## Racing Formats - Olympic Style Events

All ISU racing rules apply. Seeding for each distance will be based upon their submitted season best times. In the instance where no times are submitted, skaters will be seeded last. Quartets may be conducted for all distances of 1000m or greater.

## Racing Formats - Relays and Pursuits

1. All relays and pursuits shall be skated on the inner racing lane.
2. Relay teams and pursuit teams will be formed from within age categories as follows with all skaters being eligible to participate in the relay:

Male	12 & 13	14 & 15	16 to 29
Female	11 & 12	13 & 14	15 to 29

3. Branches with sufficient skaters must enter Branch teams (either 3 or 4 members). Branches with insufficient skaters or with extra skaters have the option of combining with skaters of another Branch to form a team.
4. No skater may be a member of more than one relay or pursuit team.
5. A minimum of three (3) skaters to a maximum of four (4) skaters may take part in a pursuit. The third skater over the line will trigger the finishing time for the pursuit team.
6. All Pursuits and relays will be conducted as a final.
7. In the case of the pursuit, the third skater on the team to complete the distance will determine the finishing time for the team.
8. Teams must be submitted by the Branch Coach or Team Leader to the Host Organization no later than the conclusion of the Saturday morning warm-up session.
9. Teams will be seeded into heats based upon the cumulative 500m times of all skaters on the team. The cumulative time will then be divided by the number of skaters on the team. That shall constitute the Team Seed time.
10. Two pursuit teams will race at a time whereas up to four relay teams may compete at a time.

## Results and Awards

Overall and individual distance results and awards shall be awarded in accordance with the guidelines for SSC Championships. Final points will be awarded for both Mass Start and Olympic Style events to determine the overall results of skaters.

All individual and relay awards shall be awarded at the venue immediately following each day of racing.

An overall Branch award will be given to the top Ranked province/territory at the Canadian Age Class Long Track Championships. Starting in 2012, an award will also be given to the Branch who has the greatest increase in points from the previous year's championship.

## Social Activities

A banquet/reception is to be held on the Saturday evening. Saturday's medals can be awarded at the banquet on Saturday night.

## COMPOSITION OF HEATS

All skaters shall be seeded in order of their entry time for each individual distance unless otherwise specified. Entry times must have been skated during the current skating season

Lane positions will be determined as per ISU rule 296. For the first qualifying round of the first distance lane positions will be drawn by the Competitor Steward through a random computer draw.

For each subsequent round the lane position will be decided by the times skated in the preceding qualifying round. Skaters will be assigned lane positions from the inside of the track to the outside in the order of their times commencing with the fastest time.

**PLEASE NOTE**, if starting numbers are reduced from thirty-two (32) or twenty-four (24), the Technical Representative, Chief Referee and Competition/Event Coordinator will determine the most suitable number of heats to ensure fair racing conditions.

### Seeding for Quarter-finals and Semi-finals

Seeding for the semi-finals in events where six (6) skaters start on the line (ie. 1500m), and for the quarter-finals and semi-finals in events where four (4) skaters skater on the line (ie. 500m, 1000m) will be done on the basis of a ranking derived from seeding points awarded in the heats (for events with six (6) skaters on the line) and heats and quarter-finals (for events with four (4) skaters on the line) as described below.

Ties in seeding points will be broken by referring to the placing and then times skated in the previous round of racing; the highest placing and then the fastest time among those tied in seeding points will be seeded highest and so on.

If there is still a tie then the skater with the highest original seeding for the distance will be seeded highest and so on. Any further ties will be broken by a coin toss.

Placing in previous round:	1st	2nd	3rd	4th	5th	6th	7th	8th
<b>Seeding points:</b>	34	21	13	8	5	3	2	1

### Composition of the Heats (6 skaters on the line) if 32

A	B	C	D	E	F
1	2	3	4	5	6
12	11	10	9	8	7
13	14	15	16	17	18
24	23	22	21	20	19
25	26	27	28	29	30
				32	31

## Composition of the Semi-Finals (6 skaters on the line) if 32

Top Bracket			Bottom Bracket	
A	B	C	D	E
1	2	3	19	20
6	5	4	22	21
7	8	9	23	24
12	11	10	26	25
13	14	15	27	28
18	17	16	30	29
			31	32

### Top Bracket

The top three (3) skaters from each of the six (6) heats will be placed into the top bracket (final ranks 1-18) and seeded into three (3) semi-finals (A, B, C) as described above.

### Bottom Bracket

The remaining skaters from each of the six (6) heats will be placed into the bottom bracket (final ranks 19-32) and seeded into two (2) semi-finals (D, E) as described above.

## Composition of Finals (6 skaters on the line) if 32

<b>Final A</b>	1st and 2nd of Semis A, B and C
<b>Final B</b>	3rd and 4th of Semis A, B and C
<b>Final C</b>	Remaining skaters from Semis A, B and C
<b>Final D</b>	1st, 2nd and 3rd from Semis D and E, + fastest 4th from semis D and E (7 skaters)
<b>Final E</b>	Remaining skaters from Semis D and E

## Composition of Heats (4 skaters on the line) if 32

A	B	C	D	E	F	G	H
1	2	3	4	5	6	7	8
16	15	14	13	12	11	10	9
17	18	19	20	21	22	23	24
32	31	30	29	28	27	26	25

## Composition of Quarter- finals (4 skaters on the line) if 32

Top Bracket				Bottom Bracket			
A	B	C	D	E	F	G	H
1	2	3	4	17	18	19	20
8	7	6	5	24	23	22	21
9	10	11	12	25	26	27	28
16	15	14	13	32	31	30	29

### Top Bracket

The top two (2) skaters from each of the eight (8) heats will be placed into the top bracket (final ranks 1-16 or lower depending on the number of advancements in the heats) and seeded into four (4) quarter-finals (A, B, C, D) as described above.

### Bottom Bracket

The remaining skaters from each of the eight (8) heats will be placed into the bottom bracket (final ranks 17-32) and seeded into four (4) quarter-finals (E, F G, H) as described above.

## Composition of Semi-Finals (4 skaters on the line) if 32

Top Bracket				Bottom Bracket (Final only)			
A Final Semis		C Final Semis		E Final		G Final	
A	B	C	D	E	F	G	H
1	2	9	10	17	21	25	29
4	3	11	12	18	22	26	30
5	6	14	13	19	23	27	31
8	7	15	16	20	24	28	32

### Top Bracket

The top two (2) skaters from each of the four (4) top bracket quarter-finals will be seeded into the top two (2) semi- finals (A, B; final ranks 1-8 or lower depending on the number of advancements in the quarter-finals) as described above.

The remaining skaters from each of the four (4) top bracket quarter-finals will be seeded into the next two (2) semi-finals (C, D; final ranks 9-16 or lower depending on the number of advancements in the heats and quarter-finals) as described above.

### Bottom Bracket will move directly to Finals E, F, G and H

The top two (2) skaters from each of the four (4) bottom bracket quarter-finals will be seeded into the top two (2) bottom bracket final (E final rank 17-21, F; final ranks 21-24).

The remaining skaters from each of the four (4) bottom bracket quarter-finals will be seeded into the last two (2) finals (G, final 25-28, H; final 29-32) .

### Composition of Finals (4 skaters on the line) if 32

<b>Final A</b>	1st and 2nd skaters from Semis A and B
<b>Final B</b>	Remaining skaters from Semis A and B
<b>Final C</b>	1st and 2nd skaters from Semis C and D
<b>Final D</b>	Remaining skaters from Semis C and D
<b>Final E</b>	Rank 17-20 after Quarter Finals
<b>Final F</b>	Rank 21-24 after Quarter Finals
<b>Final G</b>	Rank 24-28 after Quarter Finals
<b>Final H</b>	Rank 29-32 after Quarter Finals

### Composition of the Heats (6 skaters on the line) if 24

A	B	C	D
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13
17	18	19	20
24	23	22	21

### Composition of the Semi-Finals (6 skaters on the line) if 24

Top Bracket			Bottom Bracket	
A	B		C	D
1	2		13	14
4	3		16	15
5	6		17	18
8	7		20	19
9	10		21	22
12	11		24	23

#### Top Bracket

The top three (3) skaters from each of the four (4) heats will be placed into the top bracket (final ranks 1-12) and seeded into two (2) semi-finals (A, B) as described above.

#### Bottom Bracket

The remaining skaters from each of the four (4) heats will be placed into the bottom bracket (final ranks 13-24) and seeded into two (2) semi-finals (C,D) as described above

### Composition of Finals (1500m) if 24

<b>Final A</b>	1st, 2nd and 3rd of Semis A, B
<b>Final B</b>	4th, 5th and 6th of Semis A, B
<b>Final C</b>	1st, 2nd and 3rd of semi C and D
<b>Final D</b>	4th, 5th and 6th of semi C and D

### Composition of Heats (4 skaters on the line) if 24

A	B	C	D	E	F
1	2	3	4	5	6
12	11	10	9	8	7
13	14	15	16	17	18
24	23	22	21	20	19

### Composition of Quarter-Finals (4 skaters on the line) if 24

Top Bracket				Bottom Bracket	
A	B	C	D	E	F
1	2	3	4	17	18
8	7	6	5	20	19
9	10	11	12	21	22
16	15	14	13	24	23

#### Top Bracket

The top two (2) skaters from each of the six (6) heats plus the four (4) fastest 3rd place finishers will be placed into the top four (4) quarterfinals (A, B, C, D; final rank 1-16 or lower depending on the number of advancements in the 1st round)

#### Bottom Bracket

Note: All other skaters [final rank, 17 (or lower depending on advancements from the 1st round) – 24] will proceed directly to the semi-finals

### Composition of Semi-Finals (4 skaters on the line) if 24

Top Bracket				Bottom Bracket (Finals only)	
A	B	C	D	E	F
1	2	9	10	17	21
4	3	12	11	18	22
5	6	13	14	19	23
8	7	16	15	20	24

#### Top Bracket

The top two (2) skaters from each of the four (4) quarter-finals will be placed into the top two (2) semi-finals (A, B; final rank 1-8 or lower depending on the number of advancements in the quarter-finals)

The remaining skaters from each of the four (4) quarter-finals will be placed into the next two (2) semi-finals (C, D; final rank 9-16 or lower depending on the number of advancements in the heats)

#### Bottom Bracket

The remaining skaters from the heats will be placed into the last two (2) finals (E final rank 17-20, F; final rank 21-24)

## Composition of Finals (4 skaters on the line) if 24

<b>Final A</b>	1st, 2nd and 3rd of Semis A, B
<b>Final B</b>	4th, 5th and 6th of Semis A, B
<b>Final C</b>	1st, 2nd and 3rd of semi C and D
<b>Final D</b>	3rd,4th and 5th of semi C and D
<b>Final E</b>	Rank 17-20 after Quarter Finals
<b>Final F</b>	Rank 21-24 after Quarter Finals

## Composition of Relay Heats with 20 Teams

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
1	2	3	4	5
10	9	8	7	6
11	12	13	14	15
20	19	18	17	16

Should fewer than twenty (20) teams start, the composition of relay heats may be modified by the Chief Referee in consultation with the SSC Technical Representative, Competition/Event Coordinator and Competitors steward. Should sixteen (16) or fewer teams start, no semi-finals will be skated.

## Composition of Relay Semi-Finals with 20 Teams

The top team from each of the five (5) heats plus the three (3) fastest 2<sup>nd</sup> place teams will be placed in semi-finals.

<b>A</b>	<b>B</b>
1	2
4	3
5	6
8	7

## Composition of Relay Finals with 20 Teams

<b>Final A</b>	1st, 2nd of Semis A, B
<b>Final B</b>	3 <sup>rd</sup> & 4 <sup>th</sup> of Semis A, B
<b>Final C</b>	Rank 9-12 after Heats
<b>Final D</b>	Rank 13-16 after Heats
<b>Final E</b>	Rank 17-20 after Heats

Teams disqualified in the Heat or Semi-Finals will not be allowed to skate in the Finals. Should disqualifications occur in the semi-finals, top ranked teams from the heats will be advanced to complete the finals.

Should the total number of entries, team withdrawals or disqualification result in the bottom final being comprised of only one (1) or two (2) teams. The bottom finals (C & D) are to be re-seeded so as to be comprised of up to five teams.

### Composition of Relay Heats with 12 Teams

<b>A</b>	<b>B</b>	<b>C</b>
1	2	3
6	5	4
7	8	9
12	11	10

### Composition of Relay Finals with 16 Teams or less

<b>Final A</b>	Rank 1 - 4 after Heats
<b>Final B</b>	Rank 5 – 8 after Heats
<b>Final C</b>	Rank 9 – 12 after Heats
<b>Final D</b>	Remaining Teams

Teams disqualified in the Heat will not be allowed to skate in the Finals.

Should the total number of entries, team withdrawals or disqualification result in the bottom final being comprised of only one (1) or two (2) teams. The bottom finals (B & C) are to be re-seeded so as to be comprised of up to five (5) teams.

## FINAL POINTS – SHORT TRACK AND LONG TRACK CHAMPIONSHIPS

Championships will be decided on the basis of points accumulated in the individual events.

The points shall be awarded based on final placing in each individual event as follows:

Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	15	31	0.5
2	816	12	106	22	12	32	0
3	666	13	86	23	9		
4	543	14	70	24	7		
5	443	15	57	25	5		
6	362	16	46	26	4		
7	295	17	37	27	3		
8	241	18	30	28	2		
9	196	19	24	29	1.5		
10	160	20	19	30	1		

A tie for 1st 1000 points each, the next skater 666 points

A tie for 2nd 816 points each, the next skater 543 points

A tie for 3rd 666 points each, the next skater 443 points

A tie for 4th 543 points each, the next skater 362 points etc.

If there are skaters advanced into a final the points last place skater(s) will receive the points of the 1st place, 2nd place, etc. of the following final. The rest of the points will be adjusted accordingly.

## **APPENDIX 1 – OPERATIONAL GUIDELINES FOR AGE CATEGORY RECLASSIFICATION**

Speed Skating Canada (SSC) has established age categories as a means of creating developmentally appropriate competition groupings of athletes based on the stage of development of skaters. While age category groupings are developmentally appropriate for most participants, the scientific literature supporting SSC's Long Term Participant and Athlete Development Model (LTPAD) recognizes that individuals have different rates of growth, development and maturation, developing physically, socially, intellectually and emotionally at different rates, therefore the predefined age categories may not be developmentally appropriate for some skaters.

The purpose of age categories is to help ensure that participation in SSC sanctioned events is developmentally appropriate for participating skaters. The intent behind the criterion is to avoid situations where athletes are encouraged to pursue developmentally inappropriate and potentially harmful training and competition experiences. The purpose of the reclassification process is to address the exceptional athlete whose growth, development and maturation is in advance of the majority of skaters. While these operational guidelines are designed specifically for SSC Championships and selection events, Branches are encouraged to use these operational guidelines as a reference when managing provincial/territorial events.

An exemption may be requested for any SSC Championship or selection event where age categories are used to group skaters or determine participation eligibility. Exemptions will only be considered for skaters seeking to skate in older age categories. Exemptions will not be considered when the purpose of an event is selection to International Competition for which a minimum age is in place.

### **Application Process**

Applications for age category reclassification must be submitted to the SSC office at least six (6) weeks prior to the start of the event using the appropriate application form available on SSC's website and including all information described in the Assessment Criteria for Age Category Re-classification.

Applications will be reviewed by a designated review panel and a decision rendered within twenty-one (21) days of having received the application for an age category re-classification.

### **Assessment Criteria for SSC Age Category Reclassification**

Individuals seeking an age exemption should demonstrate in their request for exemption that an athlete's skating ability, growth, development and maturation are at a level which corresponds to that of the majority of athletes who will be competing in the designated event or competition category. All skater development data submitted will be compared to normative data for the population at large, and the skating results of participants meeting the minimum age criteria in previous seasons.

Specifically, SSC will be seeking to confirm that the skater's growth, development and maturation is consistent with other skaters within the age category for which they are seeking an exemption and the skater's performance level corresponds to that of skaters in the top 2/3 of the field at previous events. When an age category reclassification is granted, that skater will be considered in a Branch's quota for the new age category and earn Branch positions based on their performance in the new category. No additional Branch positions will be granted when a skater earns reclassification.

As part of the submission, the following documentation should be provided:

### ***Skater Development Information***

The following documentation with regards to the skater's development should be submitted:

1. A list of the competitions and training attended by the athlete in the previous year that would prepare him/her for this event; and a summary of training history prior to the previous season, including number of years' experience in speed skating and other sport programs.
2. All physiological testing results available from the past twelve (12) months including VO2 Max, Wingate, Vertical Jump, Leger-Boucher and other recognized testing protocols. Results submitted will be compared to normative data for athletes in the age category in which the athlete is seeking to be re-classified.
3. Records of the athlete's height taken at three (3) month intervals, over the previous thirty-six (36) months period. Measurements should follow the protocol laid out in the document: "The Role of Monitoring Growth in Long-Term Athlete Development" (Istvan Balyi & Richard Way). If less than thirty-six (36) months data are available, current data should still be submitted. This data will be reviewed to assist in establishing the skater's stage of development.
4. Examples of successful participation in other sporting competitions or other experiences that support this athlete's readiness to compete in an older age category.

### ***Other Documentation***

1. A letter of support from the provincial/territorial coach named for the designated event stating that, in his/her opinion; the athlete has the social and emotional maturity to cope with the stress of participation in the designated event.
2. A letter of support from the skater's primary coach confirming the skater's readiness to participate in the designated event. As part of this letter the coach should include his or her level of certification and coach certification number.
3. A list of steps that the provincial/territorial sport organization will take to ensure the athlete is prepared for, and does have a positive experience at the designated event, including formal support from the Branch for the submission.