

SPEED SKATE NOVA SCOTIA
COMPETITIONS BULLETIN 2018-2019

Bulletin No. SSNS2018.01



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GENERAL INFORMATION

The Competitions Bulletin is an annual technical document produced by Speed Skate Nova Scotia (SSNS) to outline the qualifying standards, selection criteria, and funding criteria for national competitions for Nova Scotia skaters.

The SSNS qualifying standards in this bulletin are relevant to national competitions for which Speed Skating Canada (SSC) has no minimum time standard or has a branch quota of skaters that SSNS can send to the specific event. In the 2018-19 season, the Short Track Canada Cup, Canadian National Qualifiers, Canadian Age Class Long Track Championships, Canadian Junior Selections, and Canada East Short Track Championships are the events that require branch selection. Criteria are also introduced for the allocation of SSNS travel funds for national competitions, such as the Canada Cups, for which SSC has a minimum time standard and no branch quota.

The Competitions Development Committee (CDC) of Speed Skating Canada is responsible for the rules and regulations governing national-level competitions. The national-level competitions for the 2018-19 season that are relevant to Nova Scotia skaters include:

SHORT TRACK (SSC Competition Bulletin 2018.1 and High Performance Bulletin 179)

- Short Track Canada Cup – Laval, QC. November 16-18, 2018.
- Canadian Junior Short Track Championships – Calgary, AB. December 14-16, 2018.
- Canadian National Qualifiers – Montréal, QC. February 1-3, 2019.
- Canadian Junior Selections – Sherbrooke, QC. March 15-17, 2019.
- Canada East Short Track Championships – Campbellton, NB. March 30-31, 2019.

LONG TRACK (SSC Competition Bulletin 2018.1 and High Performance Bulletin 186)

- Canada Cup 1 – Fort St. John, BC. December 7-9, 2018.
- Canadian Junior Long Track Championships/Canada Cup 2 – Calgary, AB. January 4-6, 2019.
- Canada Cup 3 – Calgary, AB. January 25-27, 2019.
- Canadian Age Class Long Track Championships – Winnipeg, MB. February 9-10, 2019.
- Canada Cup 4/Olympic Oval Finale – Calgary, AB. March 14-17, 2019.

In the above-mentioned speed skating national events, skaters from Nova Scotia will represent the province of Nova Scotia. In any other qualifying events (club, provincial or regional), skaters will represent their respective clubs.

Speed Skate Nova Scotia reserves the right to modify or change the enclosed guidelines in the event that there is clear evidence that any such changes are clearly in the best interest of the long term development of participants and the growth of the sport. In the case of a change, competition organizers, skaters, coaches, officials, and clubs will be advised as soon as possible. Any change to process or applicable criteria will be announced in a publication of a SSNS Technical Memorandum.

ELIGIBILITY CRITERIA FOR SELECTION

Skaters must be members of a Speed Skate Nova Scotia member club and be in good standing with SSNS in order to be considered for selection.

Skaters' age category for the 2018-2019 season is their age as of June 30, 2018.

Skaters must maintain to a regular training program, attend regular club practices, show ongoing improvement, and adhere to the SSNS code of conduct to be considered for selection.

EVENTS TO BE CONSIDERED FOR SSNS PERFORMANCE STANDARDS

The 2018-2019 competitive season is defined as the period from April 1, 2018 to March 31, 2019.

All performances in Speed Skate Nova Scotia sanctioned competitions in the 2018-2019 season will be considered.

All performances in Speed Skate Canada sanctioned competitions in the 2018-2019 season will be considered.

All performances in provincially sanctioned competitions outside of Nova Scotia, on SSC standard tracks, in the 2018-19 season will be considered.

For consideration for selection to compete at the 2019 Canadian Age Class Long Track Championships (CACTL), Nova Scotia skaters must compete at the 2018 Atlantic Cup Long Track Championships in Halifax. To obtain the required minimum time standards for the 2018 CACTL, only outdoor performances within the 2018-19 season will be considered.

If manual timing is utilized the official time will have 0.2 seconds added to the manual time.

APPEAL PROCESS

Appeals with respect to any selection process must be submitted to the SSNS Administrative Coordinator in writing.

A three-person appeals group will be formed upon receipt of the written appeal. The appeals group will consist of three SSNS members that are deemed free of conflict of interest. At least one member of the group must be a current member of the SSNS Board of Directors.

A verbal decision from the appeals group must be made within seven days of receipt of the written appeal. The appeals group will be given an additional three days to provide a written account of their decision. Both the written and verbal decision will be given to the SSNS Board of Directors or the president of SSNS for communication to the party initiating the appeal.

LONG TRACK PERFORMANCE CRITERIA

CANADA CUPS and CANADIAN JUNIOR LONG TRACK CHAMPIONSHIPS:

In accordance with SSC Long Track High Performance Bulletin 186, the 2018-19 Canada Cup performance standards are tabled below.

Women must have the time standard from the 1500m or 3000m to be eligible to compete in the 3000m. Women with a standard in any distance are eligible to compete in the 500m, 1000m, and 1500m. Men must have the time standard from the 1500m, 3000m, or 5000m to be eligible to compete in the 5000m. Men with a standard in any distance are eligible to compete in the 500m, 1000m, and 1500m.

In order for a result to be a valid Qualifying Time, it must have been achieved in ISU or SSC Events and National Championships in the period between July 1, 2017 and the entry deadline for the Event. For the Mass Start and Team Events, any of the listed Qualifying Times will apply.

		Senior Inside	Senior Outside		Junior Inside	Junior Outside	
		Canada Cups 1,2,3	Canada Cup 2	Canada Cups 1 & 3	Canada Cups 1,2,3	Canada Cup 2	Canada Cups 1 & 3
Women	500m	0:44.0	0:46.9	0:48.4	0:46.2	0:49.1	0:50.6
	1000m	1:27.2	1:33.0	1:35.9	1:31.6	1:37.4	1:40.3
	1500m	2:15.3	2:24.2	2:28.7	2:22.0	2:30.9	2:35.4
	3000m	4:44.7	5:03.3	5:12.7	4:58.7	5:17.3	5:26.7

		Senior Inside	Senior Outside		Junior Inside	Junior Outside	
		Canada Cups 1,2,3	Canada Cup 2	Canada Cups 1 & 3	Canada Cups 1,2,3	Canada Cup 2	Canada Cups 1 & 3
Men	500m	0:40.2	0:42.9	0:44.2	0:42.2	0:44.9	0:46.3
	1000m	1:19.0	1:24.4	1:27.0	1:23.0	1:28.3	1:31.0
	1500m	2:01.2	2:09.3	2:13.4	2:07.3	2:15.4	2:19.4
	3000m				4:35.9	4:53.3	5:02.0
	5000m	7:19.6	7:48.7	8:03.2	7:45.0	8:14.1	8:28.6

All skaters who meet the SSC performance standard are eligible to compete at Canada Cup events. Speed Skate Nova Scotia will allocate travel funds for Canada Cup events and the Canadian Junior Long Track Championships based on additional long-term athlete development and high performance goals. For the 2018-19 season, one such goal is preparation for the Canada Winter Games (CWG), for which the focus is Canada Cup 3. All skaters who have been selected to the CWG team (including alternates) will receive travel support to Canada Cup 3 provided they have a minimum of one (1) time standard. For Seniors (i.e., skaters who are ages 19 and over before July 1st, 2018) living and training in Nova Scotia, the focus is also on Canada Cup 3. To receive travel support, Seniors are expected to have a minimum of one (1) time standard during their first two years in Senior and a minimum of two (2) time standards during subsequent years. Travel support will also be available for the Canadian Junior Long Track Championships (being held in conjunction with Canada Cup 2) for any Juniors (i.e., skaters who have reached the age of 14, but not the age of 19 before July 1st, 2018) who have a minimum of two (2) time standards, at least one of which is a distance event that qualifies them to compete in the 3000m (women) or 5000m (men). Seniors living and training in Calgary, who are not receiving financial support from SSC or another branch or program, can choose to use funding they would have received for Canada Cup 3 had they been resident in the province to support their travel to one of the other Canada Cup events instead.

CANADIAN AGE CLASS LONG TRACK CHAMPIONSHIPS

February 9-10, 2019, Winnipeg, MB

Speed Skate Nova Scotia is eligible to send a minimum of one (1) skater per gender/age class to the Canadian Age Class Long Track Championship in 2018. In order to participate in this event, Nova Scotia skaters must

- (i) Finish first (1st) among Nova Scotia skaters in their gender/age class in the Atlantic Cup Long Track Championships, in Halifax; **AND**
- (ii) Achieve the SSNS time standard for their gender/age class in a minimum of 2 of 3 distances in races held during the 2018-2019 season (competitions held within and outside the province), prior to the close of entries for the CACLT (January 31st, 2019). No times skated in indoor facilities will be considered.

Depending on whether the other branches fill their allocations in each gender/age class, SSNS may be eligible to send additional skaters to the event. If so, priority will be given by order of finish in the relevant gender/age class at the Atlantic Cup Long Track Championship. Only skaters who have met the SSNS time standard as outlined in (ii) will be considered.

Speed Skate Nova Scotia time standards for this event, based on percentages (i.e., 120–125 percent) of the fastest times skated in CACLT during past years, on outdoor ice, are listed below:

	Female T2T-11			Female T2T - 12			Female T2T - 13			Female T2T – 14		
	300m MS	500m OS	1500m MS/OS	300m MS	500m OS	1500m MS/OS	300m MS	500m OS	1500m OS	300m MS	500m OS	1500m OS
Fastest	30.28	48.34	2:54.30	28.98	48.33	2:40.28	28.52	45.22	2:39.50	27.61	44.21	2:37.68
Date	2016	2016	2018	2014	2013	2018	2013	2013	2018	2015	2014	2018
125%	37.85	60.43	3:37.87	36.23	60.41	3:20.35	35.65	56.53	3:19.37	34.51	55.26	3:17.10
122.5%	37.09	59.22	3:33.52	35.50	59.20	3:16.34	34.94	55.39	3:15.39	33.82	54.16	3:13.16
120%	36.34	58.01	3:29.16	34.78	58.00	3:12.34	34.22	54.26	3:11.40	33.13	53.05	3:09.22
SSNS times	37.85	60.43	3:29.16	36.23	59.20	3:20.35	35.65	56.53	3:11.40	34.51	55.26	3:09.22

	Male T2T – 12			Male T2T - 13			Male T2T – 14			Male T2T – 15		
	300m MS	500m OS	1500m MS/OS	300m MS	500m OS	1500m MS/OS	300m MS	500m OS	1500m OS	300m MS	500m OS	1500m OS
Fastest	28.45	46.87	2:45.04	26.24	42.92	2:44.41	25.25	40.40	2:19.62	25.58	40.92	2:16.32
Date	2016	2016	2018	2017	2016	2018	2017	2017	2018	2018	2015	2018
125%	35.56	58.59	3:26.30	32.80	53.65	3:25.51	31.56	50.50	2:54.52	31.97	51.15	2:50.40
122.5%	34.85	57.42	3:22.17	32.14	52.58	3:21.40	30.93	49.49	2:51.03	31.34	50.13	2:46.99
120%	34.14	56.24	3:18.05	31.49	51.50	3:17.29	30.30	48.48	2:47.54	30.70	49.10	2:43.58
SSNS times	35.56	58.59	3:22.17	32.80	53.65	3:17.29	31.56	50.50	2:54.52	30.70	49.10	2:50.40

OS refers to Olympic-Style racing in pairs. MS refers to Mass Start racing.

SHORT TRACK PERFORMANCE CRITERIA

SHORT TRACK CANADA CUP

November 16-18, 2018, Laval, QC

Competitors at the Short Track Canada Cup must have reached the age of 14 before July 1st, 2018 (ISU Rule 108).

Entry is done through the following priorities up to a maximum number of entries (see below):

1. The 25 highest ranked athletes according to the adjusted 2017-18 Canadian senior ranking (excluding those who competed in the 2018 Canadian Short Track Championships, or were originally qualified but unable to compete due to injury/illness etc.)
2. The 25 highest ranked junior aged athletes from 2017-18 according to that season's Canadian senior and junior ranking respectively (excluding those who competed in the 2018 Canadian Short Track Championships, or were originally qualified but unable to compete due to injury/illness etc. and excluding those already entered above).
3. Remaining positions*: Athletes who meet the time standard stated below based on their combined 500m + 1500m times as recorded from August 1st, 2018 to October 15th, 2018 in a SSC sanctioned competition with electronic timing. Please note in special circumstances manual times will be accepted (adjusted upwards by 0.2).

Time Standard*

Women: 3min 36sec based on combined 500m and 1500m times. (ex: 0:52+2:44)

Men: 3min 14sec based on combined 500m and 1500m times. (ex: 0:46+2:28)

*Exception: In the event that the number of entries meeting the time standard exceeds the total number of places available, each province will be guaranteed an entry of at least one (1) skater per gender who meet the time standard stated above.

If any of the skaters who qualified for entry by points 1 & 2 above cannot or choose not to compete, they will be replaced by those who submitted their entry by time.

CANADIAN NATIONAL QUALIFIERS

February 1-3, 2019, Montréal, QC

Competitors at the Canadian Open National Qualifier must have reached the age of 14 before July 1st, 2018 (ISU Rule 108).

Entry to the Canadian Open National Qualifier is done through the following priorities up to a maximum number of entries (see below):

1. All Canadian Short Track Championships participants, including those who were originally qualified but did not compete, except athletes in the Racing Pool.
2. The 12 highest ranked athletes according to the 2017-18 adjusted Canadian senior ranking (excluding those already entered above).
3. The 15 highest ranked junior aged athletes from the 2018 Canadian Junior Championship overall ranking (total of three distances) (excluding those already entered above).
4. Remaining positions*: Athletes who meet the time standard stated below based on their combined 500m + 1500m times as recorded from August 1st, 2018 to January 7th, 2019 in a SSC sanctioned

competition with electronic timing. Please note in special circumstances manual times will be accepted (adjusted upwards by 0.2).

Time Standard*

Women: 3min 36sec based on combined 500m and 1500m times. (ex: 0:52+2:44)

Men: 3min 14sec based on combined 500m and 1500m times. (ex: 0:46+2:28)

*Exception: In the event that the number of entries meeting the time standard exceeds the total number of places available, each province will be guaranteed an entry of at least one (1) skater per gender who meet the time standard stated above.

If any of the skaters who qualified for entry by points 1 & 2 above cannot or choose not to compete, they will be replaced by those who submitted their entry by time.

CANADIAN JUNIOR SELECTIONS

March 15-17, 2019, Sherbrooke, QC

Competitors at the Canadian Junior Selections must have reached the age of 14, but not the age of 19 before July 1st, 2018 (ISU Rule 108).

Entry to the Canadian Junior Selections is done through the following priorities up to a maximum number of 60 entries per gender (see below):

1. All Junior skaters who qualified for the Canadian Open National Qualifier but did not qualify for Canadian Senior Selections.
2. All skaters who qualified for the Canadian Junior Championships but did not qualify for Canadian Senior Selections (excluding those already listed above).
3. Remaining positions*: Junior athletes who meet the time standard stated below based on their combined 500m + 1500m times as recorded from August 1st, 2018 to February 18th, 2019 in a SSC sanctioned competition with electronic timing. Please note in special circumstances manual times will be accepted (adjusted upwards by 0.2).

Time Standard*

Women: 3min 36sec based on combined 500m and 1500m times. (ex: 0:52+2:44)

Men: 3min 14sec based on combined 500m and 1500m times. (ex: 0:46+2:28)

*Exception: In the event that the number of entries meeting the time standard exceeds the total number of places available, each province will be guaranteed an entry of at least one (1) skater per gender who meets the time standard stated above.

If any of the skaters who qualified for entry by points 1 & 2 above cannot or choose not to compete, they will be replaced by those who submitted their entry by time.

CANADA EAST SHORT TRACK CHAMPIONSHIP

March 30-31, 2019, Campbellton, NB

Speed Skate Nova Scotia is eligible to send two (2) skaters per gender/age class to the Canada East Short Track Championship.

In order to participate in this event, Nova Scotia skaters must achieve the SSNS time standard for their gender/age class in a minimum of 2 out of 3 distances in competitions (inside and outside the province) during the 2018-19 season, prior to the close of entries for CEST (March 20th, 2019).

If more than two (2) skaters in a gender/age class meet the SSNS time standard, the skaters will be ranked according to the average of their best two distances expressed as a percentage of the SSNS time standard, and positions will be offered to the two (2) fastest skaters (i.e., with the lowest average percentage). In the case of a tie for the second position, the third distance will be used to break the tie, with those skaters who are tied for the second position ranked according to the average of all three distances expressed as a percentage of the SSNS time standard, and the position offered to the fastest skater (i.e., with the lowest percentage).

Consideration will be given to skaters who do not have qualifying times on the 100m track and wish to compete at CEST (i.e., individuals who have skated exclusively on the 111m track throughout the season) if not all spots for a gender/age class have been filled. Priority for selection will be given to skaters who have fulfilled the qualifications as stated, and a skater who has not obtained qualifying times on the 100m track shall not be ranked higher than one who has. Any skater who wishes to be considered in this manner must submit their request in writing to the SSNS Administrative Coordinator two weeks prior to the close of entries for CEST (March 6th, 2019).

Speed Skate Nova Scotia minimum time standards for this event, based on percentages (115–120 percent) of the fastest times skated in CEST during past years, are listed below:

	Female T2T – 11			Female T2T - 12			Female T2T – 13			Female T2T – 14		
	200	400	1500	200	400	1500	200	400	1500	200	400	1500
Fastest	21.13	39.19	2:42.72	20.58	38.64	2:43.07	20.85	39.22	2:38.80	20.55	38.85	2:46.19
Date	2018	2018	2018	2017	2017	2018	2013	2018	2018	2014	2014	2014
120%	25.36	47.03	3:15.26	24.70	46.37	3:15.68	25.02	47.06	3:10.56	24.66	46.62	3:19.43
117.5%	24.83	46.05	3:11.20	24.18	45.40	3:11.61	24.50	46.08	3:06.59	24.15	45.65	3:15.27
115%	24.30	45.07	3:07.13	23.67	44.44	3:07.53	23.98	45.10	3:02.62	23.63	44.68	3:11.12
SSNS times	25.36	47.03	3:15.26	24.70	46.37	3:11.61	24.50	46.08	3:06.59	24.15	45.65	3:06.59*

	Male T2T – 12			Male T2T – 13			Male T2T – 14			Male 52T – 15		
	200	400	1500	200	400	1500	200	400	1500	200	400	1500
Fastest	20.46	38.55	2:37.20	19.46	37.33	2:33.38	19.32	36.89	2:32.68	19.43	36.51	2:29.75
Date	2016	2013	2015	2017	2017	2017	2013	2013	2018	2018	2018	2018
120%	24.55	46.26	3:08.64	23.35	44.80	3:04.05	23.18	44.27	3:03.22	23.32	43.81	2:59.70
117.5%	24.04	45.30	3:04.71	22.87	43.86	3:00.22	22.70	43.35	2:59.40	22.83	42.90	2:55.96
115%	23.53	44.33	3:00.78	22.38	42.93	2:56.38	22.22	42.42	2:55.58	22.34	41.99	2:52.21
SSNS times	24.55	46.26	3:08.64	23.35	44.80	3:04.05	23.18	43.35	2:59.40	22.83	42.90	2:55.96

“*” = adjusted time falling outside 115-120%

SPEED SKATE NOVA SCOTIA NATIONAL COMPETITION TRAVEL FUND FUNDING CRITERA

Speed Skate Nova Scotia will distribute funds in support of travel to national championships to skaters in a fair and transparent manner.

Speed Skate Nova Scotia has targeted the following competitions for funding for the 2018-2019 season:

- (i) Canadian Junior Long Track Championships – January 4-6, 2019 – Calgary, AB
- (ii) Canada Cup 3 – January 25-27, 2019 – Calgary, AB
- (iii) Canadian Age Class Long Track Championships – February 9-10 – Winnipeg, MB
- (iv) Canadian Junior Selections – March 15-17, 2019 – Sherbrooke, QC
- (v) Canada East Short Track Championships – March 30-31 – Campbellton, NB

Speed Skate Nova Scotia funds will be allocated to support skater travel to national competitions on the basis of expected costs as determined by distance travelled and number of days of the competition. During the 2018-19 season, funds will be distributed as follows:

Canadian Junior Long Track Championships: Each athlete who has satisfied the performance standard set out by SSC is eligible to be entered in the competition. Each athlete who has satisfied the performance standards set out by **both** SSC **and** SSNS (see p. 4) is eligible to receive a maximum of \$800 in travel funding.

Canada Cup 3: Each athlete who has satisfied the performance standard set out by SSC is eligible to be entered in the competition. Each athlete who has satisfied the performance standards set out by **both** SSC **and** SSNS (see p. 4) is eligible to receive a maximum of \$800 in travel funding.

- Senior-aged skaters living and training in Calgary who meet the SSC and SSNS performance standards to receive funding for Canada Cup #3, provided they are not receiving financial support from SSC or another branch or program, can apply to the SSNS Board of Directors to have the funding applied to another Canada Cup event instead.

Canadian Age Class Long Track Championships: Each athlete who has satisfied the performance standard set out by SSNS (see p. 5) is eligible to receive a maximum of \$600 in travel funding.

Canadian Junior Selections: Each athlete who has satisfied the performance standard set out by SSC (see p. 7) is eligible to receive a maximum of \$500 in travel funding.

Canada East Short Track Championships: Each athlete who has satisfied the performance standard set out by SSNS (see p. 8) is eligible to receive a maximum of \$250 in travel funding.

Allocation process:

Only skaters who qualify to represent Nova Scotia at a National Championship and have completed the required registration forms to attend the specific competition and the SSNS Athlete Code of Conduct will be considered for financial assistance. Speed Skate Nova Scotia will pay the entry fee for the qualified skater, and any additional assistance that the skater is eligible for will be issued by cheque to the individual skater (receipts must be submitted for reimbursement of any costs incurred by the skater). In the case of a last minute withdrawal, any financial assistance provided to the skater is required to be refunded to SSNS.

SPORT NOVA SCOTIA CARDING

Speed Skate Nova Scotia will utilize Sport Nova Scotia's Tier 6 PSO Carding fund of \$750.00 to provide additional support to Junior- and Senior-aged Nova Scotia skaters who are competing at a high-performance level and are not receiving financial support from SSC or another branch or program.

The Tier 6 PSO Card will be used to support up to a maximum of four (4) athletes. Athletes who meet the minimum qualifying sammelagt standard (as outlined below) will be prioritized by discipline and gender, so that cards are allocated to one female long tracker, one male long tracker, one female short tracker, and/or one male short tracker. Speed Skate Nova Scotia can reallocate any unclaimed cards to skaters of either discipline and/or gender.

The Tier 6 PSO Card of \$750 can be divided up to three ways: one athlete can receive \$750, two athletes can receive \$375 each, or three athletes can receive \$250 each. Speed Skate Nova Scotia will provide \$250 in supplemental funding should skaters of both genders and from both disciplines meet the minimum qualifying standard.

CRITERIA:

1.1 Skaters, regardless of discipline, must meet the SSC criteria to attend one of the following national competitions:

SHORT TRACK: Canadian Open National Qualifier, Canadian Junior Championships, Canadian Senior Selections, and/or Canadian Junior Selections

LONG TRACK: Canada Cup 1, Canada Cup 2 / Canadian Junior Long Track Championships, Canada Cup 3, and/or Canada Cup 4.

1.2 Skaters will be ranked based on their best times in the relevant distances, performed from April 1st, 2018 to March 31st, 2019 in provincially- or SSC-sanctioned competitions. The times are to be tallied using the sammelagt points system as outlined below:

SHORT TRACK:

ISU Junior skaters: Female and male skaters will be ranked based on their cumulative sammelagt points for the 500m, 1000m, and 1500m races on the 111.12m track. Females must meet the minimum standard of **157.389 or lower** of cumulative sammelagt points to qualify for funding (equates to 115% of the current Junior Women's Canadian records). Males must meet the minimum standard of **146.851 or lower** of cumulative sammelagt points to qualify for funding (equates to 115% of the current Junior Men's Canadian records).

ISU Senior skaters: Female and male skaters will be ranked based on their cumulative sammelagt points for the 500m, 1000m, and 1500m races on the 111.12m track. Females must meet the minimum standard of **151.722 or lower** of cumulative sammelagt points to qualify for funding (equates to 115% of the current Senior Women's Canadian records). Males must meet the minimum standard of **141.633 or lower** of cumulative sammelagt points to qualify for funding (equates to 115% of the current Senior Men's Canadian records).

LONG TRACK:

ISU Junior skaters: Female skaters will be ranked based on their lowest cumulative sammelagt points for the 500m, 1000m, 1500m, and 3000m Olympic style races. Female skaters must meet the minimum standard of **180.180 or lower** of cumulative sammelagt points to qualify for funding (equates to 115% of the current Junior Women's Canadian records). Male skaters will be ranked based on their lowest cumulative sammelagt points for the 500m, 1000m, 1500m, and 5000m Olympic Style races. Male skaters must meet the minimum standard of **163.873 or lower** of cumulative sammelagt points to qualify for funding (equates to 115% of the current Junior Men's Canadian records).

ISU Senior skaters: Female skaters will be ranked based on their cumulative sammelagt points for the 500m and 1000m (sprint) and/or 500m, 1500m, and 3000m (all round) Olympic style races. Female skaters must meet the minimum standard of **84.594 or lower** (sprint) and/or **130.378 or lower** (all round) of cumulative sammelagt points to qualify for funding (equates to 115% of the current Senior Women's Canadian records). Male skaters will be ranked based on their cumulative sammelagt points for the 500m and 1000m (sprint) and/or 500m, 1500m, and 5000m (all round) Olympic style races. Male skaters must meet the minimum standard of **77.498 or lower** (sprint) and/or **120.152** (all round) of cumulative sammelagt points to qualify for funding (equates to 115% of the current Senior Men's Canadian records).

1.3 Financial support will be awarded by March 31, 2019 to eligible skaters.



APPENDIX IV: 2018-19 SSNS ATHLETE CODE OF CONDUCT

**Speed Skate Nova Scotia
Athlete Code of Conduct Form
2018-2019 Season**

In order to participate in SSNS sanctioned trips and competitions this form must be signed by the participant. This form will cover all events for the season only requiring you to fill this out once every skating season.

- Conduct yourself at all times with honor and dignity.
- Treat your teammates with dignity and respect and expect to be treated with respect in return.
- Treat opponents and officials as honored guests.
- Respect your coaches and co-operate with them both on and off the ice including code of conduct expected by your coaches.
- Coaches are trying to make you a better athlete so follow the training and programs suggested by your coaches.
- Remember there is no place before, during or after competition for drugs and alcohol.
- Accept both winning and losing with pride and compassion, not boastful or bitterness.
- Control your anger and frustration and hold back displays of temper and bad language (such as swearing, insulting, harassing or being offensive).
- Respect the property of others whether it is another skater, coach, club and /or hotel.
- Refrain from complaining about other opponents, coaches or officials publicly.
- Respect your uniform/skins and wear it as intended.
- Your conduct includes verbal speech, behavior, actions and all electronic communication.
- Remember it is a privilege to represent your sport, your club, and your province.***

If any athlete knowingly and/or continuously fails to follow the Code of Conduct, they will be removed from races and/or meets and/or further consequences will be taken.

If you have any questions please ask your coaches.

Name of Athlete (please print)			
Signature of Athlete		Date	

Wording of this code of conduct was copied with permission from the SASSA.