

SPEED SKATE NOVA SCOTIA
COMPETITIONS BULLETIN 2019-2020

Bulletin No. SSNS2019.01



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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 2019-20 season, the Short Track Canada Cups 1 and 2, Canadian Junior Short Track Championships, Canadian Youth Long Track Championships, Short Track Canada Cup Junior Final, and Canadian Youth Short Track Championships – East are the events that require branch selection. Criteria are also introduced for the allocation of SSNS travel funds for national competitions, such as the Long Track Canada Cups, for which SSC has a minimum time standard and no branch quota.

The High Performance Committee – LT (HPC-LT), High Performance Committee – ST (HPC-ST), and Competitions Development Committee (CDC) of Speed Skating Canada are responsible for the rules and regulations governing national-level competitions.

The national-level competitions for the 2019-20 season that are relevant to Nova Scotia skaters include:

SHORT TRACK (SSC Competition Bulletin 2019.01 and High Performance Bulletin 184)

- Short Track Canada Cup 1 – Sherbrooke, QC. October 18-19, 2019.
- Canadian Junior Short Track Championships – Calgary, AB. November 29-December 1, 2019.
- Short Track Canada Cup 2 – Sherbrooke, QC. February 7-9, 2020.
- Short Track Canada Cup Junior Final – Richmond, BC. March 20-22, 2020.
- Canadian Youth Short Track Championships – East – Sherbrooke, QC. March 28-29, 2020.

LONG TRACK (SSC Competition Bulletin 2019.01 and High Performance Bulletin 190)

- Long Track Canada Cup 1 – Fort St. John, BC. December 6-8, 2019.
- Canadian Junior Long Track Championships/Long Track Canada Cup 2 – Calgary, AB. January 3-6, 2020.
- Long Track Canada Cup 3 – Lake Placid, NY. January 17-19, 2020. – **CANCELLED**
- Canadian Youth Long Track Championships – Red Deer, AB. February 8-9, 2020.
- Long Track Canada Cup 4 – Calgary, AB. March 19-22, 2020.

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 2019-2020 season is their age as of June 30, 2019.

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 2019-2020 competitive season is defined as the period from April 1, 2019 to March 31, 2020.

All performances in Speed Skate Nova Scotia sanctioned competitions in the 2019-2020 season will be considered.

All performances in Speed Skate Canada sanctioned competitions in the 2019-2020 season will be considered.

All performances in provincially sanctioned competitions outside of Nova Scotia, on SSC standard tracks, in the 2019-20 season will be considered.

For consideration for selection to compete at the 2020 Canadian Youth Long Track Championships (CYLT), Nova Scotia skaters must compete at the 2020 Atlantic Cup Long Track Championships in Halifax. To obtain the required minimum time standards for the 2020 CYLT, only outdoor performances within the 2019-20 season will be considered.

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

APPEALS PROCESS

Appeals with respect to any selection process must be submitted to the SSNS President 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 and 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 190, the 2019-20 Long Track Canada Cup (CC) 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 for Canada Cups, it must have been achieved in ISU or SSC Events and National Championships in the period between July 1, 2018 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
Women	500m	0:44.0	0:46.9	0:46.2	0:50.6
	1000m	1:27.2	1:33.0	1:31.6	1:40.3
	1500m	2:15.3	2:24.2	2:22.0	2:35.4
	3000m	4:44.7	5:03.3	4:58.7	5:26.7

		Senior Inside	Senior Outside	Junior Inside	Junior Outside
Men	500m	0:40.2	0:42.9	0:42.2	0:46.3
	1000m	1:19.0	1:24.4	1:23.0	1:31.0
	1500m	2:01.2	2:09.3	2:07.3	2:19.4
	3000m			4:35.9	5:02.0
	5000m	7:19.6	7:48.7	7:45.0	8:28.6

All skaters who meet the SSC performance standard are eligible to compete at Canada Cups and the Canadian Junior Long Track Championships. Speed Skate Nova Scotia will allocate travel funds for Canada Cups and the Canadian Junior Championships based on additional long-term athlete development and high-performance goals. Nova Scotia skaters who are living and training in Calgary or Ste. Foy and who are NOT receiving support from SSC or another Branch or program, as well as Nova Scotia skaters who are training and living in Nova Scotia, are eligible to receive travel support for Canada Cups and the Canadian Junior Championships.

For Juniors (age 14, but not 19 before July 1st, 2019 – ISU Rule 108), focus is on performance at the Canadian Junior Long Track Championships, which is an all-round event that serves as the basis for selecting skaters to the Canadian Team for the World Junior Long Track Championships. Skaters who perform well at the World Junior Championships may be nominated to SSC’s NextGen Team and Sport Canada’s Athlete Assistance Program for the ensuing season. In order to receive travel support for the Canadian Junior Championships, Junior A skaters (ages 17 & 18) are expected to have a minimum of two (2) CC time standards, at least one of which is a distance event (1500m or 3000m for women and 1500m, 3000m, or 5000m for men); Junior B skaters (ages 15 & 16) are expected to have a minimum of two (2) CC time standards; and Junior C skaters (age 14) are expected to have a minimum of one (1) CC time standard. For developmental purposes, specifically the goal of improving the calibre of Nova Scotia skaters competing at future Canadian Junior Long Track Championships, any Juniors who meet these SAME qualifying standards AFTER, but NOT BEFORE entries close for the Canadian Junior Championships are eligible to receive travel support for EITHER Canada Cup 3 OR Canada Cup 4.

For Seniors (age 23 and over before July 1st, 2019) and Neo-Seniors (age 19, but not 23 before July 1st, 2019), focus is on performance at Canada Cups. Nomination to SSC’s NextGen Team for the ensuing season depends on finishing among the top four (4) skaters on the Canadian Ranking List – Individual Distance Final Classification, which is based on points awarded on the basis of World Cup and Canada Cup standings, as well as proximity to the Canadian Long Track (CLT) time standard for the relevant distance and ISU group (Senior, Neo-Senior).

For performance purposes, SSNS travel support will be based on the proximity of skaters to the CLT time standards. Seniors and Neo-Seniors who have skated within 105 percent of the relevant CLT time standard in a minimum of one (1) distance are eligible to receive travel support for a maximum of two (2) Canada Cups; Seniors and Neo-Seniors who have skated within 110 percent of the relevant CLT time standard in a minimum of one (1) distance are eligible to receive support for a maximum of one (1) Canada Cup.

		Senior	105% Senior	110% Senior	Neo-Senior	105% Neo-Senior	110% Neo-Senior
Women	500m	0:38.43	0:40.35	0:42.27	0:39.55	41.53	0:43.50
	1000m	1:16.19	1:20.00	1:23.81	1:18.33	1:22.25	1:26.16
	1500m	1:57.32	2:03.19	2:09.05	2:01.66	2:07.74	2:13.83
	3000m	4:08.18	4:20.59	4:33.00	4:18.64	4:31.57	4:44.50
	5000m	7:06.60	7:27.93	7:49.26			

		Senior	105% Senior	110% Senior	Neo-Senior	105% Neo-Senior	110% Neo-Senior
Men	500m	0:34.90	36.64	0:38.39	0:35.61	37.39	0:39.17
	1000m	1:09.16	1:12.62	1:16.08	1:10.60	1:14.13	1:17.66
	1500m	1:45.70	1:50.98	1:56.27	1:48.60	1:54.03	1:59.46
	5000m	6:22.08	6:41.18	7:00.29	6:33.95	6:53.65	7:13.34
	10000m	13:15.71	13:55.50	14:35.28			

For developmental purposes, specifically the goal of improving the calibre of Nova Scotia skaters competing at future Canada Cup events, Neo-Senior skaters who have not skated within 105 or 110 percent of the CLT time standards but have met CC time standards are eligible to receive travel support for a maximum of one (1) Canada Cup on the basis of the following criteria: N1 and N2 skaters (ages 19 and 20 before July 1st, 2019) must have made a minimum of one (1) CC standard; N3 and N4 skaters (ages 21 and 22 before July 1st, 2019) must have made a minimum of two (2) CC standards. Skaters in their last year of Junior (age 18 before July 1st, 2019) who have made a minimum of one (1) SENIOR CC standard AND who competed at the Canadian Junior Long Track Championships are eligible to receive travel support for EITHER Canada Cup 3 OR Canada Cup 4.

CANADIAN YOUTH LONG TRACK CHAMPIONSHIPS

February 8-9, 2020, Red Deer, AB

Speed Skate Nova Scotia is eligible to enter a minimum quota of one (1) skater per gender/age class in the Canadian Youth Long Track Championships (CYLT).

In order to qualify to attend the Canadian Youth Long Track Championships and receive travel support, 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 two (2) of three (3) distances in races held during the 2019-2020 season (competitions held within and outside the province), prior to the close of entries (January 29th, 2020). No times skated in indoor facilities will be considered.

Speed Skate Nova Scotia may be eligible to send more than one (1) skater in a gender/age class as a result of SSC's sequential allocation of additional entries based on Branch Rankings from the previous year. If so, priority will be given by order of finish in the relevant gender/age class at the Atlantic Cup Long Track Championships. Only skaters who have met the SSNS time standard as outlined in (ii) will qualify to attend the CYLT and receive travel support.

Speed Skate Nova Scotia time standards for CYLT, based on percentages (i.e., 120–125 percent) of the fastest times skated at Canadian Age Class Long Track Championships 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	46.01	2:40.28	28.52	45.22	2:39.50	27.61	44.21	2:37.68
Date	2016	2016	2018	2014	2019	2018	2013	2013	2018	2015	2014	2018
125%	37.85	60.43	3:37.87	36.23	57.51	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	56.36	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	55.21	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	57.51	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	27.92	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	2019	2016	2018	2017	2016	2018	2017	2017	2018	2018	2015	2018
125%	34.90	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%	34.20	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%	33.50	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	34.90	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

All skaters who meet the SSC performance criteria for Short Track Canada Cups 1 and 2, the Canadian Junior Short Track Championships, and the Short Track Canada Cup Junior Final are eligible to compete at these events. Skaters who have not been preselected have an opportunity to qualify by time if they meet the required time standard. In the event that the number of entries meeting the time standard exceeds the total number of places available, each province is guaranteed an entry of at least one (1) skater per gender who meets the time standard.

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)

Should more than one (1) Nova Scotia skater per gender meet the time standard, priority will be given to the skater with the fastest combined 500m and 1500m times. Should a tie arise, priority will be given to the skater with the fastest 500m time.

Speed Skate Nova Scotia will allocate travel funds based on additional long-term athlete development and high-performance goals. During the 2019-20 season, Junior and Senior skaters are eligible to receive travel support for a maximum of one (1) of the following four (4) events:

SHORT TRACK CANADA CUP 1

October 18-20, 2019, Sherbrooke, QC

Competitors at the Short Track Canada Cup 1 must have reached the age of 14 before July 1st, 2019.

Entry is done through the following priorities up to a maximum number of entries:

1. The 25 highest ranked athletes according to the adjusted 2018-19 Canadian ranking (excluding those who competed at the 2019 Canadian Short Track Championships, or were originally qualified but unable to compete due to injury/illness etc.)
2. The 25 highest ranked athletes according to the adjusted 2018-19 Canadian junior ranking (excluding those who competed at the 2019 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 based on their combined 500m + 1500m times as recorded from March 1, 2019 to October 6, 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.

CANADIAN JUNIOR SHORT TRACK CHAMPIONSHIPS

November 29-December 1, 2019, Calgary, AB

Competitors at the Canadian Junior Short Track Championships must have reached the age of 14, but not the age of 19 before July 1st, 2019 (ISU Rule 108).

Entry to the Canadian Junior Short Track Championships is done through the following priorities:

1. All Junior athletes who competed at the Canadian Short Track Championships. These include the originally qualified skaters as well as the replacement skaters who participated in the competition.
2. Junior athletes taken from the overall ranking (total of three distances) of the Short Track Canada Cup #1, up to a maximum total of 30, including those who were selected above.
3. Remaining positions: junior athletes based on their combined 500m + 1500m times as recorded from March 1st, 2019 to November 17th, 2019 in a SSC sanctioned competition with electronic timing. Please note in special circumstances manual times will be accepted (adjusted upwards by 0.2).

SHORT TRACK CANADA CUP 2

February 7-9, 2020, Sherbrooke, QC

Competitors at the Short Track Canada Cup 2 must have reached the age of 14 before July 1st, 2019.

Entry is done through the following priorities up to a maximum number of entries:

1. All Racing Pool athletes who were not selected to compete at World Cups 5 and 6. Athletes who were pre-selected to World Cups 5 and 6 based on performance at the previous World Cups, but who have elected not to compete at World Cups 5 and 6 are exempt from this competition.
2. All remaining athletes qualified to compete at the Canadian Short Track Championships (excluding those mentioned in point 1 above, but including those who were originally qualified yet did not compete due to illness/injury etc.).
3. The 12 next highest ranked athletes from the results of the Short Track Canada Cup #1 overall ranking (total of three distances) (excluding those already entered above).
4. The 15 next highest athletes from the 2019 Canadian Junior Championships overall ranking (total of three distances) (excluding those already entered above).
5. Remaining positions*: Athletes who meet the time standard stated below based on their combined 500m + 1500m times as recorded from September 1st, 2019 to January 26th, 2020 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.

SHORT TRACK CANADA CUP JUNIOR FINAL

March 20-22, 2020, Richmond, BC

Competitors at the Short Track Canada Cup Junior Final must have reached the age of 14, but not the age of 19 before July 1st, 2019 (ISU Rule 108).

Entry to the Short Track Canada Cup Junior Final is done through the following priorities up to a maximum number of entries:

1. All Junior skaters who qualified for the Short Track Canada Cup 2 but did not qualify for the Short Track Canada Cup Final.
2. All skaters who qualified for the Canadian Junior Short Track Championships but did not qualify for the Short Track Canada Cup Final (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 September 1st, 2019 to February 24th, 2020 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.

CANADIAN YOUTH SHORT TRACK CHAMPIONSHIPS – EAST

March 28-29, 2020, Sherbrooke, QC

Speed Skate Nova Scotia and the other Branches are eligible to enter a minimum quota of two (2) skaters per gender/age class in the Canadian Youth Short Track Championships – East (CYSTE). Additional entries are allocated sequentially based on Branch Rankings from the previous year.

In order to qualify to attend the Canadian Youth Short Track Championships – East and receive travel support, Nova Scotia skaters must achieve the SSNS time standard for their gender/age class in a minimum of two (2) out of three (3) distances in competitions (inside and outside the province) during the 2019-20 season, prior to the close of entries (March 18th, 2020).

If more skaters in a gender/age class meet the SSNS time standard than the number of entries for which the Branch is eligible, 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, in turn, to the fastest skaters (i.e., with the lowest average percentage). In the case of a tie for the last entry (2nd if the Branch has 2 entries, 3rd if the Branch has 3 entries, etc.), the third distance will be used to break the tie, with the tied skaters 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).

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

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	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	20.38	38.64	2:43.07	20.85	39.22	2:38.80	20.55	38.85	2:43.06
Date	2018	2018	2018	2019	2017	2018	2013	2018	2018	2014	2014	2019
120%	25.36	47.03	3:15.26	24.46	46.37	3:15.68	25.02	47.06	3:10.56	24.66	46.62	3:15.67
117.5%	24.83	46.05	3:11.20	23.95	45.40	3:11.61	24.50	46.08	3:06.59	24.15	45.65	3:11.60
115%	24.30	45.07	3:07.13	23.44	44.44	3:07.53	23.98	45.10	3:02.62	23.63	44.68	3:07.52
SSNS times	25.36	47.03	3:15.26	24.46	46.37	3:11.61	23.98	46.08	3:06.59	23.63	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	36.69	2:30.74	19.43	36.51	2:29.75
Date	2016	2013	2015	2017	2017	2017	2013	2019	2019	2018	2018	2018
120%	24.55	46.26	3:08.64	23.35	44.80	3:04.05	23.18	44.03	3:00.89	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	43.11	2:57.12	22.83	42.90	2:55.96
115%	23.53	44.33	3:00.78	22.38	42.93	2:56.38	22.22	42.19	2:53.35	22.34	41.99	2:52.21
SSNS times	24.55	46.26	3:08.64	23.35	44.80	3:04.05	22.70	43.11	2:57.12	22.34	42.90	2:55.96

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

SPEED SKATE NOVA SCOTIA NATIONAL COMPETITION TRAVEL FUND FUNDING CRITERIA

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

SHORT TRACK (SSC Competition Bulletin 2019.01 and High Performance Bulletin 184)

Speed Skate Nova Scotia has targeted the following competitions for funding for the 2019-2020 season:

- (i) Canadian Junior Long Track Championships/Long Track Canada Cup 2 – Calgary, AB. January 3-6, 2020.
- (ii) Canadian Youth Long Track Championships – Red Deer, AB. February 8-9, 2020.
- (iii) Long Track Canada Cup 4 – Calgary, AB. March 19-22, 2020.
- (iv) Short Track Canada Cup Junior Final – Richmond, BC. March 20-22, 2020.
- (v) Canadian Youth Short Track Championships – East – Sherbrooke, QC. March 28-29, 2020.

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 2019-20 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 support.

Canada Cup 2 and Canada Cup 4: 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 pp. 4-5) is eligible to receive a maximum of \$800 in travel support.

- Senior and Neo-Senior aged skaters living and training in Calgary who meet the SSC and SSNS performance standards to receive travel support for Canada Cup 2 and/or Canada Cup 4, 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 Canada Cup 1 instead.

Canadian Youth Long Track Championships: Each athlete who has satisfied the performance standard set out by SSNS (see pp. 5-6) is eligible to receive a maximum of \$800 in travel support.

Short Track Canada Cup Junior Final: Each athlete who has satisfied the performance standard set out by SSC (see pp. 8-9) is eligible to receive a maximum of \$800 in travel support.

Canadian Youth Short Track Championships – East: Each athlete who has satisfied the performance standard set out by SSNS (see pp. 9-10) is eligible to receive a maximum of \$400 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: Canada Cup 1, Canadian Junior Short Track Championships, Canada Cup 2, and/or Canada Cup Junior Final

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, 2019 to March 31st, 2020 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 **151.142 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 **141.381 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 **163.792 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, 2020 to eligible skaters.



APPENDIX IV: 2019-2020 SSNS ATHLETE CODE OF CONDUCT

**Speed Skate Nova Scotia
Athlete Code of Conduct Form
2019-2020 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.