
SPEED SKATING CANADA

HIGH PERFORMANCE BULLETIN

#152 - Long Track



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HIGH PERFORMANCE BULLETINS

The High Performance Committee will issue bulletins periodically throughout the season informing Skaters, Coaches, ODC and SSC Branches of any update and/or changes to selection criteria, competitions, etc.

The HPC 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 High Performance program. In these situations, all athletes and coaches will be advised of any changes as soon as they are confirmed by the HPC.

2009 – 2010 Selection Criteria

General Information

Eligibility

All skaters must meet the relevant ISU eligibility requirements in order to be considered for selection to an ISU Championship, ISU World Cup, Qualifying Competition or other International events.

Notification

All National and Development Team skaters must have completed and signed a National Team Agreement in order to be eligible for selection to any of the following competitions. Athletes earning selection to compete internationally for Canada who are not on the National or Development team will be required to sign an agreement in order to compete.

For the Fall World Cups, all skaters pre-selected to the team must sign the SSC declaration to compete form 1 week prior to the Fall World Cup Trials, indicating their intent to compete or not to compete in their pre-selected distances. For athletes who are selected following the Fall Trials they must sign the SSC declaration to compete form within 24 hours following the selection competition, if they are competing in the European World Cups.

North American World Cup participants must sign the SSC Declaration to Compete form by the date determined by the HPCLT.

For all World Championships and the Continental Championship, all skaters selected to the team must sign the SSC Declaration to Compete form, if they are competing in the applicable Championship, at a date determined by the HPCLT.

For the Winter World Cups, all skaters selected to the team must sign the SSC Declaration to Compete form, if they are intending to compete in the applicable World Cup, at a date determined by the HPCLT.

Selection Procedures

All skaters must qualify through the specific standards as set by the ISU to be eligible to compete in each specific event. The current policies are subject to change in accordance with any changes to ISU qualifications rules and regulations.

Speed Skating Canada will select athletes for each specific event in accordance with the following general procedures.

Skaters can gain selection to a team by one of three methods:

- Pre-selection
- Performance / results at designated selection race/s (selection is subject to any bye request application being granted) as detailed in HPC Bulletins.
- Bye request

1. Pre-selection

Pre-selection to an event may be granted to a skater so that he/she can better prepare for that event. Pre-selection will be based on specific and objective results obtained by the athlete/s normally during the current skating season and is not subject to any decisions made with regard to bye request applications

The results required to obtain a pre-selection are detailed in the relevant Bulletins.

It is important to realize that pre-selection takes place before any such selection competitions, and therefore all skaters participating in the competition will be aware of the number of positions available for selections. The HPC will announce all pre-selections prior to the start of the selection competition.

Pre-selection is normally restricted to a maximum number of skaters as detailed later in this Bulletin. However, the HPC has the discretion to pre-select additional skaters to a particular event/team if the performances of an athlete are clearly superior to others in contention for selection and that these performances warrant such pre-selection.

2. Performance / results at designated selection event/s

Selection on the basis of performance/results at a designated selection event/s is subject to any decisions made with regard to bye request applications (see 3 below).

Designated selection events will be named for Fall and Winter World Cup, World Sprint Championship, Continental Championship, World All Round Championship and World Junior Championship Teams.

3. Bye requests

Due to exceptional circumstances (e.g. illness, injury) and through no fault of their own, a skater sometimes does not have the opportunity to compete in the designated selection event/s.

In this situation, the athlete may be eligible to apply for a bye selection to the relevant team.

The basic philosophy for selecting an athlete by granting a bye is that, all things being equal, the skater given the bye has clearly demonstrated superior performances in previous competition to other athletes being considered for selection.

A bye request is considered as the last means by which an athlete can gain selection and is intended to provide for exceptional circumstances outside the normal selection criteria rather than being part of the normal means by which an athlete can gain selection. The procedure and policy for the allocation of Byes is detailed in Appendix A.

Reskates:

1. Reskates may be allowed as per ISU Rule #262.
2. In addition, reskates outside the guidelines of ISU Rule #262 will be permitted by the HPC for Team Selection purposes only. (ie. World Championships, World Cups, Continental Championships)
3. Conditions under which a reskate will be permitted for the purposes of Team Selection are:
 - I. The Referee has the right to restrict reskates to those skaters ranked in the top 16 of the final 2008 - 2009 Canadian Rankings in consultation with the HPC Representative.
 - II. The skater cannot cross the finish line (except at Continental championships due to country quota implications),
 - III. The skater has a fall, experiences equipment failure or is disqualified immediately following their race.
 - IV. The skater elects not to complete the race and skates into the warm-up lane to indicate their withdrawal from that race.
4. In case of disqualification, the time will not be considered official. The skater will be able to reskate at the completion of the races for the specific distance. Please note that a skater is entitled to a minimum rest of 30 minutes between his/her race and the reskate, however they may elect to complete their reskate within this minimum 30 minute allowance.
5. Exceptions to the Reskate: In the case of a reskate in the 500m distance when both 500m rounds are conducted on the same day, the reskate will take place after the 2nd round of the 500m races has been completed.
6. For reskates permitted outside the guidelines of ISU Rule #262 the time recorded in the reskate will be used for the purposes of Team Selection and the Canadian Rankings.
7. For reskates permitted outside the guidelines of ISU Rule #262 the skater/s will be drawn separately to any other skaters who have been granted a reskate based on ISU Rule #262.

For the purpose of clarification with respect to reskates as outlined above:

Notwithstanding ISU Rule 266, for the second race of the 500M, a skater who does not finish or who is disqualified in the first race has the right to start the second race excepting disqualifications pursuant to 216 (2) (f);

Scheduling of reskates awarded pursuant to ISU rule 262 will be at the discretion of the High Performance Jury.

Selection Meeting

The HPCLT will have a Selection Meeting following each selection competition.

- A) In accordance with Paragraph IV-104 (c) of the Procedures and Regulations, the HPC require a quorum for any meeting at which decisions concerning the selection of athletes for teams for specific events is being taken. The quorum will consist of the elected members present not in conflict of interest.
- B) Athlete and coach members are deemed to be in conflict of interest with respect to such decisions. The Committee members deciding may permit representations from a coach with respect to the specific decision to be made, but in such circumstances the coach shall not participate in any subsequent discussions concerning the decision nor shall they vote.
- C) In any case where an elected member is deemed to have or declare a conflict of interest in relation to a specific decision, or in his or her absence, the High Performance Director will vote in his or her place.

Naming of Teams

Naming of a Team is provisional until any and all bye requests have been considered.

Once all bye requests have been considered, SSC will then formally announce a Team via email and also by placing the respective team list on the SSC website.

The intent of the HPC is to fund all qualified skaters named to each team. However, there may at times be a necessity to limit athletes named to events due to budget restrictions. The HPC, together with the National Coaching staff may also determine that it is NOT in the athlete's best interest to compete in a specific competition. In these instances the athlete will not be entered by the SSC to compete in the respective competition.

NB: Qualified means that the skater has met the selection criteria or has been added because of someone declining their position for that event and they are the next ranked skater from the selection competition.

Replacement of Skaters

The HPC reserves the right at their discretion to replace a skater if medical advice is such that competing in the event is potentially injurious to the selected skater or that the skater has not recovered sufficiently from an existing injury.

If a skater who is named to a team withdraws or declines their position on the team prior to departure for the competition they may be replaced on that team at the absolute discretion of the HPC. In determining if a replacement will be made the HPC will consider the performances of the replacement skater during the last 12 month period, and will also consider in consultation with the coaches, the development value of that skater competing in the respective event.

Eligible replacements will be determined on the basis of the ranking of skaters from the original selection procedures. Replacement considerations include budget, racing in more than one event or race, development opportunities, competitiveness of athlete, progression of preparation, coaches recommendations, international ranking.

If a skater who is named to a team withdraws from a team due to injury, illness etc following departure from Canada for the competition, or series of competitions, they will not be replaced on

the team. Another skater who is already at that competition may be offered the opportunity to substitute for the injured skater.

In either of the above situations if the replacement skater is the next ranked skater from the original selection procedure they will be deemed as qualified and eligible to earn Canadian Ranking points from their participation in the respective competition.

Participation in a vacant 2009 – 10 World Cup position by a non qualified skater

A skater already present at the World Cup may compete in a distance in a World Cup that they have not qualified for,

- a) if they are competing in another distance and if the quota is not filled for that distance or
- b) if someone drops out of that distance

2009 Fall World Cup Teams

The following athletes have been pre-selected for the 2009 Fall World Cup races. Remaining quota positions will be determined at the 2009 Fall World Cup Trials or as noted in this Bulletin.

Women	Men
500m	500m
1 Shannon Rempel	1 Jamie Gregg
2 Tamara Oudenaarden	2 Muncef Ouardi
3	3 Vincent Labrie
4	4
5	5
1000m	1000m
1 Christine Nesbitt	1 Denny Morrison
2 Kristina Groves	2 Kyle Parrott
3 Shannon Rempel	3 Francois-Olivier Roberge
4	4
5	5
1500m	1500m
1 Christine Nesbitt	1 Denny Morrison
2 Shannon Rempel	2 Steven Elm
3 Kristina Groves	3 Lucas Makowsky
4	4
5	5
3000m	5000m
1 Kristina Groves	1 Lucas Makowsky
2 Brittany Schussler	2 Jay Morrison
3 Clara Hughes	3
4	4
5	5
5000m	10000m
1 Clara Hughes	1 Lucas Makowsky
2 Kristina Groves	2
3 Brittany Schussler	3
4	4
5	5
Team Pursuit	Team Pursuit
1 Christine Nesbitt	1
2 Kristina Groves	2
3 Brittany Schussler	3
4	4
5	5
6	6

2009 – 2010 World Cup Information

For the 2009-10 World Cups, Canada has the following quotas for each of the respective distances and genders

Women	Quota	Men	Quota
100/500m	5	100/500m	5
1000m	5	1000m	5
1500m	5	1500m	5
3000/5000m	5	5000/10000m	5
Team Pursuit	1 Team	Team Pursuit	1 Team

ISU Qualifying Times for the World Cups (To be confirmed)

Women		Men
500m	40.50	37.00
1000m	1:21.50	1:14.00
1500m	2:06.00	1:53.50
3000m	4:30.00	-----
5000m	7:30.00 or 4:18.00	7:00.00
10000m	-----	14:00.00 or 6:48.00

2009 Fall World Cups

Skaters who were qualified on the ISU World Cup Points Ranking (Top 14) and ISU Time Ranking (Top 10) and competed at the 2009 World Single Distance Championships will be pre-selected to a Fall World cup position in order of their finish position in a specific distance. Please note a minimum of two Fall World Cup quota positions will remain per distance for selection following the Fall World Cup Trials.

If a pre-selected skater declines their position in a distance/s for a 2009 Fall World Cup, this position WILL NOT automatically be assigned to the next ranked skater from that distance.

Once all pre-selected skaters have declared their intent to compete in a Fall World Cup distance any remaining quota positions will be determined at the absolute discretion of the HPC following the 2009 Fall Trials. The HPC will consider, but not be limited to the following in making these selection decisions:

1. Performances at the 2009 Fall Trials
2. Performances during the 2008/09 season
3. 2008/09 Canadian Rankings

These decisions will be made in full recognition of the fact that quota positions for the 2010 Olympic Games are determined in part on the Fall 2009/10 World cup rankings.

500m – The total points of both 500m will determine the final classification.

Team Pursuit Pre-Selection for Fall World Cups

1. Skaters that competed in the Team Pursuit at the 2009 World Single Distance Championships and finished in the top 3 places.

Fall World Cup Trials

For the 2009 Fall World Cup Trials, skaters who meet the following criteria are eligible to compete for a position on the World Cup Team:

1. National, Development Team and Talent Squad skaters are eligible in any distance.
2. Other skaters ranked in the top 16 of the 2008 – 09 Canadian Rankings are eligible but only in the distance in which they gained their top 16 ranking unless invited to compete in another distance.
3. The HPC reserves the unrestricted right to invite other skaters to participate in the 2009 Fall Trials.
4. A final list of eligible athletes will be published 24 hours prior to the Draw.

Fall Trials: October 17-20

Saturday October 17	500m x 2 Ladies	500m x 2 Men
Sunday October 18	1500m Ladies	1000m Men / 5000m Men
Monday October 19	1000m Ladies / 3000m Ladies	1500m Men
Tuesday October 20	5000m Ladies / TP Ladies	10000m Men / TP Men

Qualifying procedures for the Team Pursuit

Any remaining positions (after Pre-selections) will be chosen from the following:

Ladies – Combined results of the 1500m / 3000m

Men – Combined results of the 1500m / 5000m

Team Pursuit Teams of 6 skaters will be named following the Fall Trials.

Seedings for Fall World Cups

Skaters will be ranked from last year's World Single Distances, followed by the results of the Fall Trials.

2010 Winter World Cups

The Winter World Cups consist of a Sprint World Cup and the World Cup Final.

Selection Procedure – Sprint World Cup – Erfurt (March 6-7, 2010)

Skaters who are in the top 30 in World Cup Points in either distance will be selected to skate in the Sprint World Cup.

World Cup Final - Heerenveen (March 12-14, 2010)

Skaters will be selected for individual distances in the following priority order:

1. Top 24 ranked skaters from the 2009/2010 ISU World Cup Rankings
2. The winner(s) of Division B race(s) in the preceding Competition

Canadian Single Distance Championships Competition Format

Canadian Single Distance Championships December 27, 2009 – January 02, 2010

Eligibility

The Canadian Single Distance Championships will be restricted to:

1. top 16 ranked skaters from the Final 2008-2009 Canadian Rankings - 500m
2. top 16 ranked skaters from the Final 2008-2009 Canadian Rankings - 1000m
3. top 16 ranked skaters from the Final 2008-2009 Canadian Rankings - 1500m
4. top 16 ranked skaters from the Final 2008-2009 Canadian Rankings - 3000m / 5000m
5. top 12 ranked skaters from the Final 2008-2009 Canadian Rankings - 5000m / 10000m
6. The HPC may in their absolute discretion invite other skaters to compete.

General Regulations:

The rules used for SSC competitions including the Canadian Single Distance Championships are from the ISU Regulations, the HPCLT Bulletins and the SSC Procedures and Regulations. Exceptions are noted below.

Seeding:

Seeding at the Canadian Single Distance Championships will be conducted as follows:

For All Distances:

- Group 1: Top 8 ranked skaters for the distance in attendance from the 2008-2009 Final Ranking List
- Group 2: The next 8 ranked skaters for the distance in attendance
- Group 3: Any National Team and Development Team skaters not in Group 1 or 2
- Group 4: Remaining skaters will be seeded from their best times of the 2008/2009 season. Sub groups of 8 will then be used for drawing

For the 2nd 500m, the pairing will be done as per ISU Regulation 240, paragraph 6.

Order of Pairings

Group 1 will skate first. (The top 2 ranked skaters will be in Pair 4.)

Disqualification:

All competitions are under ISU Rules and Regulations. If a competitor is disqualified over any Distance, he/she forfeits their Championship ranking in the race he/she has been disqualified in pending a decision by the HPC.

Individual race times and Reskate times will stand for ranking purposes and selection.

High Performance Jury

The High Performance Jury will consist of the High Performance Director or designate, the Chief Referee and the High Performance Committee Chairman and/or elected Committee members in attendance.

2009 - 2010 Canadian Rankings

A final Canadian Ranking List will be published after the season in each individual distance.

Complete details regarding the Canadian Ranking system for 2009 - 2010 will be provided in the next High Performance Bulletin #153 – Long Track. Please note domestically, the following competitions will be eligible for athletes to obtain Canadian Ranking Points:

Canadian Single Distance Championships, Dec. 27, 2009 - January 02, 2010 Calgary, AB

Canada Cup 1, January 08 - 10, 2010 Calgary, AB

Canada Cup 2, January 29 - 31, 2010 Saskatoon, Saskatchewan

North American Championships, February 12-14, 2010 Salt Lake City, USA

Canada Cup 3, March 04 - 07, 2010, Québec, QC

All racing will be schedule for the 4th – 6th, with the 7th remaining as a back-up day due to weather)

2009 - 2010 Long Track Skater of the Year / Rising Star

Speed Skating Canada announces at the Annual General Meeting each year a Male and Female Long Track Skater of the Year. The HPCLT will determine the winner of the awards with consideration of all performances throughout the current season including World Championships, World Cups and National Competitions.

Speed Skating Canada may also announce at the Annual General Meeting, a “Rising Star” award. The HPCLT will determine the winner of the award with consideration of all performances throughout the current season including World Championships, World Cups and National Competitions.

Appendix A

OPERATIONAL GUIDELINES TO THE HIGH PERFORMANCE COMMITTEES FOR THE ALLOCATION OF BYES

1. Purpose

To provide guidelines to the High Performance Committees in the granting of byes.

2. Philosophy of Team Selection

The philosophy for team selection is to select the athletes that will achieve the best possible result for Canada at different competitions (Olympic Games, World or Continental Championships, World Cups, etc).

The Long Track (HPC-LT) and Short Track (HPC-ST) High Performance Committees are determined to make the selection to these teams as objective as possible. To ensure this occurs the HPC-LT and HPC-ST will use, wherever possible, objective criteria such as time, placing at a specific competition/s, and ranking etc. as the foremost criteria in selecting athletes.

These criteria will be used at specified selection event/s or a series of specified events.

In nominating the specific selection event/s, the HPCs will only nominate an event that occurs after the confirmation of the relevant selection policy.

In all cases it is the intent of the HPC that selection is earned through current performances in the specific selection events.

However, in exceptional circumstances an athlete may not be able to compete in the relevant selection events. In this instance the athlete is eligible to apply for selection under the Bye Clause as detailed below.

3. Bye Clause Selection Philosophy

(The Bye Clause will only apply to selection for specific competitions / events. The Bye Clause will not apply for nominations by SSC to Sport Canada's, Athlete Assistance Program. In the case of a major injury, the AAP Injury Card procedures will be implemented to handle this situation)

Due to exceptional circumstances (e.g. illness, injury, equipment break, etc) and through no fault of their own, a skater sometimes does not have the opportunity to compete in the nominated selection event/s. In this situation the athlete may be eligible to apply for a bye selection to the relevant team.

The basic philosophy for selecting an athlete by granting a bye is that, all things being equal, the skater given the bye has clearly demonstrated superior performances in previous competition to other athletes being considered for selection.

A bye request is considered as the last means by which an athlete can gain selection and is intended to provide for exceptional circumstances outside the normal selection criteria rather than being part of the normal means by which an athlete can gain selection.

4. Procedures under which a bye application can be made.

- a) Bye requests must be made in writing to the respective HPC (see deadlines below)
- b) Unless physically incapable, only the skater requesting a bye can submit the request.
- c) If the bye request is made on the basis of an illness or injury the skater must provide documented evidence from a sports medicine practitioner. The HPC has the right to request further independent medical review after the bye request has been submitted.
- d) If the bye request is made on the basis of equipment breakage this must be reported to and verified by the race referee or HPC representative immediately following the race in which the equipment breakage occurred.

5. Conditions for applying for a Bye

i. Bye request for a specific competition in the current skating season

Bye requests will be considered in two categories:

- a) *Pre-competition illness or injury that prevents an athlete from competing in the ranking / selection event.*

If the skater is ill or injured before the beginning of the competition, he/she must request a bye before the Coaches' meeting at the competition. The HPC Representative must formally announce all bye requests at this meeting so that all other competitors are made aware of the possibility of a bye being granted.

A bye request will be ruled ineligible if the skater subsequently competes in the selection event.

In the case of selection being based upon a cumulative ranking from multiple events, a skater is eligible to apply for a Bye request to a subsequent ranking event if they are prevented from competing in one of the ranking events due to a pre-existing illness or injury.

b) *Injury, illness or equipment breakage during the selection event.*

A bye request must be made **within 24 hours** following the end of the competition unless the skater is physically incapable of making this request (in such a case, the skater's coach may make the request).

(See Clause 4d above for the reporting requirements for equipment breakage)

In both categories the bye request **must state clearly** what the skater is asking for, and supporting documentation (medical, race referee report etc) must be attached. The relevant HPC should also have confirmation (medical or other, if not a medical problem) that the athlete will be at 100% of his/her capacity (physical, psychological, etc) to participate in the competition for which he/she has requested a bye.

ii. **Bye request to a specific Team or a Competition for the season following the selection event/s.**

This process is for the selection to a specific team such as the National Team or Development Team or for competitions in the next skating season but before the next selection competition/s (such as the Fall World Cups).

The bye must be requested **within two weeks** following the final selection event. The bye application **must state clearly** what the skater is requesting, and appropriate documentation (medical, etc) **must be attached**.

The relevant HPC should also have confirmation (medical or other, if not a medical problem) that the athlete will be at 100% of his/her capacity (physical, psychological, etc) to be on the Team or participate in the competition to which he/she has requested a bye.

6. Process for reviewing a Bye application

The following steps are involved in the process of considering a request for a bye.

- a) Following the final selection event for the respective team / event, the relevant HPC meets (in person or via conference call) to review the facts.
- b) In cases where multiple bye applications are lodged they will be assessed individually and on their own merit.
- c) The three elected members of the HPC (who are not in conflict of interest) will review the facts and make a recommendation (with supporting rationale). If all three elected members of the originating HPC are in conflict of interest, then the High Performance Program Director (HPPD) will make the recommendation regarding the Bye application.

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- d) If relevant, the HPC will establish a revised ranking of athletes based upon the selection event/s and an assessment of previous performances from those who have requested a bye.
 - e) From this revised ranking, the final selections will be made.
 - f) These final selections will then be named as the “Team” and will be communicated to the skater/s requesting the bye, skater/s directly affected by the bye request, the coaches, and athletes' representatives.

7. Conditions for Granting a Bye

The basic question the HPC must answer is whether the skater requesting the bye had a recent history of performances or other factors as listed below that demonstrate clear superiority of the skater requesting a bye to those of other athletes in consideration for selection.

The HPC must also be certain that the athlete requesting the bye would be able to compete at a similar level in the event or team for which they seek selection. The HPC may award a “Conditional Bye” to skaters recovering from injury or illness. In this situation the skater may have certain conditions imposed. This could include, but is not limited to such things as a certain time frame, performance requirement etc.

In order to make these decisions, the HPC will evaluate a number of elements including, but not limited to the following.

- a) Head-to-head competition results of the athletes being considered for selection.
- b) Past performances of the skater requesting the bye,
- c) Results of the selection competition (by skaters in contention for the team),
- d) Recent training and testing performances

In evaluating past performances, the HPC will assign priority to those performances from the 12 month period prior to the final selection event.

However, this is occasionally not possible because of injuries, or the lack of opportunity for the skaters to compete. In such instances performances beyond this 12 month period will be considered but will assume a lower value in assessing the bye request.

i. Long Track

In long track, the HPC-LT may award a bye to a skater who is:

The indicated sammelagt points faster than the last skater selected in a specific distance (that would mean 0.6 seconds in the 500m (2 x 500m), 1 second in the 1000m, 1.5 seconds in the 1500m, 3 seconds in the 3000m, 5 seconds in the 5000m, and 10 seconds in the 10000m) or

Combined sammelagt point difference per race skated for a selection over cumulative points (4 distances skated = 2 sammelagt points)

In assessing the past performances of the skater requesting the bye and the history of the skaters involved, the HPC-LT will give priority to the best time (in sanctioned events) of the skaters involved during the last 12 months including the selection competition(s).

In the case of a multiple distance selection (World Sprint, World All-round, Continental, Junior World, etc), if a skater cannot complete the selection competition due to injury, illness or special circumstances, the missing distances will be evaluated by using the best time rule (in the last 12 months) for the skaters involved.

Please note in the 500m, the 2 races utilized must come from the same competition.

ii. Short Track

In short track, the general guideline is that the HPC-ST judges that the athlete being granted a bye would have finished clearly ahead of the last skater selected

In making this judgement the HPC-ST will evaluate a number of elements including, but not limited to the following.

- a) Head-to-head competition results of the athletes being considered for selection.
- b) Past performances of the skater requesting the bye,
- c) Results of the selection competition (by skaters in contention for the team),
- d) Recent training and testing performances
- e) Current world rankings of the athletes

8. Appeals

Following the announcement of the "Team" the athlete/s affected by the bye request decision has/have the opportunity to appeal this decision in accordance with the Speed Skating Canada Appeal Policy. (refer to SSC Appeals Policy RES 100)

Approved by the High Performance - Long Track on March 27, 2000.

Approved by the High Performance - Short Track on October 5, 2000.

Updated on October 3 and 4, 2001.

Long Track Update: August 15, 2002

Revised: May 2006

Short Track Update: September 2006