

SPEED SKATING CANADA

HIGH PERFORMANCE BULLETIN

#153 - 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.

Competition Formats

High Performance Jury

For all events listed below, the HP Jury will consist of the High Performance Director or designate, the Referee and the High Performance Committee Chairman and/or elected Committee members in attendance.

Canadian Single Distances Championships, Dec 27 – Jan 02, 2009-10, Calgary, AB

For the Canadian Single Distances Championships the following format will be used:
Restricted Entry Criteria as per page 6 (Bulletin #153)

		Ladies	Men
27-Dec-09	1	2 X 500m	2 x 500m
28-Dec-09	2	3000m	5000m
29-Dec-09	3	1000m	1000m
30-Dec-09	4	Rest day	Rest day
31-Dec-09	5	Rest day	Rest day
1-Jan-10	6	1500m	1500m
2-Jan-10	7	5000m / TP	10000m / TP

Canada Cup #1, January 8 - 10, 2010 Calgary, AB

For the Canada Cup #1, the following format will be used:

Eligibility: Senior, Junior A, B, C

	Women	Men
Friday, January 8	500m**, 1500**m	500m**, 1000m, 3000 Jr**
Saturday, January 9	1000m**, 3000m**	1500m**, 5000m**
Sunday, January 10	500m, 1000m, 5000m*	500m, 1000m, 10000m*

* 3rd longest distance to determine final distance qualifiers. Ladies 3000m and Mens 5000m
Maximum 16 skaters

Qualifying Times are in effect for this event:

	Cal/SLC	Milw/Rich	Outdoor
Ladies –			
500m –	46.0	47.0	49.0
1000m –	1.30.0	1.32.0	1.37.0
1500m –	2.20.0	2.24.0	2.31.0
3000m –	4.55.0	5.05.0	5.25.0
Men –			
500m –	41.0	42.0	44.0
1000m –	1.20.0	1.22.0	1.27.0
1500m –	2.02.0	2.06.0	2.14.0
5000m –	7.20.0	7.35.0	8:05.0
Junior Men	3000m – 4.25.0	4.30.0	4.55.0

Canadian Junior Championships, Canada Cup #2, January 29 – 31, 2009 Saskatoon, SK

For the Canadian Junior Championships / Canada Cup #2, the following format will be used:

Eligibility: Senior, Junior A, B, C

	Women	Men
Friday, January 30	500m**, 1500**m	500m**, 1000m, 3000 Jr**
Saturday, January 31	1000m**, 3000m**	1500m**, 5000m**
Sunday, February 01	500m, 1000m, 5000m* TP	500m, 1000m, 10000m* TP

* 3rd longest distance to determine final distance qualifiers. Ladies 3000m and Mens 5000m
Maximum 16 skaters

** - These races will be used for the purposes of the Junior Championships

Qualifying Times are in effect for this event:

	Cal/SLC	Milw/Rich	Outdoor
Sr Ladies –	500m – 45.0	46.0	48.0
	1000m – 1.29.0	1.31.0	1.36.0
	1500m – 2.19.0	2.23.0	2.30.0
	3000m – 4.54.0	5.03.0	5.24.0
Sr Men –	500m – 40.0	41.0	43.0
	1000m – 1.19.0	1.21.0	1.26.0
	1500m – 2.01.0	2.05.0	2.12.0
	5000m – 7.19.0	7.34.0	8:04.0
Jr Ladies –	500m – 47.0	48.0	50.0
	1000m – 1.31.0	1.33.0	1.38.0
	1500m – 2.21.0	2.25.0	2.32.0
	3000m – 4.56.0	5.05.0	5.26.0
Jr Men –	500m – 42.0	43.0	45.0
	1000m – 1.21.0	1.23.0	1.28.0
	1500m – 2.03.0	2.07.0	2.14.0
	3000m – 4.26.0	4.36.0	5.01.0
	5000m – 7.21.0	7.36.0	8:06.0

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

The North American Championships will be run in accordance with SSC Rule K46-100 and Annex J of the P + Rs. The following format is recommended:

Eligibility: Senior, Junior A, B, C – (Applies to Canadian skaters only)

	Women	Men
Friday, February 12	500m, 1500m	500m, 1000m, 3000m Jr
Saturday, February 13	1000m, 3000m	1500m, 5000m
Sunday, February 14	500m, 1000m, 5000m*	500m, 1000m, 10000m*

* US Speedskating sets quotas for longest distance

Qualifying Times are in effect for this event:

	Cal/SLC	Milw/Rich	Outdoor
Sr Ladies –	500m – 45.0	46.0	48.0
	1000m – 1.29.0	1.31.0	1.36.0
	1500m – 2.19.0	2.23.0	2.30.0
	3000m – 4.54.0	5.03.0	5.24.0

Sr Men –	500m – 40.0	41.0	43.0
	1000m – 1.19.0	1.21.0	1.26.0
	1500m – 2.01.0	2.05.0	2.12.0
	5000m – 7.19.0	7.34.0	8:04.0

	Cal/SLC	Milw/Rich	Outdoor
Jr Ladies –	500m – 47.0	48.0	50.0
	1000m – 1.31.0	1.33.0	1.38.0
	1500m – 2.21.0	2.25.0	2.32.0
	3000m – 4.56.0	5.05.0	5.26.0

Jr Men –	500m – 42.0	43.0	45.0
	1000m – 1.21.0	1.23.0	1.28.0
	1500m – 2.03.0	2.07.0	2.14.0
	3000m – 4.26.0	4.36.0	5.01.0
	5000m – 7.21.0	7.36.0	8:06.0

Canada Cup #3, March 4 – 6 (7 if required), 2010 Quebec City, QC

For the Canada Cup #3, the following format is recommended:

Eligibility: Senior, Junior A, B, C

	Women	Men
Thursday, March 4	500m, 1500m, TP	500m, 1000m, 3000mJr, TP
Friday, March 5	1000m, 3000m	1500m, 5000m
Saturday, March 6	500m, 1000m, 5000m*	500m, 1000m, 10000m*
Sunday, March 7	(only if required as a result of weather)	

* 3rd longest distance to determine final distance qualifiers. Ladies 3000m and Mens 5000m
Maximum 16 skaters

Qualifying Times are in effect for this event:

	Cal/SLC	Milw/Rich	Outdoor
Sr Ladies –	500m – 45.0	46.0	51.09
	1000m – 1.29.0	1.31.0	1.41.62
	1500m – 2.19.0	2.23.0	2.37.62
	3000m – 4.54.0	5.03.0	5.36.01
	5000m		9.44.08

Sr Men –	500m – 40.0	41.0	46.28
	1000m – 1.19.0	1.21.0	1.31.66
	1500m – 2.01.0	2.05.0	2.23.54
	5000m – 7.19.0	7.34.0	8.46.81

	10000m -		18.24.45
	Cal/SLC	Milw/Rich	Outdoor
Jr Ladies –	500m – 47.0	48.0	51.09
	1000m – 1.31.0	1.33.0	1.41.62
	1500m – 2.21.0	2.25.0	2.37.62
	3000m – 4.56.0	5.05.0	5.36.01
	5000m		9.44.08
Jr Men –	500m – 42.0	43.0	46.28
	1000m – 1.21.0	1.23.0	1.31.66
	1500m – 2.03.0	2.07.0	2.23.54
	3000m – 4.26.0	4.36.0	5.04.19
	5000m – 7.21.0	7.36.0	8.46.81
	10000m -		18.24.45

Team Pursuits (TP)

Team Pursuit Races may be run by the Organizers

Team Pursuits will be skated as per the ISU rules. Ladies – 6 laps, Men – 8 laps.

Teams are to be entered by province and are composed of 3 men or 3 ladies with the finish time of the last team member counting as the finish time for the team.

Competition Regulations

Canadian Single Distances Championships/Olympic Trials Dec 27, 2009 – Jan 02, 2010, Olympic Oval, Calgary, AB

*** Please note this is an update from HP Bulletin #152 Long Track ***

Eligibility for entry into the Canadian Championships

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. National Team and Development Team members (not included in 1 - 5 above)
7. Skaters achieving the ISU time standards for either the World Sprint Championships or the Regional Qualifier are eligible to skate in either the Sprint Distances or the AllRound distances respectively. Skaters achieving the 1000m standard would also be eligible to skate in the 1500m.
Ladies - 500m 40.20 1000m 1.21.00 3000m 4.28.00
Men - 500m 36.50 1000m 1.12.50 5000m 6.55.00
8. The HPC may in their absolute discretion invite other skaters to compete

Seeding for Canadian Championships/Olympic Trials

500, 1000, 1500

Seeding

- Group 1 – Top 8 fastest times of the current season.
- Group 2 – Next 8 fastest times of the current season
- Group 3, 4 etc – Groups of 8 times

Reason – This keeps the best skaters this year to be in the same group and skaters that are in group 1 or 2 should be the favoured skaters to make the Olympic Team.

3000L/5000/10000M

Seeding

- Group 1 – Top 4 fastest times of the current season.
- Group 2 – Next 4 fastest times of the current season.
- Group 3, 4 etc – Groups of 4 times

Top 12 skaters will be eligible to skate in the 5000m Ladies / 10000m Men. ISU longest distance selection will be in effect. ie. From 3rd longest distance (AR) or 3 distance total.

Points for Canadian rankings will only be awarded to the top 16 finishers in each race.

Note that all races at the Canadian Championships / Olympic Trials will be conducted from the lowest seed to the highest seed, as per ISU World Cup and World Championships formats.

Canada Cup #1, January 8 - 10, 2010 Calgary, AB

Seeding at the Canada Cup #1 will be conducted as follows.

For all Distances

- Group 1: Top 8 ranked skaters for the distance in attendance from the current 2009-2010 Canadian Ranking list
- Group 2: National or Development Team members not in Group 1
- Group 3: The next 8 ranked skaters for the distance in attendance
- Group 4: The next 8 ranked skaters for the distance in attendance
- Group 5: Remaining skaters with best times of the 2009-2010 season. Sub groups of 8 will then be used for drawing.
- Group 6: Remaining skaters with best times of the 2008-2009 season. Sub groups of 8 will then be used for drawing.

For the 2nd 500m and 2nd 1000m, the pairing will be done as per ISU Regulation 262.

Canadian Junior Championships, Canada Cup #2, January 29 – 31, 2010 Saskatoon, SK

ISU Junior competition rules will be used for the Canadian Junior Championships. All skaters will be ensured the best ice available.

For the Canadian Junior Championships, seeding for each of the first two distances (500m and 1500m for women; 500m and 1500m for men) will be from the Canadian Ranking list published after Canada Cup #1.

The third and fourth distance will be seeded as per ISU Rule 227, paragraph 2. However all skaters shall qualify for the longest distance.

Canada Cup #2 Seniors are paired and seeded separately for each distance. ISU Sprint competition rules will be used (excluding the draw) for the Sprint distances

For all Distances

- Group 1: Top 8 ranked skaters for the distance in attendance from the current 2009 – 2010 Canadian Ranking list
- Group 2: The next 8 ranked skaters for the distance in attendance
- Group 3: The next 8 ranked skaters for the distance in attendance
- Group 4: Remaining skaters with best times of the 2009/2010 season. Sub groups of 8 will then be used for drawing.
- Group 5: Remaining skaters with best times of the 2008/2009 season. Sub groups of 8 will then be used for drawing.

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

For all Distances

US Ranking rules in effect for this competition.

Canada Cup #3, March 4 – 6, 2010 Quebec City, QC

For all Distances

- Group 1: Top 8 ranked skaters for the distance in attendance from the current 2009 – 2010 Canadian Ranking list
- Group 2: The next 8 ranked skaters for the distance in attendance
- Group 3: The next 8 ranked skaters for the distance in attendance
- Group 4: The next 8 ranked skaters for the distance in attendance
- Group 5: Remaining skaters with best times of the 2009 – 2010 season. Sub groups of 8 will then be used for drawing.
- Group 6: Remaining skaters with best times of the 2008-2009 season. Sub groups of 8 will then be used for drawing.

At Canada Cup #3, ISU Sprint competition rules will be used (excluding the first draw) for the Sprint distances

Disqualification:

All competitions are under ISU Rules and Regulations. If a competitor is disqualified over any Distance, he/she forfeits their 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.

Reskates:

Reskates will be allowed as per the procedures and conditions identified in HP bulletin #152. If a skater is requesting a reskate outside ISU Rule #262 and the High Performance Jury determines that the ice and/or weather conditions would give the skater an undeserved advantage, they shall inform the Coach and the skater that the reskate will not be allowed.

The reskate time is the official time for the skater with the exception being ISU Rule #262.

National Team Uniforms

During an event sanctioned by Speed Skating Canada the athletes must not wear a competition uniform (skin suit) **identified** as belonging to a national team or to another country, unless he or she belongs to that team or country at the time of the competition. (SSC Rule N1-106)

In addition, Speed Skating Canada national or development team skin suits from previous seasons may not be worn, by any skater during the Canadian Championships, North American Championships or Canada Cups. (Exceptions may be made by the High Performance Jury.)

2010 World Junior Championships

Moscow, Russia – March 12-14, 2010

Eligibility:

A Junior skater is a skater who has reached the age of 14, but not the age of 19 by July 1st, 2009. (ISU Rule #108)

All skaters must meet ISU time standard requirements for each distance.

Quota:

Canada will select up to five skaters for the 2010 World Junior Championships in Moscow, Russia.

Selection Procedures:

Skaters will be selected to the 2010 World Junior Championships Team according to the following priority:

The only exception will be, if the High Performance Committee - Long Track makes such a decision as to give a skater a bye onto the team due to illness, injury or exceptional circumstance as per the policy on granting byes.

1. Pre – selection

Any skaters (including the 1st alternate) selected to either the 2010 World Sprint Championship, 2010 World All Round Championship or any skater who earns selection to a Winter World Cup Team (1000m or longer, with a maximum of 1 skater per distance per gender) will be pre-selected to the 2010 World Junior Championship team. A maximum of 2 skaters per gender can be pre-selected.

Should more than two athletes be eligible for pre-selection the following priority will be used. Female and male pre-selection have been separated because the female event favors more sprint-focused athletes, while the male event favors middle and long distance skaters.

Female pre-selection priority

1. Skaters qualifying for the 2010 World All-Round Championships in order of rank at the 2010 Continental Championships (3 distance Sammelagt total)
2. Skaters qualifying for the 2010 World Sprint Championships in order of rank at the 2009 Canadian Single Distances Championships
3. Skaters qualifying for a 2010 Winter World Cup team in order of best finish position in the respective distance from the selection events. If there is a tie in best finish position then the rank will be by order of the skaters finish time as a percentage of the winner's time from the respective selection race.
4. Rank at the 2009 Canadian Single Distances Championships (3 distance Sammelagt total)

Note: The 3 distance Sammelagt total consists of the 500m, 1500m, and 3000m for women.

Male pre-selection priority

1. Skaters qualifying for the 2010 World All-Round Championships in order of rank at the 2010 Continental Championships (3 distance Sammelagt total)
2. Skaters qualifying for a 2010 Winter World Cup (1500m or 5000m) team in order of best finish position in the respective distance from the selection events. If there is a tie in best finish position then the rank will be by order of the skaters finish time as a percentage of the winner's time from the respective selection race.
3. Skaters qualifying for the 2010 World Sprint Championships in order of selection rank.
4. Skaters qualifying for a 2010 Winter World Cup (1000m) team in order of best finish position in the respective distance from the selection events. If there is a tie in best finish position then the rank will be by order of the skaters finish time as a percentage of the winner's time from the respective selection race.
5. Rank at the 2009 Canadian Single Distances Championships (3 distance Sammelagt total)

Note: The 3 distance Sammelagt total consists of the 500m, 1500m, and 5000m for men.

2. Results at 2010 Canadian Junior Championships

Skaters will be selected for the Junior World Championships as follows:

Canadian Junior Championships

a) First two skaters in All Round ranking – Total points

Ranking will be determined as the cumulative total of 4 distances, in Sammelagt points, accumulated by skaters at these Championships (including reskates for all distances).

Distances that will be used are:

Women:	500m, 1000m, 1500m, 3000m (Best 500 and 1000)
Men:	500m, 1500m, 3000m, 5000m (Best 500)

b) First skater in Sprint ranking – 2 x 500m and Best 1000m – Total points

North American Championships

- a) First skater in All Round ranking (not previously selected above - AR)
- b) First skater in Sprint ranking (not previously selected above - Sprint).

Note: Skaters may qualify for more than one position. The HPC Selection Committee would then select the replacement. The HPC has full discretion in determining if a replacement will be made.

Alternate times from distances not being held in Saskatoon due to inclement weather will be taken from the North American Championships.

Seeding:

Seeding times at the 2010 World Junior Championships are from the best times skated in the 2009 - 10 skating season. These include the Oval Invitational, Can Ams, Canadian Single Distance Championships and the Canada Cups. (ISU Rule 227)

2010 Junior World Championships Pursuit Team:

The composition will be decided by the coaching staff at the Junior Worlds pending results of all skaters in the individual competition.

2010 Junior World Cup Final, Berlin, Germany, March 5 – 6, 2010

The Junior World Cup Final will be held in Berlin, Germany. All selected skaters for the Junior Worlds will participate in this event and then travel to Moscow.

Reskates:

Refer to HP Bulletin #152 for detailed information regarding reskates.

2009 - 10 Canadian Rankings

1. General Information

a) The Canadian Ranking system for 2009 - 2010 will include a series of competitions subject to regulations that are published by the HPCLT.

2. Basic Competition Rules

a) The Canadian Ranking system provides multiple opportunities to obtain points in each individual distance, from both international and national competitions. Following is an indication of the maximum number of races that will be used to calculate the final 2009 - 2010 Canadian Rankings. If skaters have raced more than the number of races indicated, only the highest ranking point performances will be used.

500 m	Ladies and Men	Best 8 races used for ranking
1000m	Ladies and Men	Best 7 races used for ranking
1500m	Ladies and Men	Best 4 races used for ranking
3000m	Ladies	Best 4 races used for ranking
5000m	Men	Best 4 races used for ranking
5000m	Ladies	Best 4 races used for ranking
10000m	Men	Best 4 races used for ranking

3. Canadian Ranking Series Competitions 2009 - 2010

Canadian Single Distance Championships
Canada Cup #1
Canada Cup #2
North American Championships
Canada Cup #3

4. Canadian Ranking Points System

Points will be awarded as per the 2009 - 2010 scoring tables for international and national competitions. Skaters competing in any of the Canadian Ranking Competitions will have their points readjusted after the season by eliminating the skaters that have qualified for the World Single Distance Championships. These skaters are placed 'above the line'.

Ties will be broken from the results of the Canadian Single Distance Championships (if skaters competed in the event).

2010 Olympic Games Competitors

Similar to the 2008/2009 Ranking lists, the 2010 Olympic Games competitors will be ranked at the top of each ranking, according to their performances at the Olympics.

Ranking Points

See scoring tables below for points awarded for specific events.

The Canadian Ranking for each distance category will be determined by the accumulated points for each skater over the season.

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

Skaters earn Canadian Ranking points from the following events:

a) All Winter World Cups

b) Continental Championships Skaters in a distance of 1500m or longer will be awarded performance points as follows: (100, 80, 70 etc. only for those athletes who do not qualify for World Championships)

c) World Sprint Championships – skaters will be provided points in place of Canada Cup #1 (as per world cup points, but with 110 + 1 point for each position above top 16)

d) 2009-10 Canadian Single Distance Championships (Points will be awarded to the top 16 Canadians only in each race).

e) Canada Cups (each race is treated separately for the purposes of earning Canadian Ranking points)

f) North American Championships (Points will be awarded for Canadians only in each race)

Points will be awarded for each of these events as follows:

Event	Bonus points	Performance Points (allocated according to finish position)	Maximum points available per distance
Winter World Cup A final	110 for a top 24 time overall from A & B divisions	1 point for each position above 24 th overall time	133
Winter World Cup B final		110 minus each position below 24 th overall time from A & B divisions	110

2009/2010 Point Scoring Table

Rank	Cdn Single Distances	North Americans Canada Cups
1	100	100
2	80	80
3	70	70
4	60	60
5	50	50
6	45	45
7	40	40
8	36	36
9	32	32
10	28	28
11	26	26
12	24	24
13	22	22
14	20	20
15	18	18
16	17	17
17		16
18		15
19		14
20		13
21		12
22		11
23		10
24		9
25		8
26		7
27		6
28		5
29		4
30		3
31		2
32		1

NB 1: If two or more skaters have obtained the same rank, each skater receives the full points assigned to the given rank.

Canadian Ranking points will only be awarded to a skater if they have qualified for and finish in the respective event. Skaters who do not finish, or do not start a race due to injury will not be awarded Canadian Ranking Points for that race.

Only Canadian skaters are eligible to receive Canadian Ranking points.

In the event of an equal ranking in a distance the skater with the fastest time recorded at the 2010 Canadian Single Distance Championships for that distance will assume the higher ranking.