

SPEED SKATING CANADA HIGH PERFORMANCE BULLETIN

#176 – Competition Formats



October 2015

The fundamental strategic purpose of the High Performance Bulletin (HPB) for the long track program is to establish provisions that are designed, ultimately, to select athletes to teams who will perform at the highest level and achieve the best possible results for Canada at Olympic Games and World Single Distance Championships.

The High Performance Committee Long Track (HPC-LT) will issue Bulletins periodically throughout the season communicating any relevant info to athletes, coaches, the Officials Development Committee, other SSC Committees and SSC Branches of updates and/or changes with respect, but not limited, to selection criteria and/or competitions.

The HPC-LT reserves the right to modify or change the policies and criteria contained herein in the event that exceptional circumstances arise and that any such changes are, in the opinion of the HPC-LT, in the best interests of the High Performance program. In these situations, athletes and coaches will be advised of any changes as soon as is feasible after they are confirmed by the HPC-LT.

Table of Contents

1. Fall World Cup Trials – Calgary, AB	3
1.1. Format	3
1.2. Seeding	3
1.3. Drawing.....	3
2. Canada Cup #1 – Ste. Foy, QC	4
2.1. Format	4
2.2. Seeding	4
2.3. Draw	4
3. Canadian Single Distance Championships – Calgary, AB.....	4
3.1. Format	4
3.2. Seeding	5
3.3. Draw	5
4. Canada Cup #2 – Calgary, AB	5
4.1. Format	5
4.2. Seeding	5
4.3. Draw	6
5. Canadian Junior Championships – Winnipeg, MB	6
5.1. Format	6
5.2. Seeding	6
5.3. Drawing.....	7
6. Canada Cup #3 – Winnipeg, MB.....	7
6.1. Format	7
6.2. Seeding	7
6.3. Drawing.....	7
7. Canada Cup #4 – Calgary, AB	8
7.1. Format	8
7.2. Seeding	8
7.3. Drawing.....	8

1. Fall World Cup Trials – Calgary, AB

1.1. Format

	Women	Men
Thursday, October 22, 2015	3000m	5000m
Friday, October 23, 2015	500m, 5000m	500m, 10,000m
Saturday, October 24, 2015	500m, 1000m	500m, 1000m
Sunday, October 25, 2015	1500m, Mass Start	1500m, Mass Start

1.2. Seeding

For all Distances

- Group 1: Top 4 time-ranked skaters 2014/2015 season
 - Group 2: The next 4 time-ranked skaters
 - Group 3: The next 4 time-ranked skaters
 - Group 4: The next 4 time-ranked skaters
- Groups of 4 will continue until all skaters are seeded.

1.3. Drawing

The group with the 4 best time ranked competitors shall be drawn to form the two last pairs, and so on. If there would be an odd number of participants, the first pair shall consist of a single competitor.

For the second race of the 500 meters for Ladies and Men, the competitors shall be paired according to the time ranking from the first race in such a way that the participants change starting lanes in the second race. (ISU rule 242). If some competitors with the same starting lane in the first race get the same finishing time, the ranking of those competitors shall be based on their initial ranking.

The starting order of the pairs shall be opposite to the ranking order of the competitors in the first race. Therefore, the two competitors with the best rank from each starting lane shall skate in the last pair, and the lowest ranked competitor(s) in the first pair.

Mass Start: ISU Rule 223 will apply with the following additions. Safety equipment is mandatory and must be worn, which includes Helmet, Neck Protector, Gloves, Shin Guards, Ankle Protection, and Eyewear. Refer to Speed Skating Canada Red Book, section D3-300, Skater's Equipment - Long Track Mass Start Competition

2. Canada Cup #1 – Ste. Foy, QC

2.1. Format

For the Canada Cup #1, the following format is recommended:

	Women	Men
Friday, December 11	500m, 1500m	500m, 1500m
Saturday, December 12	1000m, 3000m	1000m, 5000m
Sunday, December 13	500m, 1000m, Mass Start	500m, 1000m, Mass Start

2.2. Seeding

For all Distances

- Group 1: Top 4 time-ranked skaters 2014/2015 season
 - Group 2: The next 4 time-ranked skaters
 - Group 3: The next 4 time-ranked skaters
 - Group 4: The next 4 time-ranked skaters
- Groups of 4 will continue until all skaters are seeded.

2.3. Draw

All races at the Canada Cup will be conducted from the lowest seed to the highest seed as per ISU World Cup and World Championship formats.

The preferred drawing will begin with the lowest seeded group finishing with the lowest seeded group.

3. Canadian Single Distance Championships – Calgary, AB

3.1. Format

For the Canadian Single Distances Championships the following format will be used:

	Women	Men
Sunday, January 3, 2016	3000m	5000m
Monday, January 4, 2016	500m, 5000m	500m, 10,000m
Tuesday, January 5, 2016	500m, 1000m	500m, 1000m
Wednesday, January 6, 2016	1500m, Mass Start	1500m, Mass Start

3.2. Seeding

500M, 1000M, 1500M, 3000L, 5000M

Group 1 – Top 4 fastest times of the current season.

Group 2 – Next 4 fastest times of the current season

Group 3 – Next 4 fastest times of the current season

Groups of 4 will be used until all skaters are seeded.

Note: A separate seed of Allround skaters may be created for the first 500m.

3.3. Draw

All races at the Canadian Championships will be conducted from the lowest seed to the highest seed as per ISU World Cup and World Championship formats.

The preferred drawing will begin with the lowest seeded group finishing with the lowest seeded group.

4. Canada Cup #2 – Calgary, AB

4.1. Format

For the Canada Cup #2 the following format is recommended:

	Women	Men
January 3	3000m	5000m
January 4	500m, 1000m	500m, 1000m
January 5	500m, 1000m	500m, 1000m
January 6	1500m, Mass Start	1500m, Mass Start

4.2. Seeding

Seeding at the Canada Cup #2 will be conducted as follows.

For all Distances

Group 1: Top 4 ranked skaters for the distance in attendance from the current 2015-2016 Canadian Ranking list.

Group 2: The next 4 ranked skaters for the distance in attendance.

Group 3: The next 4 ranked skaters for the distance in attendance.

Group 4: Remaining skaters with best times of the 2014/2015 season. Sub groups of 4 will then be used for drawing.

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

4.3. Draw

All races at the Canada Cup will be conducted from the lowest seed to the highest seed as per ISU World Cup and World Championship formats.

The preferred drawing will begin with the lowest seeded group finishing with the lowest seeded group.

5. Canadian Junior Championships – Winnipeg, MB

5.1. Format

	Women	Men
Friday, February 5	500m, 1500m	500m, 1500m,
Saturday, February 6	1000m, 3000m	1000m, 5000m
Sunday, February 7	500m, 1000m, Mass Start	500m, 1000m, Mass Start

Junior Canadian Allround:

Ladies: 1st 500m, 1st 1000m, 1500m, 3000m

Men: 1st 500m, 1st 1000m, 1500m, 5000m

Junior Canadian Sprint

Ladies: 2x500m, 2x1000m

Men: 2x500m, 2x1000m

5.2. Seeding

For all Distances

Group 1: Top 4 ranked skaters for the distance in attendance from the current 2015-2016 Canadian Ranking list.

Group 2: The next 4 ranked skaters for the distance in attendance.

Group 3: The next 4 ranked skaters for the distance in attendance.

Group 4: Remaining skaters with best times of the 2014/2015 season. Sub groups of 4 will then be used for drawing

For the Canadian Junior Championships seeding for the first day (500m and 1500m for women; 500m and 1500m for men) will be from the results of Canada Cup #2. The third and fourth all-round distance will be seeded as per ISU Rule 227, paragraph 2. A decision by the HPC Jury and Organizers will determine how many

skaters compete in the longest distance. The second 500m and 1000m will be seeded from the first 500m and 1000m respectively.

5.3. Drawing

All races at the Canadian Junior Championships will be conducted from the lowest seed to the highest seed as per ISU World Cup and World Championship formats.

The preferred drawing will begin with the lowest seeded group finishing with the lowest seeded group.

6. Canada Cup #3 – Winnipeg, MB

6.1. Format

For the Canada Cup #3, the following format will be used:

	Women	Men
Friday, February 5	500m, 1500m	500m, 1500m
Saturday, February 6	1000m, 3000m	1000m, 5000m
Sunday, February 7	500m, 1000m, Mass Start	500m, 1000m, Mass Start

6.2. Seeding

Canada Cup #3 competitors are paired for each distance from the current Canadian Ranking list. ISU Sprint competition rules will be used (excluding the draw) for the Sprint distances.

For all Distances

- Group 1: Top 4 ranked skaters for the distance in attendance from the current 2015 – 2016 Canadian Ranking list.
 - Group 2: The next 4 ranked skaters for the distance in attendance.
 - Group 3: The next 4 ranked skaters for the distance in attendance
- Groups of 4 skaters from the ranking list until all are seeded.

Any remaining skaters with best times of the 2014/2015 season. Sub groups of 4 will then be used for drawing.

6.3. Drawing

All races at the Canada Cup will be conducted from the lowest seed to the highest seed as per ISU World Cup and World Championship formats.

The preferred drawing will begin with the lowest seeded group finishing with the lowest seeded group.

7. Canada Cup #4 – Calgary, AB

7.1. Format

This competition is held in conjunction with the Olympic Oval Finale. Time standards for Canada Cup Final and race format (Long Distance only) will be published in the Oval Finale Announcement.

The competition format will be circulated once finalized.

7.2. Seeding

For all distances, skaters will be seeded by their personal best times.

7.3. Drawing

The Drawing is done prior to the event by the Referees and Organizers.

At the Canada Cup #4, ISU Sprint competition rules will be used (excluding the first draw) for the Sprint distances.