

SPEED SKATING CANADA
PATINAGE DE VITESSE CANADA



CANADA

HIGH PERFORMANCE BULLETIN 186

Domestic Competition Format

V4 – March 7, 2019

High Performance Committee – Long Track

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1. Information

1.1. Purpose and Objective

The objective of the High Performance Bulletin (the “**HP Bulletin**”) for Competition Format is to establish provisions that are designed, ultimately, to provide guidance to competition organizers, coaches and athletes for domestic events (“**Domestic Events**”) where athletes will be racing at a Selection Event (as per HP Bulletin 185) or Canadian Ranking (as per HP Bulletin 187).

The objective of High Performance Bulletin 186 (the “**HP Bulletin**”) for Long Track is to organize, in collaboration with Speed Skating Canada (“**SSC**”) membership and partners, competitive opportunities which include races held over two, three or four days, typically falling over a weekend. “**Individual Distances**” shall mean “500m, 1000m, 1500m, 3000m (Ladies), 5000m, 10000m (Men) and Mass Start” and “**Team Events**” shall mean Team Pursuit and Team Sprint.

1.2. HPC-LT Committee

The Committee constituted pursuant to this HP Bulletin will be the High Performance Committee - Long Track (the “**HPC-LT**”) as per the Term of Reference. The individuals identified as the HPC-LT will have sole, full and complete authority to apply HP Bulletin 186 contained herein without interference from any additional persons.

1.3. High Performance Jury

At all relevant Selection Events, the High Performance Jury (the “**HP Jury**”) will consist of the HPC-LT members in attendance, or in the absence of any members of the HPC-LT, such person or persons the HPC-LT members may appoint, if any, to the HP Jury for such competition, and the Chief Referee.

1.4. Conflict of Interest

In the exercise of the authority granted above, any and all members of the HPC-LT and the HP Jury as described above, have the obligation to apply SSC’s Conflict of Interest Policy in the exercise of their duties and as found at the following location: <http://www.speedskating.ca/sites/speedskating.ca/files/int400-conflictofinterestpolicy.pdf>

In the case where any member of the HPC-LT or HP Jury is deemed to have or declares a conflict of interest in relation to a specific decision, or when a member of the HPC-LT or HP Jury has advised that such member will be unable to complete her or his duties under this HP Bulletin, a member of the High Performance Committee - Long Track (the “**HPC-LT**”), selected by the remaining members of the HP Jury, will vote in his or her place. If such member of the HPC-LT or HP Jury is unable to vote or if there are two or more members of the HPC-LT or HP Jury in a conflict of interest, such members will be replaced by an additional member(s) of the HPC-LT.

1.5. Quorum

A quorum for any meeting or decision of the HPC-LT or HP Jury will consist of a majority of the members, then serving, or identified at the time of such meeting or decision. Any members found to be in a conflict of interest according to Section 1.5 above cannot be counted for quorum for voting purposes on the topic(s) in which the member is in a conflict of interest.

1.6. Announcements

The HPC-LT will issue HP Bulletins throughout the season informing athletes, coaches, and other relevant SSC Committees and SSC Branches (“**PTSOs**”) of updates and/or changes with respect, but not limited, to selection criteria and/or competitions. All HP Bulletins will be posted on the SSC Website.

As indicated herein, any amendments as per Section 1.7.1 of this HP Bulletin will be communicated through the release of additional Bulletins specific to this change.

1.7. Amendments and Unexpected Circumstances

1.7.1. Changes to This Document

HPC-LT reserves the right to make changes to this HP Bulletin which, in the HPC-LT sole, full and absolute discretion, are necessary to ensure optimal operations of each Event. Any changes to this document shall be communicated by sending an electronic communication, and also posting of the changes to the SSC Website. Such changes must be reasonably justifiable in accordance with fundamental principles of natural justice and procedural fairness.

1.7.2. Unexpected Circumstances

Should the HPC-LT determine that unexpected or unusual circumstances have arisen during the process of applying this HP Bulletin, the HPC-LT shall have the sole, full and absolute discretion to resolve the matter as it sees fit, taking into account factors and circumstances that it deems in its sole, full and absolute discretion as relevant.

1.8. International Skating Union Regulations

The International Skating Union (the “ISU”) regulations specific to the discipline of Speed Skating (long track) will be used for all Domestic Events outlined in this Bulletin and can be found at: [SPECIAL REGULATIONS & TECHNICAL RULES SPEED SKATING](#) as accepted by the 57th Ordinary Congress June 2018.

For greater certainty, there will be supplemental allowances of fresh starts (“Fresh Starts”) outlined in Appendix A at Selection Events only.

2. Domestic Competitions

2.1. Canadian Single Distance Championships, October 20-23, 2018 (Calgary)

2.1.1. Entry Deadline

The entry deadline for Canadian Single Distance Championships will be one week prior to the start day of the Event.

2.1.2. Entry Criteria

In order to be eligible to enter Canadian Single Distance Championships, athletes must have achieved a valid qualifying time as indicated in Appendix B for World Cups. This time must have been achieved in ISU or International Events and Domestic Events in the period between July 1, 2017 and the entry deadline of the Canadian Single Distance Championships. Other athletes may be added at the sole, full and absolute discretion of the HPC-LT.

2.1.3. Competition Format

| | | |
|----------------------|--------|------------|
| Saturday, October 20 | Ladies | 3000m |
| | Men | 5000m |
| Sunday, October 21 | Men | 500m |
| | Ladies | 500m |
| | Men | 10000m |
| | Ladies | 5000m |
| Monday, October 22 | Ladies | 1000m |
| | Men | 1000m |
| Tuesday, October 23 | Ladies | 1500m |
| | Men | 1500m |
| | Ladies | Mass Start |

2.1.4. Individual Distances

A specified number of athletes will be allowed to enter each Individual Distance as follows:

- A maximum of 20 athletes will be allowed for 500m, 1000m, 1500m ranked on qualifying time.
- A maximum of 12 athletes will be allowed for 3000m/5000m Ladies and 5000m/10000m Men ranked on qualifying time.
- If the maximum number of athletes has not been reached as per above, Neo-Senior athletes may be added up to the maximum number of athletes allowed in that Individual Distance, or to make even pairings. Neo-Senior athletes who may be added, must have achieved the qualifying time for Neo-Senior World Cup as per Appendix B. These athletes will be ranked by qualifying time in each Individual Distance, and may be grouped separately.
- Additional athletes may be approved to be entered at the sole, full and absolute discretion of the HPC-LT.

2.1.5. Mass Start

For the Mass Start competitions any of the ISU qualifying times in Appendix B will be required for entry, up to a maximum of 24 athletes. If there are more than 24 athletes, a semi-final event may be organized as per ISU Technical Rules 253.

Mass Start races will be organized based on ISU Technical Rule 253 and special ISU Communication or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2195. Mass Start races will be 16 laps as per ISU Technical Rule 202.

2.1.6. Pairing and Drawing

All competitors will be ranked according to their best achieved qualifying time from the 2017-2018 season. The starting order of the pairs shall be opposite to the ranking order of the competitors, so that the competitors with the slowest ranks will start in the first pair, and so on.

- Group 1: Top 4 time ranked skaters 2017/2018 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 selected.

In case of withdrawals after the draw, rearrangements of pairs will be done according to ISU Rule 245.

2.2. Canada Cup 1, December 7-9, 2018 (Fort St. John)

2.2.1. Entry Deadline

The entry deadline for Canada Cup 1 will be the Monday prior to the start day of the competition.

2.2.2. Entry Criteria

- Athletes must be minimum C2 Junior in order to be eligible to compete
- In order to be eligible to race in Canada Cup 1, athletes must have achieved a valid qualifying time as listed in Appendix C.
- Provinces that are using the Canada Cup 1 for Canada Winter Games team selection, and would like to enter athletes who have not met the time standards listed in Appendix C, will be required to submit the name(s), distances(s), and best time(s) in each distance to the HPC-LT by the entry deadline of the competition.
- Other athletes may be added at the sole, full and absolute discretion of the HPC-LT.

2.2.3. Competition Format

| | | |
|----------------------|--------|------------|
| Friday, December 7 | Ladies | 500m |
| | Men | 500m |
| Saturday, December 8 | Ladies | 1500m |
| | Men | 1500m |
| | Ladies | 1000m |
| | Men | 1000m |
| | Ladies | 3000m |
| | Men | 5000m |
| Sunday, December 9 | Men | 500m |
| | Ladies | 500m |
| | Ladies | 1000m |
| | Men | 1000m |
| | Ladies | Mass Start |
| | Men | Mass Start |

2.2.4. Individual Distances

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

2.2.5. Mass Start

Senior and Junior Mass Start races may be organized based on ISU Technical Rule 253 and special ISU Communication 2195 or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2195. Mass Start races for Seniors will be 16 laps and Mass Start races for Junior will be 10 laps.

2.2.6. Pairings and Drawings

All competitors will be ranked according to their best achieved Qualifying Time from the 2017-2018 season. The starting order of the pairs shall be the ranking order of the competitors, so that the competitors with the fastest ranks will start in the first pair, and so on.

- Group 1 - Top 4 time-ranked skaters in attendance
- 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 paired

In case of withdrawals after the draw, rearrangements of pairs will be done according to ISU Rule 245.

2.3. Canada Cup 2/Canadian Junior Championships/World Single Distance Championships Skate-off (WSD Skate-off), January 4-6, 2019 (Calgary)

2.3.1. Entry Deadline

The entry deadline for Canada Cup 2, Canadian Junior Championships and WSD Skate-off will be one week prior to the start day of the competition.

2.3.2. Entry Criteria

In order to be eligible to race in:

- Athletes must be minimum C2 Junior in order to be eligible to compete in Canadian Junior Championships.
- For entry to Canada Cup 2, Canadian Junior Championships athletes must have achieved a valid qualifying time as listed in Appendix C for Canada Cups and/or World Junior Championships. This time must have been achieved in ISU or International Events and National Championships in the period between July 1, 2017 and the entry deadline of the Canada Cup 2/Canadian Junior Championships/WSD Skate-off.
- For entry to WSD Skate-off, athletes must have achieved a valid qualifying time as listed in Appendix B for World Single Distance Championships. This time must have been achieved in ISU or International Events and National Championships in the period between July 1, 2017 and the entry deadline of the Event. Additional athletes may be added to the WSD Skate-off at the sole, full and absolute discretion of the HPC-LT.
- Provinces that are using the Canada Cup 2 for Canada Winter Games team selection, and would like to enter athletes who have not met the qualifying time as indicated in Appendix C, will be required to submit the name(s), distances(s), and best time(s) in each distance to the HPC-LT by the entry deadline of the competition.

2.3.3. Competition Format

| | | |
|---------------------|--------|-------------------------------|
| Friday, January 4 | Ladies | 500m |
| | Men | 500m |
| | Ladies | 1500m |
| | Men | 1500m |
| Saturday, January 5 | Ladies | 1000m |
| | Men | 1000m |
| | Ladies | 3000m |
| | Men | 5000m |
| Sunday, January 6 | Men | 500m (Canadian Ranking only) |
| | Ladies | 500m (Canadian Ranking only) |
| | Ladies | 1000m (Canadian Ranking only) |
| | Men | 1000m (Canadian Ranking only) |
| | Ladies | Mass Start |
| | Men | Mass Start |

2.3.4. Canadian Junior Championships Event

Junior Canadian Allround Champion will be determined by:

- Women: 1st 500m, 1st 1000m, 1500m, 3000m
- Men: 1st 500m, 1st 1000m, 1500m, 5000m

2.3.5. World Single Distance Championships Skate-off (WSD Skate-off)

Individual Distances considered for the WSD Skate-off will be determined by the number of Canadian quota spots remaining as per HP Bulletin 185, Section 5.4. Races will be scheduled with Canada Cup 2 and Canadian Junior Championships as per entry criteria. If the 10000m Men and 5000m Ladies events need to be arranged, an additional schedule will include such distances.

- [Should there be more than 24 registered skaters for Mass Start, all competitors will be ranked according to their best 1500m Qualifying Time from the 2018-2019 season to determine the field of 24 that will be eligible to race in the WSD Skate-off Mass Start.](#)

2.3.6. Mass Start

Depending on number of athletes registered, Senior and Junior Mass Start races may be organized based on ISU Technical Rule 253 and ISU Communication 2195 or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2195. Mass Start races for Seniors will be 16 laps and Mass Start races for Junior will be 10 laps.

2.3.7. Pairings and Drawings

All competitors will be ranked according to their best achieved Qualifying Time from the 2018-2019 season. The starting order of the pairs shall be in the ranking order of the competitors, so that competitors with the fastest ranks will start in the first pair, and so on.

- Group 1 - Top 4 time-ranked skaters on the 2018-2019 Canadian Ranking List in attendance
- Group 2 - The next 4 time-ranked skaters
- Group 3 - The next 4 time-ranked skaters
- Group 4 - Remaining skaters with best times of the 2017/2018 season. Sub groups of 4 will then be used for drawing.

In case of withdrawals after the draw, rearrangements of pairs will be done according to ISU Rule 245.

Note: All junior-aged competitors who qualify to participate in the WSD Skate-off will be grouped above with the other WSD Skate-off competitors and their times from the applicable Individual Distance(s) in the WSD Skate-off will also be used in the Canadian Junior Championships competition.

2.4. Canada Cup 3, January 25-27, 2019 (Calgary)

2.4.1. Entry Deadline

The entry deadline for Canada Cup 3 will be one week prior to the start day of the competition.

2.4.2. Entry Criteria

- Athletes must be minimum C2 Junior in order to be eligible to compete
- In order to be eligible to race in Canada Cup 3, athletes must have achieved a valid qualifying time as listed in Appendix C for Canada Cups.

2.4.3. Competition Format

| | | |
|----------------------|--------|-------------------------------|
| Friday, January 25 | Ladies | 500m |
| | Men | 500m |
| Saturday, January 26 | Ladies | 1500m |
| | Men | 1500m |
| | Ladies | 1000m |
| | Men | 1000m |
| Sunday, January 27 | Ladies | 3000m |
| | Men | 5000m |
| | Men | 500m (Canadian Ranking only) |
| | Ladies | 500m (Canadian Ranking only) |
| | Ladies | 1000m (Canadian Ranking only) |
| | Men | 1000m (Canadian Ranking only) |
| | Ladies | Mass Start |
| | Men | Mass Start |

2.4.4. Mass Start

Senior and Junior Mass Start races may be organized based on ISU Technical Rule 253 and special ISU Communication 2195 or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2195. Mass Start races for Seniors will be 16 laps and Mass Start races for Junior will be 10 laps.

All competitors for the Mass Start will be ranked according to their 1500m qualifying time. Qualifying times are those achieved prior to the entry deadline.

Junior skaters may enter the Senior Mass Start races if they have achieved the senior time standard in the 1500m as outlined in Appendix C – Canada Cup Qualifying Times, by the competition entry deadline January 17, 2019.

2.4.5. Pairings and Drawings

All competitors will be ranked according to their best achieved Qualifying Time from the 2018-2019 season that was achieved prior to the competition entry deadline of January 17, 2019. The starting order of the pairs shall be opposite to the ranking order of the competitors in Groups 1-3. The starting order from Group 4 and on shall be in the ranking order of the competitors, so that the competitors with the fastest qualifying time will start in the first pair, and so on.

- Group 1 - Top 4 with the fastest time achieved in the 2018-2019 season who are on the 2018-2019 Canadian Ranking List and in attendance
- Group 2 - The next 4 skaters with the fastest time achieved in the 2018-2019 season who are on the 2018-2019 Canadian Ranking List and in attendance
- Group 3 - The next 4 skaters with the fastest time achieved in the 2018-2019 season who are on the 2018-2019 Canadian Ranking List and in attendance
- Group 4 - Remaining skaters with best times of the 2018/2019 season. Sub groups of 4 will then be used for drawing.

In case of withdrawals after the draw, rearrangements of pairs will be done according to ISU Rule 245.

2.5. Canada Cup 4, March 14-17, 2019 (Calgary)

2.5.1. Entry Deadline

The entry deadline for Canada Cup 4 will be one week prior to the start day of the competition.

2.5.2. Entry Criteria

In order to be eligible to race in Canada Cup 4, athletes must have achieved a valid qualifying time as listed in Appendix C for Canada Cups.

2.5.3. Competition Format

The format will be determined by the Olympic Oval Finale Organizing Committee and Competition Organizer. The 2019 Olympic Oval Finale/Canada Cup 4 will be held in accordance with the 2018 International Skating Union Regulations and is open to all skaters who belong to an ISU member country.

2.5.4. Pairings and Drawings

Drawing, Composition of Pairs and Starting Order of Pairs can be found in the 2019 Olympic Oval Finale – Canada Cup #4 Announcement [here](#). The drawings will be carried out in accordance with Rule 244 of the 2018 Regulations of the International Skating Union where applicable. Groupings and pairings may be based on season best times for 2018/19 season submitted for specific distances.

2.5.5. Mass Start

Senior and Junior Mass Start races may be organized based on ISU Technical Rule 253 and special ISU Communication 2195 or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2195. Mass Start races for Seniors will be 16 laps and Mass Start races from Junior will be 10 laps.

For the Mass Start race, skaters will be grouped according to their best 1500m times from the 2018/19 season. All safety equipment (ISU requirement) is mandatory.

In case of withdrawals after the draw, rearrangements of pairs will be done according to ISU Rule 245.

APPENDIX A – Fresh Starts

Allowance of Fresh Starts

Fresh Starts may be allowed as per ISU Rule 262. In addition, fresh starts outside the guidelines of ISU Rule 262 will be permitted by the HPC-LT for Team Selection purposes only. (e.g. World Championships, World Cups). For fresh starts permitted outside the guidelines of ISU Rule 262 the time recorded in the fresh start will be used for the purposes of Nomination, with the exception of Section 1.9.1.

No fresh starts will be allowed from a race that is itself a fresh start unless:

- the first fresh start has been allowed pursuant to ISU Rule 262; or
- the second fresh start would be allowed pursuant to ISU Rule 262 (ie the athlete has been interfered with through no fault of his own).

Conditions for Allowance of Fresh Starts

Disqualification

- If an athlete is disqualified at the start, he/she will be given a fresh start immediately following the final pair of the group.
- After a disqualification for an incident during a race the slower time between the original race and the re-skate race will be used for the purposes of selection. The athlete will be given a fresh start allowance at the completion of the races for that specific distance.
- In the case of a non-advantageous disqualification, the HPC-LT shall have the sole, full and absolute discretion to resolve the matter as it sees fit. Please note that an athlete is entitled to a minimum rest of 60 minutes between his/her race and the fresh start, however they may elect to complete their fresh start within this minimum 30 minute allowance.

Equipment failure

- If an athlete has equipment failure prior to the start of the race and it is brought to the Referee's attention, the athlete will have 30 minutes prior to the fresh start. This will be classified as the original start. If an athlete has equipment failure during the race, the athlete will have a minimum of 30 minutes before their fresh start.

Fall

- If an athlete falls during the race, the fresh start will take place no sooner than 30 minutes after the fall.

Finish of races

- If an athlete finishes a race, he or she may not ask for a fresh start, unless the accompanying athlete in the pair is disqualified for interference as per the ISU Rule 262. The exception is if the athlete falls across the finish line.

Discretion of the HPC-LT

- A fresh start may be granted at the sole, full and absolute discretion of the HPC-LT should they determine that unexpected or unusual circumstances have arisen which require a fresh start to be granted.

Exceptions

Exceptions may apply in the following situations:

- In the case of a fresh start in the 500m distance when both 500m rounds are conducted on the same day, the fresh start will take place after the 2nd round of the 500m races has been completed.
- For fresh starts permitted outside the guidelines of ISU Rule 262, the time recorded in the fresh start will be used for the purposes of Team selection and the Canadian rankings.
- For fresh starts permitted outside the guidelines of ISU Rule 262, the athlete/s will be drawn separately from any other athletes who have been granted a fresh start based on ISU Rule 262.

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

- Notwithstanding ISU Rule 266, for the second race of the 500m, an athlete who does not finish or who is disqualified in the first race has the right to start the second race excepting disqualifications pursuant to ISU rule 216 (2) (f);
- Scheduling of fresh starts awarded pursuant to ISU rule 262 will be at the sole, full and absolute discretion of the HPC-LT Jury.

APPENDIX B – ISU Qualifying Times

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

The ISU Speed Skating Technical Committee has determined Qualifying times required for participation in ISU Speed Skating Championships. For all ISU Championships, except for the ISU World Junior Speed Skating Championships, two alternative sets of Qualifying times have been defined. The slower Qualifying time, listed in (brackets), applies for results achieved outside the high altitude ice rinks in Calgary (Olympic Oval), Salt Lake City (Utah Olympic Oval) and Ürümqi (Xinjiang Ice Sports Center). The following Qualifying time limits apply for ISU Speed Skating Championships:

ISU World Cup Qualifying Times

ISU World Cup

To be entered, a skater must have achieved the following Qualifying Time.

| | Ladies | Men |
|--------|--------------------------------------------|----------------------------------------------|
| 500m | 39.60 (40.10) | 35.70 (36.10) |
| 1000m | 1.19.00 (1.20.00) | 1.11.20 (1.12.10) |
| 1500m | 2.00.50 (2.02.50) | 1.49.00 (1.50.50) |
| 3000m | 4.19.00 (4.23.00) | --- |
| 5000m | 4.11.00 or 7.23.00 (4.15.00 or 7.30.00) | 6.40.00 (6.44.00) |
| 10000m | --- | 13.30.00 or 6.28.00 (13.40.00 or 6.32.00) |

ISU Neo-Senior World Cup

To be entered, a skater must have achieved the following Qualifying Time.

| | Ladies | Men |
|-------|---------|---------|
| 500m | 42.50 | 37.50 |
| 1000m | 1.25.00 | 1.15.00 |
| 1500m | 2.11.50 | 1.56.50 |
| 3000m | 4.43.00 | 4.08.00 |

ISU World Championships Qualifying Times

World Single Distance Championships

To be entered, a skater must have achieved the Qualifying Time in all Individual Distance entered.

| | Ladies | Men |
|--------|--------------------------------------------|----------------------------------------------|
| 500m | 40.00 (40.50) | 36.20 (36.60) |
| 1000m | 1.20.00 (1.21.00) | 1.11.90 (1.12.80) |
| 1500m | 2.03.00 (2.05.00) | 1.51.00 (1.52.50) |
| 3000m | 4.24.00 (4.28.00) | --- |
| 5000m | 4.15.00 or 7.25.00 (4.20.00 or 7.32.00) | 6.48.00 (6.52.00) |
| 10000m | --- | 13.40.00 or 6.35.00 (13.50.00 or 6.40.00) |

World Junior Championships

To be entered , allround skaters must achieved the Qualifying Time in all Individual Distance entered.

| | Ladies | Men |
|-------|---------|--------------------|
| 500m | 42.50 | 38.50 |
| 1000m | 1.25.00 | 1.16.00 |
| 1500m | 2.12.00 | 1.58.00 |
| 3000m | 4.45.00 | --- |
| 5000m | --- | 7.05.00 or 4.05.00 |

World Sprint Championships

To be entered, a skater must have achieved the following Qualifying Time in either the 500m or 1000m.

| | Ladies | Men |
|-------|-------------------|-------------------|
| 500m | 40.00 (40.50) | 36.20 (36.60) |
| 1000m | 1.20.00 (1.21.00) | 1.11.90 (1.12.80) |

World Allround Championships

To be entered, a skater must have achieved the following Qualifying Time

| | Ladies | Men |
|-------|-------------------|-------------------|
| 3000m | 4.24.00 (4.28.00) | --- |
| 5000m | --- | 6.48.00 (6.52.00) |

APPENDIX C – Canada Cup Qualifying Times

The HPC-LT has determined qualifying times required for participation in Canada Cups. For all Canada Cups, two alternative sets of qualifying times have been defined. The slower qualifying time, applies for results achieved in Calgary (Olympic Oval) and Fort St. John Oval, Salt Lake City (Utah Olympic Oval) and Ürümqi (Xinjiang Ice Sports Center). The following qualifying time limits apply for all Canada Cups and SSC Events:

| | | Senior Inside | Senior Outside | Junior Inside | Junior Outside |
|--------------|------|--------------------------|---------------------------|--------------------------|---------------------------|
| Women | 500 | 0:44.0 | 0:48.4 | 0:46.2 | 0:50.6 |
| | 1000 | 1:27.2 | 1:35.9 | 1:31.6 | 1:40.3 |
| | 1500 | 2:15.3 | 2:28.7 | 2:22.0 | 2:35.4 |
| | 3000 | 4:44.7 | 5:12.7 | 4:58.7 | 5:26.7 |
| Men | 500 | 0:40.2 | 0:44.2 | 0:42.2 | 0:46.3 |
| | 1000 | 1:19.0 | 1:27.0 | 1:23.0 | 1:31.0 |
| | 1500 | 2:01.2 | 2:13.4 | 2:07.3 | 2:19.4 |
| | 3000 | | | 4:35.9 | 5:02.0 |
| | 5000 | 7:19.6 | 8:03.2 | 7:45.0 | 8:28.6 |

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

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