

SPEED SKATING CANADA
PATINAGE DE VITESSE CANADA



HIGH PERFORMANCE BULLETIN 189

**2019-2020 World Cups and World Championships
Team Nomination**

December 23, 2019 v3

High Performance Committee – Long Track

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1. Information

1.1. Purpose

The strategic purpose of the Speed Skating Canada (“SSC”) High Performance Bulletin for long track Team Nomination (the “HP Bulletin”) is to establish provisions that are designed, ultimately, to assign athletes to Teams who will achieve consistent international medal performances, and perform at the highest level internationally on behalf of Canada at the World Single Distance Championships, the 2022 Olympic Winter Games - and beyond.

1.2. Objective

The objective of this HP Bulletin is to nominate (“Nominate” and the “Nomination”) the maximum number of medal potential athletes to World Cup and World Championships Team for Olympic Individual Distances and Team Events. For greater certainty, in this HP Bulletin, “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.

1.3. Definitions

Terms not otherwise defined within this HP Bulletin shall have the meanings set forth below:

Team:	Consists of Athletes who have been Nominated and who have accepted their Nomination to a World Cup, World Championship, or Olympic Games Event.
Event:	Any ISU World Cup, ISU Neo-Senior World Cup or ISU World Championships (Senior or Junior) will be identified.
Selection Event:	The Event where the bases for athlete Nomination to one or more Teams will occur.
HPC-LT:	HPC-LT consists of the three volunteer members of the High Performance Committee – Long Track and the Chair (a staff member of SSC appointed at the sole, full and absolute discretion of the SSC Chief Executive Officer (the “CEO”))

1.4. Nomination Committee

The Nomination Committee constituted pursuant to this HP Bulletin will be the members of the HPC-LT as per the Terms of Reference. The Technical Coach Advisor (the “TCA”) and coaches will be included in discussions prior to the formal World Cup or World Championships Team Nomination meeting to provide technical recommendations pursuant to this HP Bulletin however, none of the coaches, nor the TCA will not be present when the formal Team Nomination process occurs. The final Team Nomination shall be made at the sole, full and absolute discretion of the Chair, upon advice from the Nomination Committee, the TCA and the coaches.

1.5. Authority

The members identified above advise on the HP Bulletin as per the HPC-LT Terms of Reference contained herein without interference from any additional persons. For the absence of doubt, the three volunteer members act in an advisory role on the HPC-LT with all decision-making authority and all accountability residing with the Chair.

1.6. Conflict of Interest

In the exercise of the authority granted above, any and all members of the HPC-LT, 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 is deemed to have or declares a conflict of interest in relation to a specific decision, or when a member of the HPC-LT has advised that such member will be unable to complete her or his duties under this HP Bulletin, a member of the Short Track High Performance Committee (the “HPC-ST”), selected by the remaining members of the Nomination Committee, will attend all meetings related to such decision in his or her place. If such member of the HPC-ST is unable to attend or if there are two or more

members of the HPC-LT in a conflict of interest, such members will be replaced by an additional member(s) of the HPC-ST.

1.7. Quorum

A quorum for any meeting or decision of the HPC-LT will consist of a majority of the HPC-LT members serving on the HPC-LT 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 or for advising purposes on the topic(s) in which the member is in a conflict of interest.

Should quorum not be present when advising on a particular topic, either due to a declared conflict of interest or to the absence of one or more committee members, then a member of the HPC-ST will advise in his or her place. If such member of the HPC-ST is unable to attend such meetings or if there are two or more members of the HPC-LT in a conflict of interest or absent, such members may be replaced by the additional members of the HPC-ST. Voting shall be conducted as necessary in order to advise on the final recommendation of the committee.

1.8. 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 1.8 of this HP Bulletin will be communicated through the release of additional Bulletins specifying the changes.

1.9. Amendments and Unexpected Circumstances

1.9.1. Changes to This Document

The Chair reserves the right to make changes to this HP Bulletin which, in the Chair’s sole, full and absolute discretion, are necessary to ensure Nomination of the best Teams possible for the World Cups, World Single Distance Championships and the Olympic Games. Any changes to this document shall be communicated to the HPC-LT and all high performance program athletes potentially eligible for a Team Nomination by sending an electronic communication to relevant athletes and their coaches, and also posting of the changes to the SSC website.

All athletes and coaches are reminded that it is their obligation to understand this HP Bulletin and to make themselves aware of any subsequent changes. Athletes are encouraged to check with their coach(es), athlete representatives, the Chair or the SSC HP program staff to confirm if there are any changes to this HP Bulletin.

This clause shall not be used to justify changes to the HP Bulletin after a Selection Event which formed part of the HPC-LT’s Nomination process unless it is related to an unforeseen circumstance. The purpose of this clause is to allow for changes to this document, or International Skating Union (the “**ISU**”) communications, that may become necessary due to a typographical error, a lack of clarity in a definition or wording before it has an impact on athletes. The purpose of such changes must be identified to avoid disputes over the meaning of the provisions of this document rather than who to allow changes to be made to justify the Nomination of different athletes than would have otherwise been Nominated. Such changes must be reasonably justifiable in accordance with fundamental principles of natural justice and procedural fairness.

1.9.2. Unexpected Circumstances

Should the Chair determine that unexpected or unusual circumstances have arisen during the process of applying this HP Bulletin, the Chair shall have the sole, full and absolute discretion to resolve the matter as he or she sees fit, considering factors and circumstances that he or she deems in its sole, full and absolute discretion as relevant.

In the event of unforeseen circumstances beyond the control of SSC that prevent the HPC-LT from implementing SSC's Nomination procedures fairly, as written, the Chief Sport Officer (the "CSO") of SSC, or in the absence of a CSO, the CEO or in the absence of the CEO, such person the Board of Directors shall appoint, shall have the sole, full and absolute discretion to resolve the matter as he or she sees fit, taking into account factors and circumstances that he or she deems relevant.

Any such exercise of discretion shall be subject to the Canadian administrative law principles of fairness.

1.10. International Skating Union Regulations

The International Skating Union (the "ISU") regulations specific to the discipline of Speed Skating (long track) can be found at: [SPECIAL REGULATIONS & TECHNICAL RULES SPEED SKATING](#) as accepted by the 57th Ordinary Congress June 2018 which will determine the allocation process for quota positions available for each Event, Individual Distance and/or Team Event to each Member Federation.

2. Guidelines

2.1. International Skating Union Qualification

The applicable ISU Qualifying Times and conditions for approval of achieved Qualifying Times will be announced in [ISU Communications](#). For convenience, ISU Qualifying Times are also included in Appendix A of this HP Bulletin.

2.2. Athlete Eligibility

In accordance with ISU rule 208, all athletes must meet the relevant ISU eligibility requirements in order to be considered for Nomination to an Event. In order to be eligible for Nomination to the Team, the athletes must also meet all of the following eligibility conditions:

- Be a Canadian citizen;
- Hold a valid Canadian passport that is valid for at least six months following the Selection Event;
- Meet the ISU citizenship and nationality criteria in order to be eligible;
- Hold a duly valid membership according to Speed Skating Canada's 2019-2020 Athlete Agreement and be a member in good standing;
- Have signed the SSC Declaration to Compete Agreement (Appendix B) no later than two weeks prior to the Selection Event in the case of pre-selected athletes, and no later than immediately following the Selection Event for all other athletes;
- Sign and submit the ISU Declaration Form no later than two weeks prior to the ISU Event.

2.3. Replacement of Athletes

The Chair reserves the right to remove an athlete from competing at an Event if medical advice is such that competing in the Event would be potentially injurious to the Nominated athlete or if the athlete has not recovered sufficiently from an existing injury or illness.

If an athlete who is named to a Team withdraws or declines his/her position on the Team prior to departure for the Event, he/she may be replaced on the Team at the sole, full and absolute discretion of the Chair. Eligible replacements will be determined by the Chair in his or her sole and absolute discretion on the basis of the considerations listed below.

In determining if a replacement will be Nominated to the relevant Team, the Chair will consider (in no particular order and with equal weight and bearing):

- the ranking of the athlete from the Selection Event;
- the performances of the potential replacement athlete during the prior 12-month period;

- in consultation with the TCA and the coaches, the development value of competing in the respective Event for such athlete;
- the budgetary circumstances of SSC;
- the athlete's ability and opportunity to race in more than one distance/team event or race at the Event;
- the competitiveness of the potential replacement athlete; and
- progression of preparation; coaches' recommendations; and international ranking.

If an athlete who is named to a Team withdraws from the Team following departure from Canada for the Event, or series of Events, he/she will not be replaced on the Team. Another athlete who is already Nominated for the Team may be offered the opportunity to substitute for the withdrawn athlete. Eligible replacements will be determined in the following order of priority: firstly from the ranking of athletes from the Selection Event, and secondly based on coaches' recommendations.

In either of the above situations, if the replacement athlete is the next ranked athlete from the Selection Event, he/she will be deemed qualified for such Event and will be eligible to earn Canadian Ranking points from his or her participation in such Event. If the replacement athlete is not the next ranked athlete from the original selection competition, he/she will not be eligible to earn Canadian Ranking Points.

2.4. Requirement to Compete

Each athlete who accepts a Nomination for one or more Individual Distances or Team Events contested at Events will be required to compete in all such Individual Distances and Team Events at all Events as identified by the respective coach and the Chair for which the athlete has qualified except in the following circumstances:

- A junior-aged athlete shall be permitted to compete in fewer than the first four Fall World Cup Events for which he or she has accepted a Nomination if his or her coach believes it is in the best interest of the athlete to do so and approved by the HP program staff;
- An athlete who is injured, sick or otherwise physically incapable of competing at any particular individual distance, team event or Event shall be permitted not to compete in such Individual Distance, Team Event or Event upon the athlete providing medical evidence satisfactory to the TCA or, in absence of the TCA, the Team Leader at the Event of such athlete's inability to compete in such individual distance, team event or Event. At the sole, full and absolute discretion of the Chair after receiving and considering submissions from an athlete, and a submission by the coach, as to why it would be in the best interests of such athlete not to compete in the Event in which such athlete has accepted a Nomination.
- For budgetary reasons or other considerations as determined by the SSC CSO.

2.5. Appeals

Following the announcement of the Team for an Event or Events, an athlete has 7 calendar days within which to appeal the decision in accordance with the Speed Skating Canada Appeals Policy.

3. Process

The Chair will Nominate athletes for each specific Event in accordance with the following general procedures. Athletes will be nominated, in order of priority, to a Team by one of three methods:

- Pre-selection
- Performance/results at designated Selection Event(s) as detailed in this Bulletin. Nomination is subject to any Bye request application being granted (See Appendix C)
- Additional athletes may be added for Nomination to the Team at the sole, full and absolute discretion of the Chair considering performance potential in the Team Pursuit and Mass Start.

3.1. Pre-Selection

Pre-selection decisions will be based on specific and objective results obtained by the athlete during the past or present skating season, in Individual Distances, and are not subject to any decisions made with regard to Bye

request application. A pre-selection may or may not be available for all Events or Individual Distances. The pre-selection for each Event is detailed in the relevant Event section within this HP Bulletin.

Pre-selection shall be determined before any such Selection Event, and therefore all athletes participating in the competition will be notified of the number of positions available for selection through performance results. The HPC-LT will announce all pre-selected athletes/teams prior to the start of the Selection Event.

- Up to a maximum of 2 athletes per Individual Distance will be pre-selected to the 2020-2021 World Cups 1 through 4 on the basis of their top 5 finish position in such Individual Distance at the 2020 World Single Distance Championships.

Athletes who are pre-selected in a specific Individual Distance will be included in the maximum Team Nomination quota for each specified Event. Additional athletes may also be pre-selected at the sole, full and absolute discretion of the Chair.

Pre-selection is normally restricted to a maximum number of athletes as detailed within each Event section of this HP Bulletin. However, the Chair has the sole, full and absolute discretion to pre-select additional athletes to an Event if the performance(s) of an athlete, in the opinion of the Chair, is/are clearly superior to others in contention for selection and that these performances warrant such pre-selection.

3.2. Performance Results at Selection Events

Selection on the basis of performance results at designated Selection Event(s) is subject to any decisions made with regard to Bye request applications (see Appendix C).

Designated Selection Events will be named for 2019-2020 World Cups (including Junior/Neo-Senior World Cup), 2020 Four Continents, 2020 World Single Distance Championships, 2020 World Sprint and World All Round Championships, and 2020 World Junior Championship Teams.

In case of a tie in an Individual Distance at the designated Selection Event, times will be used to the thousandth of seconds. If a tie still exists, head-to-head comparisons of the athletes will be made by the Chair in the following order:

- results at the most recent international Event in which both athletes raced that same Individual Distance (on the same day and in the same start group (Group A or Group B)) and;
- if no such results exist as indicated above, results at the 2019 WSD Skate-off will be used, where both athletes raced that same Individual Distance (on the same day) and;
- if no such results exist in both instances above, results from an ISU sanctioned event in the 2018-2019 season, where both athletes raced that same Individual Distance (on the same day);
- if no such results exist in all three instances above, an unsanctioned skate-off between the two athletes will be organized within 7 days.

3.3. Mass Start, Team Pursuit, and Team Sprint

3.3.1. Team Pursuit

Athletes will be named by the Chair to the Team Pursuit Pools (Ladies and Men) following the Selection Event. The athletes Nominated to the Team Pursuit Pools will be selected based on the following priorities (listed in order of importance):

1. Athletes who have qualified for an Individual Distance at the World Cups or World Championships Events in which a Team Pursuit will be contested.
2. At the sole, full and absolute discretion of the Chair, additional athletes may be added to the Team Pursuit Pool in order to field a competitive Team Pursuit Team.

3. The Chair may, in his or her sole, full and absolute discretion, grant an athlete a Bye onto the Team Pursuit Pool.

The Team Pursuit Team selected for each Event will be determined by the Team Pursuit coach, the TCA and/or the HP program staff and coaches at each Event as per, but not limited to the composition identified in Appendix D.

3.3.2. Team Sprint

Athletes for the Team Sprint Team will be made up of athletes who have qualified for an Individual Distance at the Event.

The Team Sprint Team selected for each Event will be determined by the Team Sprint coach(es), the TCA and/or the Team Leader at each Event.

3.3.3. Mass Start

Subject to Byes, the Chair may, in his or her sole, full and absolute discretion, Nominate athlete(s) to the Team for Mass Start (up to quota) based on the recommendation by the HPC-LT, coaches and the TCA. In Nominating an athlete for the Team for Mass Start, the Chair may in its sole, full and absolute discretion consider the following (listed in no particular order of priority):

- Athletes who have met the Mass Start Profile (as defined below), where at a minimum, each such athlete has achieved at least one A-standard qualifying time;
- Results at the respective Selection Events for the Mass Start and other Individual Distance(s);
- Athletes who have been Nominated in other Individual Distance(s);
- International historical Mass Start performances of the athlete;
- Ability of such athlete to work together with the other mass start athletes, for the best Canadian Team result and;
- Other factors as may be identified by the Mass start coaches, TCA or the HP program staff.
- Moving forward, athletes will be entered into a 2020-2021 Mass Start Pool based on the Mass Start Profile indicated below and must finish in first place at Canadian Long Track Championships or World Single Distance Championship Skate-off to be eligible to compete in the Mass Start at Events. The Mass Start pool will be used towards the selection process for the 2022 Olympic season.

Table 1. Mass Start Profile A & B Standards

	Ladies		Men	
	<i>A Standard</i>	<i>B Standard</i>	<i>A Standard</i>	<i>B Standard</i>
1500m	1:57.32	1:58.82	1:45.70	1:47.20
3000m	4:08.18	4:11.18	---	---
5000m	---	---	6:22.08	6:28.08

3.4. Filling Entry Quota

If the processes herein result in less than the maximum Team quota being selected for either gender, the Chair has the sole, full and absolute discretion to Nominate, or not to Nominate, any remaining Team positions. For greater certainty, the Chair may determine in his or her sole, full and absolute discretion not to fill the maximum Team entry quota.

3.5. Unfilled Entry Quota

In the event that entry quota spots in an Individual Distance remains unfilled, the athlete who may fill such vacancy may be selected from athletes already selected to the Team in the following order of priority:

1. the finishing order per distance and gender from the Selection Event; and

2. the sole, full and absolute discretion of the HP program staff and/or the TCA, and coaches at each Event.

3.6. Financial Support

SSC will financially support a maximum number of Nominated athletes to Events as per Appendix E. This number may be reduced or increased at the sole, full and absolute discretion of the Chair, for budgetary reasons or other considerations.

4. ISU World Cup Team Nomination

4.1. ISU World Cup Schedule

As per ISU Communication 2278, the following ISU World Cup schedule has been set:

ISU World Cup 1 November 15-17, 2019 Minsk, BLR	500m, 1000m, 1500m, 3000m(L), 5000m(M), Team Sprint, Mass Start
ISU World Cup 2 November 22-24, 2019 Tomaszow Mazowiecki, POL	500m, 1500m, 3000m(L), 5000m(M), Team Sprint, Team Pursuit, Mass Start
ISU World Cup 3 December 6-8, 2019 Nur-Sultan, KAZ	500m, 1000m, 1500m, 5000m(L), 10000m(M), Team Sprint, Team Pursuit
ISU World Cup 4 December 13-15, 2019 Nagano, JPN	500m(x2), 1000m, 3000m(L), 5000m(M), Team Sprint, Team Pursuit, Mass Start
ISU World Cup 5 February 7-8, 2020 Calgary, CAN	500m, 1000m, 1500m, 3000m(L), 5000m(M)
ISU World Cup Final March 7-8, 2020 Heerenveen, NED	500m(x2), 1000m, 1500m, 3000m(L) 5000m(M), Mass Start, Mixed Gender Relay

4.2. Entry Quota

In accordance with ISU Communication 2278 for ISU World Cup Speed Skating 2019/20, 3.3.1 Entry Quotas for World Cup 1 to 5: SSC has been granted maximum entry quotas for all events, stated as follows:

Ladies 500	Ladies 1000	Ladies 1500	Ladies 3000/5000	Mass Start
4	4	4	4	2
Men 500	Men 1000	Men 1500	Men 5000/10000	Mass Start
4	4	4	4	2

Athletes will be allowed to compete in accordance with ISU Communication 2278 for ISU World Cup Speed Skating 2019/20, Article 3.1.4 Entry Quotas and selection of skaters and teams for the ISU World Cup Final. World Cup 5 entry quota will be confirmed based on being a host nation.

4.3. Qualifying Time

Unless otherwise pre-selected in accordance with Section 4.4.1. below, in order to be nominated for ISU World Cup 1 and ISU World Cup 2, an athlete must have achieved the following 2019 Canadian Long Track (CLT)

Qualifying Time set forth in an Individual Distance at least once in a sanctioned competition between July 1, 2018 up to and including the CLT Championships (defined below (4.4.2)).

Table 2. 2019 CLT Senior Time Standards

	Ladies	Men
500m	38.43	34.90
1000m	1:16.19	1:09.16
1500m	1:57.32	1:45.70
3000m	4:08.18	---
5000m	7:06.60	6:22.08
10000m	---	13:15.71

4.4. ISU World Cup 1 and ISU World Cup 2 – Nomination

Nomination for ISU World Cup 1 and ISU World Cup 2 will be a maximum of fourteen (14) athletes as per Section 3.6 of this HP Bulletin (the “**Maximum Canadian Quota**”).

4.4.1. Pre-Selection

Athletes will be pre-selected in order of their finish position in an Individual Distance to a maximum of 2 quota entries in the following priority:

- Athlete(s) who placed in the top 5 in an Individual Distance at the 2019 World Single Distance Championships;

The following athletes have been pre-selected for ISU World Cup 1 and ISU World Cup 2:

- Mass Start: Ivanie Blondin
- 5000m: Ted-Jan Bloemen

4.4.2. Performance Results

Selection Event: Canadian Long Track Championships (“CLT Championships”), October 17-20, 2019 (Calgary)

Athletes who have achieved the Qualifying Time in one or more Individual Distance may be nominated to the Team in order of priority as follows:

1. Athletes already selected pursuant to Section 4.4.1
2. Subject to Bys, athletes who have achieved one or more Qualifying Times listed in Section 4.3 in an Individual Distance at the 2019 CLT Championships will be ranked by their final placing in such Individual Distances according to the matrix below;
3. At the sole, full and absolute discretion of the Chair, skaters may be added to the Team, from the Team Pursuit Pool (as per Section 3.3.1) in order to field a competitive Team Pursuit Team.
4. Athletes who have achieved the Qualifying Time in an Individual Distance at an ISU sanctioned event since July 1, 2018 pursuant to Section 4.3 may be added to the matrix and ranked by their final placing in such Individual Distances according to the matrix below;
5. The Chair may, at his or her sole, full and absolute discretion, nominate additional athlete(s) to the Team to field the most competitive team that can earn the maximum number of quota spots for 2020 WSD Championships based on the recommendation by the coaches, TCA and the HPC-LT, those which are deemed relevant as per section 3.3.3.

PS = Pre-selected

Rank	Distance	Gender	Position	Name
1	3000m	L	1	
2	5000m	M	1	Ted-Jan Bloemen (PS)
3	3000m	L	2	
4	1500m	M	1	
5	5000m	M	2	
6	500m	L	1	
7	500m	M	1	
8	1000m	M	1	
9	500m	L	2	
10	1000m	L	1	
11	1500m	L	1	
12	500m	M	2	
13	5000m	M	3	
14	3000m	L	3	
15	500m	L	3	
16	1500m	L	2	
17	1000m	M	2	
18	500m	M	3	
19	1500m	M	2	
20	1000m	L	2	
21	1500m	M	3	
22	1500m	L	3	
23	1000m	L	3	
24	1000m	M	3	

Figure 1. 2019-2020 Matrix

NOTE: If athletes achieve the Qualifying Time for more than one distance spot ranked on the matrix, the next ranked distance on the matrix will be used, until all spots are filled and Nomination is completed, up to the maximum nomination.

In the case of eligibility for Mass Start Nomination, athletes will be ranked by their final placing in Mass Start at CLT Championships and then considered for Nomination to the Team in order of the following priorities (listed in descending order of importance):

1. Athletes who have been Nominated for the 1500m or 3000m (ladies)/5000m (men) Individual Distances at World Cups 1 and 2 pursuant to Section 4.4 above.
2. Athletes who have been Nominated for one or more Individual Distances (other than the 1500m or 3000m (ladies)/5000m (men)) at World Cups 1 and 2.

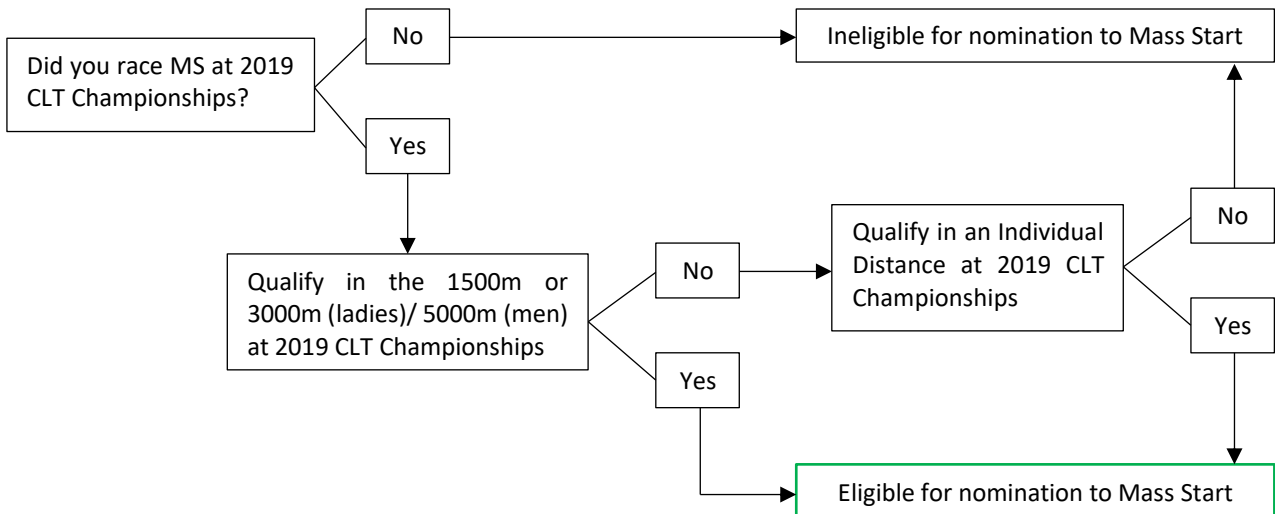


Figure 2. Mass Start Nomination to World Cups

4.5. ISU World Cup 3 and ISU World Cup 4 – Nomination

Nomination for ISU World Cup 3 and ISU World Cup 4 will be up to a maximum of sixteen (16) athletes as per Section 3.6 of this HP Bulletin.

4.5.1. Pre-Selection

Skaters who placed in the top 5 in an Individual Distance at the 2019 WSD Championships are pre-selected in order of their finish position in a specific distance up to a maximum of 2 quota entries Individual Distance per gender.

The following athletes have been pre-selected for the ISU World Cup 3 and ISU World Cup 4:

- Mass Start: Ivanie Blondin
- 5000m: Isabelle Weidemann (World Cup 3)
- 5000m: Ted-Jan Bloemen (World Cup 4)

4.5.2. Performance Results

The priority of Nomination of athletes, and the Events they will be Nominated to race, will be based on the following (listed in order of priority):

1. athletes who are Nominated to the Team for World Cup 1 and World Cup 2;
2. for World Cup 3, athletes who have placed in the top three (3) positions at CLT Championships in the Ladies 5000m and Men’s 10000m and have satisfied the Qualifying Time (at CLT Championships pursuant to section 4.3) in those respective distances;
3. Athletes granted a Bye at the discretion of the Chair for each event in which they were granted a Bye;
4. At the sole, full and absolute discretion of the Chair, skaters may be Nominated added to field the most competitive team that can earn the maximum number of quota spots for 2020 WSD Championships; and
5. At the sole, full and absolute discretion of the Chair, NextGen skaters may be Nominated to the Team as part of their development as identified and recommended by the coaches, TCA and the HP program staff.

4.6. ISU World Cup 5 - Nomination

4.6.1. Pre-selection

Athletes Nominated to the World Single Distance Championships will be pre-selected to compete in the ISU World Cup 5.

4.6.2. Performance Results

The priority of Nomination of additional athletes and the Events they will be Nominated to race will be in the following order of priority:

1. To first maximize 2020 quota spots at the sole, full and absolute discretion of the Chair based on the following:
 - Finish in the Top 32 overall World Cup ranking following the 2019 World Cups 1-4 in the applicable Individual Distance for which the athlete is being considered; and
 - Finish in the Top 6 finish at the 2020 WSD Skate-off in the applicable Individual Distance for which the athlete is being considered
2. Additional remaining quota spots may be considered at sole, full and absolute discretion of the Chair based on the 2020 WSD Skate-off results

5. 4 Continents Championships Team Nomination

5.1. Schedule

As per ISU Communication 2285, the following 4 Continents Championships schedule has been set:

2020 4 Continents Championships January 31 – February 2, 2020 Milwaukee, USA	500m, 1000m, 1500m, 3000m(L), 5000m(M), Mass Start, Team Sprint, Team Pursuit
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5.2. Entry Quota

5.2.1. 4 Continents

In accordance with ISU Communication 2285 and ISU Rule 208, SECTION 2.5.1, Entry Quota for 4 Continents Championships will be allocated to ISU members according to the Special Qualification Ranking List (the "SQRL") for each competition based on the results achieved in designated World Cup Events during the season. *In addition, as per ISU Communication 2285, a maximum of 10 Ladies and 10 Men may entered by each ISU member.*

5.3. Qualifying Time

In order to be nominated for ISU 4 Continents Championships, an athlete must have achieved the following 2020 4 Continents Qualifying Time set forth in an Individual Distance as specified in Section 5.4.1.

Table 3. 2020 4 Continents Qualifying Time

	Ladies	Men
500m	38.93	35.40
1000m	1:17.19	1:10.16
1500m	1:58.82	1:47.20
3000m	4:11.18	---
5000m	---	6:27.08

5.4. 4 Continents – Nomination

Nomination for ISU 4 Continents Championships will be determined in accordance with ISU rule 208, 2.5.1 and as per Section 3.6 of this HP Bulletin.

5.4.1. Performance Results

Selection Event: World Single Distance Championships Skate-off, January 3-6, 2020 (Calgary) (the “**WSD Skate-Off**”)

Athletes who have achieved the Qualifying Time in one or more Individual Distance will be ranked by their final placing in each Individual Distance at WSD Skate-off according to the 4 Continents Matrix (as defined below) in order of priority as follows:

- Athletes who have achieved the Qualifying Time in an Individual Distance at the 2020 WSD Skate-Off pursuant to Section 5.3
- Athletes who have achieved the Qualifying Time in an Individual Distance at an ISU sanctioned event between July 1, 2018 up to and including the WSD Skate-Off pursuant to Section 5.3.

Should additional entry quota remain, athletes may be eligible for Nomination to the Team in order of priority as follows:

- Athletes who have achieved the 4 Continents Qualifying Time in an Individual Distance at the 2020 WSD Skate-off ranked in order of performance percentage of the Individual Distance Qualifying Time set forth in Section 5.3
- Athletes who have achieved the 4 Continents Qualifying Time in an Individual Distance at an ISU sanctioned event since July 1, 2018 ranked in order of performance percentage of the Individual Distance Qualifying Time set forth in Section 5.3
- In the case of remaining quota for Mass Start Nomination, the following process will be used:
 - If there is a remaining quota of two (2), the first skater selected will be the next highest ranked skater in Mass Start at WSD Skate-off who has achieved an Individual Distance Qualifying Time set forth in Section 5.3. The second quota position will be ranked by their final placing in Mass Start at WSD Skate-off and then considered for Nomination to the Team in the following order of priority:
 - Athletes who have been Nominated for the 1500m or 3000m (ladies)/5000m (men) Individual Distances
 - Athletes who have been Nominated for one or more Individual Distances (other than the 1500m or 3000m (ladies)/5000m (men))
 - If there is a remaining quota of one (1), athletes will be ranked by their final placing in Mass Start at WSD Skate-off and then considered for Nomination to the Team in the following order of priority:
 - Athletes who have been Nominated for the 1500m or 3000m (ladies)/5000m (men) Individual Distances
 - Athletes who have been Nominated for one or more Individual Distances (other than the 1500m or 3000m (ladies)/5000m (men))

The 4 Continents Matrix will be based on the 2019-2020 SQRL and published as promptly as possible following the release of the official SQRL by the ISU.

6. World Championships Team Nomination

6.1. Schedule

As per ISU Communication 2285, the following World Championships schedule has been set:

2020 World Single Distance Championships February 13-16, 2020 Salt Lake City, USA	500m, 1000m, 1500m, 3000m(L), 5000m, 10000m(M), Mass Start, Team Sprint, Team Pursuit
2020 World Junior Championships February 21-23, 2020 Tomaszow Mazowiecki, POL	500m, 1000m, 1500m, 3000m(L), 5000m(M), Mast Start, Team Sprint, Team Pursuit
2020 World Allround & World Sprint Championships February 28-Mar 1, 2020 Hamar, NOR	500m(x2 sprint), 1000m(x2 sprint) 500m, 1500m, 3000m(L), 5000m, 10000m(M)

6.2. Entry Quota

6.2.1. World Single Distance Championships

In accordance with ISU Rule 208, 2.1.1, Entry Quota for the World Single Distance Championships will be allocated to ISU members according to the Special Qualification Ranking List (the “SQRL”) for each competition based on the results achieved in designated World Cup Events during the season.

6.2.2. World Junior Championships

In accordance with ISU Rule 208, 2.6.1, each ISU Member may enter a total of 5 Ladies and 5 Men. For each competition substitutes can be named among the maximum 5 competitors entered for the Championships.

6.2.3. World Sprint Championships

In accordance with ISU Rule 208, 2.3.1, Canada has been pre-allocated a quota of two competitors for the Women and one competitor for the Men. Remaining quota spots (up to a maximum of 3 quota spots per gender) are allocated based on the SQRL for each Event based on the results achieved in designated World Cup Events during the season.

6.2.4. World Allround Championships

In accordance with ISU Rule 208, 2.2.1, Canada has been pre-allocated a quota of 2 competitors for the Women and one competitor for the Men. Remaining quota spots (up to a maximum of 3 quota spots per gender) are allocated based on the SQRL for each Event based on the results achieved in designated World Cup Events during the season.

6.3. World Single Distance Championships – Nomination

Canada is permitted to enter a maximum quota of three (3) skaters per distance at the World Single Distance Championships for the 500m, 1000m and 1500m for both Ladies and Men, 3000m for Ladies and 5000m for Men. A maximum quota of two (2) is permitted for the Mass Start in both Ladies and Men, 5000m for ladies and 10000m for men. The quota will be determined in accordance with ISU Rule 208, 2.2.1.

The Chair may, in its sole discretion, grant an athlete a Bye onto the World Single Distance Championships Team due to illness, injury or exceptional circumstances as per Appendix C of this Bulletin.

6.3.1. Performance Results

Selection Event: World Single Distance Championships Skate-off, January 3-6, 2020 (Calgary)

- Subject to Byes, athletes will be nominated to the World Single Distance Championships Team according to Entry Quota determined by the ISU in Section 6.2.1. If Canada has a quota of 3 or fewer skaters for a particular distance according to the SQRL list, the following process will be used:
 - If Canada has a quota of one (1) for a particular Individual Distance, and an athlete is ranked in the top eight (8) on the SQRL, then this skater will be selected for Nomination to the Team. If no athlete is ranked in the top eight (8) on the SQRL list, then the 1 quota spot will be selected from the finishing rank at the WSD Skate-off.
 - If Canada has a quota of two (2) for a particular Individual Distance, the first skater selected will be the highest ranked Canadian on the SQRL ranking list if such athlete is ranked in the top eight (8) on the SQRL list. The second quota position will be selected from the finishing rank at the WSD Skate-off unless two (2) athletes are ranked in the top eight (8) on the SQRL list, in which case both such skaters will be Nominated to the Team. If no athlete is ranked in the top eight (8) on the SQRL list, then the quota spots will be selected from the finishing rankings at the WSD Skate-off.
 - In the case of the 5000m (ladies) and 10000m (men), if Canada has a quota of two (2), the first skater selected will be the highest ranked Canadian on the 5000m (ladies) and 10000m (men) SQRL list if such athlete is ranked in the top eight (8) on the SQRL list. The second quota position will be selected from the finishing rank at the WSD Skate-off. If no athlete is ranked in the top eight (8) on the SQRL, then both quota spots will be selected from the finishing ranks at the WSD Skate-off.
 - If Canada has three (3) quota positions qualified, the first skater selected will be the highest ranked Canadian on the SQRL points ranking list. The second skater will be the next ranked Canadian on the SQRL list if such athlete is ranked in the top eight (8) on the SQRL list. The selection for the third quota position will take place from finishing rank at the WSD Skate-off. If the second skater is not ranked in the top eight (8) on the SQRL list, then both remaining quota spots will be selected from the finishing ranks at the WSD Skate-off.
 - In the case of Mass Start, the following process will be used:
 - If Canada has a quota of one (1) for Mass Start, then the quota spot will be selected from the highest ranked Canadian on the SQRL list if a Canadian is ranked in the top eight (8) on the SQRL list. If no athlete is ranked in the top eight (8) on the SQRL list, then the quota spot will be selected from the highest ranked Canadian who is currently ranked in the top sixteen (16) on the SQRL list and who also ranked in the top (2) at the WSD Skate-Off. If no athlete is ranked in the top sixteen (16) and ranked in the top (2) at the WSD Skate-off, then the quota spot will be selected from the finishing rank at the WSD Skate-off provided that, such athlete has achieved at least one of the A-time standards and at least one of the B-time standards between July 1, 2018 up to and including the WSD Skate-Off of the respective Mass Start profile (Section 3.3.3).
 - If Canada has a quota of two (2) for Mass Start, the first skater selected will be the highest ranked Canadian on the SQRL list. The second quota position will be selected from the finishing rank in the Mass Start event at the WSD Skate-off provided that such athlete has achieved at least one of the A-time standards and one of the B time

standards of the respective Mass Start profile (Section 3.3.3) between July 1, 2018 up to and including the WSD Skate-Off.

- At the sole, full and absolute discretion of the Chair, skaters may be added to the Team, from the Team Pursuit Pool (as per Section 3.3.1) in order to field a competitive Team Pursuit Team.

6.3.2. Reserve Positions

Reserve positions are in name only and should Canada receive reserve spots (which are based on the SQRL list), the next ranked skater from WSD Skate-off for the respective Individual Distance will be entered should the position become available. If an athlete has not qualified in another Individual Distance, he/she will only be eligible to attend the Event should the position become available prior to the departure of the team or final entries' submission deadline as per ISU rules, depending on which occurs first. If a reserve position becomes available after the final entries' submission, the next ranked skater from WSD Skate-off for the respective Individual Distance who is already qualified for another Individual Distance will be entered.

6.4. World Junior Championships - Nomination

6.4.1. Pre-Selection

Athletes will be pre-selected (up to a maximum of 1 quota spot per gender for Sprint, 1 quota spot per gender for Allround, and 1 quota spot per gender for Mass Start, based on qualification to the World Single Distance Championships pursuant to 6.3 above.

6.4.2. Performance Results

Selection Event: Canadian Junior Long Track Championships, January 3-4, 2020 (Calgary)

The priority of selection of athletes and the Individual Distances they will be nominated to race, will be based on the following:

Priority 1

Subject to Byes and pre-selection, the first four (4) athletes (per gender) in the Allround ranking (total sammelagt points) will be nominated according to:

- Ranking determined as the cumulative total of 4 distances, in sammelagt,
- Distances used: 500m (first), 1000m (first), 1500m, 3000m Ladies, 5000m Men

ISU Rules require Allround skaters to have the junior ISU time standards listed on Appendix A in all distances.

Priority 2

The Chair, in his or her sole, full and absolute discretion, reserves the right to add up to one additional athlete per gender, who shows medal potential possibility in a sprint distance. To be considered for Nomination, athlete(s) must achieve one or more of the following Qualifying Times at the Canadian Junior Championships:

	Ladies	Men
500m	38.58	35.10
1000m	1.16.19	1.09.02

6.5. World Sprint Championships - Nomination

Nomination for World Sprint Championships will be according to Entry Quota allowed as per Section 6.2.3, however no athletes will be financially supported to attend this Event.

6.5.1. Performance Results

Selection Event: ISU World Cup 1-4 based on SQRL list, Rule 208, 2.3.

Athletes will be selected to World Sprint Championships Team according to the following priority:

- Subject to Byes, athletes will be chosen in order of their cumulative two (2) distance sammelagt ranking from the 500m and 1000m on the SQRL list (following World Cup 1-4).
- Reserve positions, as qualified based on the SQRL list, will be selected based on athletes' cumulative two (2) distance sammelagt ranking from the 500m and 1000m from the WSD Skate-off.

*Reserve positions will be in name only and athletes holding reserve positions will only be entered should the position become available.

6.6. World Allround Championships - Nomination

Nomination for World Allround Championships will be according to Entry Quota allowed as per Section 6.2.4, however no athletes will be financially supported to attend this Event.

6.6.1. Performance Results

Selection Event: ISU World Cup 1-4 based on SQRL, Rule 208, 2.2.

Athletes will be selected to the World Allround Championships Team according to the following priority:

- Ladies – Subject to Byes, athletes will be chosen in order of their cumulative two (2) distance sammelagt ranking from the 1500m and 3000m on the SQRL list (following World Cups 1-4).
- Men – Subject to Byes, athletes will be chosen in order of their cumulative two (2) distance sammelagt ranking from the 1500m, and 5000m on the SQRL list (following World Cups 1-4).
- Reserve positions, as qualified, will be selected in order of their cumulative two (2) distance sammelagt ranking from the 1500m and 3000m (Ladies) or 5000m (Men) from the 2020 WSD Skate-off.

*Reserve positions will be in name only and athletes holding reserve positions will only be entered should the position become available.

7. Neo-Senior/Junior World Cup Team Nomination

7.1. Schedule

Neo-Senior/Junior World Cup 2 November 23-24, 2019 Enschede, NED	500m, 1000m, 1500m, 3000m, Team Sprint, Mass Start
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7.2. Entry Quota

Entry quota will be in accordance with ISU Communication 2279, Section 4.2 Entry Quotas for Neo-Senior and Junior World Cups.

7.3. Qualifying Time (Neo-Seniors only)

In order to be Nominated for a Neo-Senior/Junior World Cup, an athlete must achieve one or more of the Qualifying Times set forth below in at least one Individual Distance at a sanctioned competition between July 1, 2018 up to and including the CLT Championships.

Table 4. 2019 CSD Neo-Senior Time Standards

	Ladies	Men
500m	39.55	35.61
1000m	1.18.33	1.10.60
1500m	2.01.66	1.48.60
3000m	4.18.64	---
5000m	---	6.33.95

7.4. Neo-Senior/Junior World Cup 2 - Nomination

A maximum of six (6) Neo-Senior athletes, 3 per gender, born in the period July 1, 1996 to June 30, 2000 will be eligible for Nomination to the Neo-Senior World Cup 2 as per Section 3.6 of this HP Bulletin. Junior aged athletes born in the period July 1, 2000 to June 30, 2004 and who have met the Nomination criteria outlined in Section 7.4.1 will be eligible for Nomination to the Neo-Senior World Cup 2.

7.4.1. Performance Results

Selection Event: Canadian Long Track Championships (CLT Championships), October 17-20, 2019 - Calgary

Three (3) Neo-Senior or Junior athletes per gender who are not already selected to the Fall World Cup Team will be Nominated to the Neo-Senior World Cup Team as follows:

- The top (1) athlete per gender in the Neo-Senior Ranking based on such athlete's best performance in an Individual Distance (excluding Mass Start) at the CLT Championships as a percentage of the Individual Distance Qualifying Time set forth in Section 7.3 (the "**Neo-Senior Ranking**").
- The top (1) athlete per gender in the Neo-Senior Ranking based on 500m and 1000m sammelagt who must have achieved one of the Individual Distance Qualifying Time set forth in Section 7.3 (the "**Neo-Senior Ranking**").
- The top (1) athlete per gender in the Neo-Senior Ranking based on 1500m and 3000m/5000m sammelagt who must have met one of the Individual Distance Qualifying Time set forth in Section 7.3 (the "**Neo-Senior Ranking**").

*Neo-Senior athletes who have previously attended more than three senior ISU World Cups in the 2018-2019 season will be ineligible for nomination to the Neo-Senior/Junior World Cup Team.

7.5. Neo-Senior/Junior World Cup Final - Nomination

As per ISU Communication 2279, athletes meeting the Entry Quota will be allowed to attend this Event at their own expense.

APPENDIX A – ISU Qualifying Times

As per ISU Communications, in order for a result to be a valid Qualifying Time, it must have been achieved in an ISU sanctioned event in the period between July 1, 2018 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	39.50 (40.00)	35.70 (36.20)
1000m	1.19.00 (1.20.00)	1.11.20 (1.12.00)
1500m	2.00.50 (2.02.00)	1.49.00 (1.50.50)
3000m	4.19.00 (4.22.00)	---
5000m	4.11.00 or 7.23.00 (4.14.00 or 7.33.00)	6.40.00 (6.45.00)
10000m	---	13.30.00 or 6.28.00 (13.40.00 or 6.33.00)

ISU Neo-Senior World Cup

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

	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	4.05.00

ISU World Championships Qualifying Times

4 Continents 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	---	6.48.00 (6.52.00)

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	7.25.00 or 4.15.00 (7.32.00 or 4.20.00)	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 have 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 B - Declaration to Compete

Please place an “X” under the following Individual Distances in which you would like your Nomination to be considered, for each corresponding Event.

This form does not confirm your participation in the events listed, only that you intend to compete if Nominated and accept your Nomination.

Name: _____

Event	500m(1)	500m(2)	1000m	1500m	3000m	5000m	10000m	MS
ISU World Cup 1 Minsk, BLR								
ISU World Cup 2 Tomaszow, POL								
ISU World Cup 3 Nur-Sultan, KAZ								
ISU World Cup 4 Nagano, JPN								
ISU Neo-Senior World Cup 2 Enschede, NED								
ISU World Cup 5 Calgary, AB								
4 Continents Championships Milwaukee, USA								
ISU World Single Distance Championships , SLC, USA								
ISU World Junior Champ. Tomaszow, POL								

By signing this Declaration to Compete, you agree to the Guidelines set forth in Section 2 of this HP Bulletin 189, and agree to participate in the Individual Distances indicated if Nominated and selected to the Team.

Athlete Signature

Date

Coach Approval – Signature

Date

APPENDIX C – Guidelines for the Allocation of Byes to World Cups and World Championship Teams

Philosophy

In exceptional and unforeseen circumstances, the Chair may, in his or her sole, full and absolute discretion, determine that, where an athlete has not had the opportunity, through no fault of his or her own, to compete in the Selection Event(s) in order to be selected to a Team, or if the athlete participates in the Selection Event(s) but his or her performance is negatively impacted by an injury, illness or equipment breakage, the athlete may, subject satisfying the conditions indicated below, be eligible to apply for selection to the relevant Team by making a Bye request.

A Bye request is the last means by which an athlete can be selected to a Team and it is intended to apply only in exceptional circumstances when an athlete's selection to a Team is impacted by an unforeseen injury or illness or other unanticipated circumstance, such as equipment breakage. For the avoidance of doubt and in the interest of clarity, Byes are not available for athletes to be pre-selected to any Team.

Note the following Bye policy and procedures are applicable only to athletes applying for byes onto the World Cup and World Championship Teams, the selection for which is outlined in this HP Bulletin 189.

In ordinary circumstances, SSC will not grant an athlete a Bye onto a Team or into an event if that athlete has not previously satisfied the relevant and applicable criteria in order to be selected to the specific Team or in the specific Individual Event on the basis of their performances. However, and notwithstanding the aforementioned, if, compared to the performances of the other athletes seeking Nomination onto a Team or into an event, an athlete's recent performances demonstrate that they are at a superior level that would warrant Nomination onto a Team or that they should be granted permission to enter an event through a Bye, the Chair may, after consulting with the relevant national team coaches, and assessing the athlete's Bye request in accordance with this HP Bulletin, grant the athlete a Bye for such a purpose.

Rules for Requesting a Bye to World Cups and World Championship Teams

- Bye Requests to the World Cup and/or World Championship Team Selection can only be made by athletes who finished in the Top 8 and Top ½ in an Olympic event at the 2019 World Single Distance Championships.
- Bye Requests to the World Junior Championship Team Selection can only be made by Junior athletes who finished in the Top 8 and Top ½ at the 2019 World Junior Championships in an individual distance (excluding Mass Start).
- Bye requests must be made in writing to the HPC-LT in accordance with the timelines and procedures indicated below and herein.
- Unless physically incapable, only the athlete requesting a Bye is permitted to submit the request.
- If the Bye request is made as a result of an illness or injury, the athlete must provide documented evidence from a qualified Long Track appointed medical practitioner that the athlete was unable to compete in the Selection Event(s) due to the injury or illness. The HPC-LT has the right to request further independent medical review after the Bye request has been submitted.
- In the case of a Bye request being made on the basis of equipment breakage, the request has to have been reported to and verified by the race referee and the High Performance staff (or other member of the HPC-LT if the High Performance staff member is not available or present) immediately following the race in which the equipment breakage occurred.

Conditions for Applying for a Bye

Bye requests will be considered in two categories:

1. Pre-competition Illness or Injury

Pre-competition illness or injury, which prevents an athlete from competing in the Selection Event will only be considered if the athlete is ill or injured before the beginning of the Selection Event and the athlete is able to provide documentary evidence of their injury or illness. The athlete must request a Bye prior to the coaches meeting, or daily draw, for which the athlete is requesting the Bye. SSC staff and/or HPC-LT must formally announce all pre-competition illness or injury Bye requests at this meeting so that all other competitors are made aware of the possibility of a Bye being granted.

In the case of selection to the Team Pursuit Team, where a cumulative ranking from multiple distances may be used, an athlete is eligible to make a Bye request if they are prevented from competing in one of the combined distances due to a pre-existing illness or injury.

A Bye request will be deemed ineligible if the athlete subsequently competes in the Selection Event for which the Bye request is made.

In the case of selection being based upon a cumulative ranking from multiple events, an athlete is eligible to apply for a Bye request to a subsequent ranking event (as specified in the relevant HP Bulletin) if they are prevented from competing in one of the ranking events due to a pre-existing illness or injury.

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

2. Injury, Illness or Equipment Breakage During the Selection Event

A Bye request for injury or illness or equipment breakage that occurs during the Selection Event must be made within 24 hours following the end of the Selection Event unless the athlete is physically incapable of making this request (in such a case, the athlete's coach may make the request).

Each Bye request must state clearly what the athlete is seeking, and supporting documentation (medical, race referee report, for example) must be provided at the time that the request is made.

Process for Reviewing a Bye Request

The following outlines SSC's process for considering Bye requests:

Following the completion of the Selection Event(s), the HPC-LT will review all Bye requests and the Chair, in his or her sole and absolute discretion will make a decision on each Bye request with supporting rationale:

- In cases where multiple Bye applications are submitted, each Bye application will be assessed individually and on their own merit.
- If relevant, the HPC-LT 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 and the final Nomination will be made from the revised ranking.
- After the Chair makes its final decision regarding to a Bye request, its decision will be communicated to the athlete(s) requesting the Bye, athlete(s) directly affected by the Bye request, their coaches, and the athletes' representatives prior to the final nominations allowing for the required 7 day period for

the submission of an appeal, unless the deadline for nomination precedes this 7 day period. Under such circumstances, the HPC-LT will be notified that an appeal has been received and is under review.

Conditions for Granting a Bye

When considering whether or not to grant a Bye in cases where an athlete has been injured or affected by an illness, the Chair must first consider the medical condition of the athlete, the degree to which the athlete has followed the prescribed rehabilitation process, and his/her readiness to return to competition and compete at their previous performance level according to feedback received from the medical team and the athlete's coach(es). If any of the above conditions are not respected by the athlete, the Bye may be refused on that basis alone.

The Chair may award a "Conditional Bye" to athletes recovering from injury or illness. In such situations, the Chair may impose certain conditions, which may include, but are not limited to a specific timeframe within which they must demonstrate a certain level of fitness or meet a specific performance requirement (or requirements).

While making Bye decisions the Chair will evaluate a number of elements including, but not limited to the following:

- Head-to-head competition results between the athletes making the Bye request and those athletes that would be affected if the Bye request is granted.
- Past performances of the athlete requesting the Bye.
- Results of the Selection Event(s) (by athletes in contention for the Team).
- Recent training and testing performances

In evaluating past performances, the Chair will assign higher weighting priority to those performances from the 12-month period immediately prior to the final selection event. However, occasionally this is not possible because of injuries, or the lack of opportunity for the athletes to compete. In such instances, performances beyond this 12-month period may be considered but will have a lower weighting in assessing the Bye request.

Other than Mass Start, following the consideration of the Bye request, the Chair may, at his or her sole, full and absolute discretion, award a Bye to an athlete who is:

- 0.5 sammelagt points faster than the last athlete selected in a specific distance based on the race skated at the selection event (that would mean 0.5 seconds in the 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,
- 0.5 sammelagt point per race skated for a selection over cumulative points (4 distances skated = 2 sammelagt points, 500m skated twice = 1.0 sammelagt point).

In assessing the past performances of the athlete requesting the Bye and the history of the athletes who may be impacted by the Bye request (if granted), the Chair will give priority weighting to the best time (in ISU sanctioned events) of the athletes involved during the last 12 months including the selection competition(s).

For Mass Start, the Chair may, at its sole, full and absolute discretion, award a Bye to an athlete after the consideration of the factors and requirements described in this Appendix C, other than the sammelagt considerations described above.

In the case of a multiple Event Nomination if an athlete cannot complete the selection competition due to exceptional circumstances (Section 1.9.2), the missing distances will be evaluated by using the personal best time (in the last 12 months) for the athletes involved.

The Chair will only consider an athlete's personal best time for that distance recorded as far back as July 1, 2018. This time must be achieved in speed skating events listed on the ISU International Calendar or ISU sanctioned Domestic Events and have electronic timing.

Injury Replacements

In the event that an athlete is selected to the Team on the basis of a successful Bye request, they will be required to provide evidence of a full recovery, both from a medical perspective and also a performance perspective, in order to confirm their selection to the Team.

The determination of what constitutes full recovery will be made by SSC Team medical and coaching staff and will be based upon an assessment of the athlete's ability to perform at their previously demonstrated level of performance and such other criteria as determined by the Chair in his or her sole, full and absolute discretion.

If an athlete is injured following their nomination to the Team, the same conditions for full medical and performance recovery as described above will apply.

APPENDIX D – Team Pursuit Composition

The specific composition of the three (3) or four (4) members Team Pursuit Team, if applicable, that will compete at the Event, including the athletes that will compete in each Event, will be determined at the sole, full and absolute discretion of the Team Pursuit coach(es), the TCA and/or Team Leader.

Different weightings will be determined according to the importance of factors considered in the decision-making process as they deem appropriate with the goal of fielding the best possible Team Pursuit Team. The following factors will be considered along with any other factors deemed relevant:

- Medal potential of the individual athletes selected to the Team;
- Medal potential of the Team Pursuit Team with the athletes qualified in an individual distance;
- Historical individual and team pursuit performances;
- Availability and commitment to train as part of the Team Pursuit Team;
- International experience in the event of Team Pursuit;
- International performance profile in the event of Team Pursuit;
- Fit with other athletes already qualified for the Team and selected to be part of Team Pursuit Team;
- Other factors as may be identified, by the Team Pursuit coach(es), the TCA and/or Team Leader.

APPENDIX E – SSC Funding Model for World Cups and World Championships

World Cups and World Championships (Senior)

	World Cup 1 and 2 (BLR/POL)	World Cup 3 and 4 (KAZ/JPN)	World Cup 5 (CAN)	4 Continents (USA)	World Single Distance Championships (USA)	World Allround & Sprint Championships (NOR)	World Cup Final (NED)
Entry Quota (number of potential athletes)	As per quota	As per quota	As per quota	As per quota	As per quota	As qualified (max 3 per gender as per quota)	As qualified
Maximum Nomination Funded by SSC (number of athletes)	Up to 14, as approved by the Chair	Up to 16, as approved by the Chair	WSD Team plus up to quota available as approved by the Chair	Up to 16 (partially funded) ¹ , as approved by the Chair	Up to quota, as approved by the Chair	0	0
Partial Funded (by ISU for Accommodation and Meals)	0	0	0	Up to quota by ISU	Up to quota by ISU	Up to quota by ISU as approved by the Chair	0
Self Funded	0	0	0	As qualified	0	As qualified	As qualified

World Cups and World Championships (Neo-Senior/Junior)

	Neo-Senior World Cup 2 (NED)	Neo-Senior World Cup Final (BLR)	World Junior Championships (POL)
Entry Quota (number of potential athletes)	20	As per quota	10
Maximum Nomination Funded by SSC (number of athletes)	6	0	8
Partial Funded (by ISU for Accommodation and Meals)	0	0	Up to 8 by ISU as approved by the Chair
Self Funded	0	8	0

¹ Funding support available for 4 Continents will be as follows:

- Up to \$600 CAD towards each skater's round-trip flight to Milwaukee and full financial support for 5 nights room and board with the official ISU accommodations for those ranked in the Top 16 [and have met the Qualifying Time set forth in Section 5.3](#); or
- Self-pay for skaters ranked in positions 17 and lower.