



SPEED  
SKATING  
CANADA

# HIGH PERFORMANCE BULLETIN 196

National/NextGen Program Selection

Updated

December 23, 2020

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# 1. INFORMATION

## 1.1 Purpose

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

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

## 1.2 Nomination Decision

The final National Program selection shall be made at the sole, full and absolute discretion of the Chair of the HPC-LT.

## 1.3 Authority

All decision-making authority and accountability resides with the Chair.

## 1.4 Conflict of Interest

In the exercise of the authority granted above, if any, 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.

## 1.5 Amendments and Unexpected Circumstances

The Chair reserves the right to make changes to the HP Bulletin which, in the Chair's sole, full and absolute discretion, are necessary to ensure Nomination of the best National Program possible. Any changes to this document shall be communicated electronically to the relevant athletes, coaches and HPC-LT.

Should the Chair determine than unexpected or unusual circumstances have arisen during the process of applying this HP Bulletin, including, but not limited to any changes to the format, timing or location of the 2021 World Cups and 2021 World Speed Skating Championships arising from the COVID-19 global pandemic or any changes to public health recommendations by SSC, the Canadian

Olympic Committee, the ISU, the Government of Canada, the World Health Organization or the European Union related to the COVID-19 global pandemic, 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.

Any such changes are made, in the opinion of the Chair, in the best interests of the High Performance (HP) program.

## **1.6 International Skating Union Rules & 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 will take precedence when determining the applicable field size and disqualifications.

## **1.7 Philosophy and Principles**

Athletes will be selected to a National Program Pool or Team based on which athletes the Long Track High Performance program determines are in the best position to achieve the best possible results for Canada at international competitions; such as the Olympic Games, World Single Distance Championships, and/or World Cups.

The Chair will provide recommendations to the SSC staff on the selection of athletes to the National Program. Subject to Byes as per Bulletin 196 Appendix B – Guidelines for the Allocation of Byes, the Chair, for that purpose, and in his or her sole and absolute determination, will primarily use criteria such as time/placing at a specific competition or competitions, and/or ranking after a series of competitions, as described in this Bulletin as the criteria in selecting athletes.

The Long Track program will be led through three program principles in order to achieve success:

- i. Performance focused;
- ii. Speed Skating Canada Coach driven; and
- iii. Athlete Empowered.

## **1.8 Performance Focused**

The fundamental shift in developing a performance focused team is the instilled philosophy that any identification or selection to a National Program Pool or Team is earned, not deserved. The personal and team gain in a high-performance mentality will significantly increase our chances of success. This principle, in and of itself, will offer considerable opportunity to uplift the performance of the speed skating national program.

## **1.9 Coach Driven Within the Canadian Speed Skating Way**

The investment in building a team and the ‘Canadian Speed Skating Way’ identifies a High Performance environment for current and ongoing success of Speed Skating Canada’s long track HP program. This performance concept focuses on a daily training environment with Team Pursuit, Mass Start and Team Sprint creative strategies and a tighter team at high level competitions suggesting a need for strong decisions about World Cup and World Single Distance Championships performance objectives and purposeful intent.



Emphasizing the World Cup performance focus will highlight attention to the top racing team, placing more importance on a higher number of World Cup wins and top 10 performances. Specific compete habits will be identified and controlled for top skaters who have been selected to compete internationally knowing that success on the international stage is a requirement for eventual Olympic podium finishes.

### **1.10 Athlete Empowered**

Empowerment is determined by the relationship between an athlete and their environment. Empowerment requires the engagement of the athlete, whether this be in the physical planning and carrying out of their training sessions, to providing pre-competition, competition, and debriefing plans. By being empowered, it gives the athlete the sense of responsibility, knowing their opinions are valued and it allows them to take responsibility of their performance development which can in turn create a greater amount of motivation. The intent of empowerment is for athletes to gain and take ownership of their knowledge and development that will help them to maximize personal development and physical performance. In essence it gives the athlete a 'voice' in the process.

# 2. NATIONAL TEAM

## 2.1 Goals

The goals of Speed Skating Canada's National program are to:

- To select 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 and the 2022 Olympic Winter Games - and beyond.
- To nominate the maximum number of medal potential athletes to a World Cup or World Championships Team for Olympic Individual Distances and Team Events.

## 2.2 Daily Training Environment

The National Team will have access to a world-class daily training environment at a National Training Centre (Calgary or Quebec City). A world class training environment includes the following:

- World class sport specific and required ancillary technical facilities
- Appropriate access to the facilities
  - Dedicated hours per day and days per year
  - Access at a reasonable cost
- Full-time high performance coaching
- Priority access to IST and the necessary facilities to support IST functions
- Training partners at the appropriate performance level
- A High Performance lifestyle, culture and atmosphere

## 2.3 Nomination

Athletes achieving Senior International Carding priorities, as per Bulletin 195 – Carding Criteria will be nominated for the National Team.

Athletes may also be added at the absolute discretion of the Chair to the National Team on the basis of the following, in no particular order:

- Rankings (World Rank, World Speed Skating Championships Rank) in the current 2020-2021 season
- Historical Performances (Top 8 and Top 1/2 finish (of the field)<sup>1</sup> in an Olympic event at World Single Distance Championships and/or Olympics)
- Previous National Team member
- The athlete being awarded an injury card from Sport Canada (AAP).

Athletes currently on the 2020-2021 National Team will be eligible to carry forward their team status until the 2021 Canadian Long Track Championships in October 2021 under the following circumstances:

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<sup>1</sup> The field size considered shall be composed of those who successfully finished. For greater clarity, an individual assigned a DQ, DNF, DNS, WDR, RS or MT (as per ISU Rule 273) will have an invalid race result and therefore not considered as part of the field size.

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- Athletes Nominated to the 2021 World Cups or 2021 World Speed Skating Championship Teams who choose not to compete in the Individual Distances at the World Cup/World Championship 2021 Hub in the Netherlands for which they were Nominated.
  - Athletes who attend the World Cup/World Championships Hub and do not meet the Senior International Carding priorities, as per Bulletin 195.
  - Athletes who attend the World Cup/World Championships Hub and are unable to compete at World Cups 1 and/or 2 and/or World Speed Skating Championships due to circumstances outside of their control (i.e., athletes who are required to isolate during the competition as a result of being identified as a close contact, become symptomatic or test positive for COVID-19).

Current 2020-2021 National Team athletes must finish in the Top 4 in an Individual Distance at the 2021 Canadian Long Track Championships in October 2021 to maintain their National Team status for the 2021-2022 season. Athletes will be ranked based on performance percentage to the 2019 Canadian Long Track time standard for the respective distance. No new athletes shall be nominated to the National Team based on the 2021 Canadian Long Track Championships in October.

# 3. NEXTGEN TEAM

## 3.1 Goals

The goals of Speed Skating Canada's NextGen program are to:

- Help the next generation of targeted athletes and teams 8-5 years from an Olympic podium performance to progress along the Athlete Pathway;
- Provide full-time high performance coaching support for the targeted athletes and teams;
- Provide enhanced daily training environment support through a partnership between Speed Skating Canada, Own the Podium, and the Canadian Sport Institute Network.

## 3.2 Daily Training Environment

The NextGen Team will have access to a world-class daily training environment thus ensuring athletes and coaches have the ability to develop their performance to an international podium standard. A world-class daily training environment includes the following:

- World class sport specific and required ancillary technical facilities
- Appropriate access to the facilities
  - Dedicated hours per day and days per year
  - Access at a reasonable cost
- Full-time high performance coaching
- Access to IST and the necessary facilities to support IST functions
- Training partners at the appropriate performance level
- A High Performance lifestyle, culture and atmosphere

## 3.3 Nomination

The NextGen Team will be considered and reviewed under the following guidelines in no particular order unless otherwise stated. Meeting one or more guidelines listed below will not confirm nomination to the NextGen Team.

3.3.1. Athletes who participate in the 2021 World Cup/World Championships Hub will be ranked in order of priority as follows:

3.3.1.1. Senior, Neo-Senior (N1-N4), Junior athletes who compete in the 2021 World Speed Skating Championships and in order of finishing rank. Athletes who have the same placing, in different events, will be prioritized by the percentage difference from the winner in each of the respective events. Mass Start athletes will be prioritized by their best 1500m or 3000m (Ladies) / 5000m (Men).

3.3.1.2. Senior, Neo-Senior (N1-N4), Junior athletes who compete in the 2021 World Cups 1 & 2 and in order of finishing rank. Athletes who have the same placing, in different events, will be prioritized by the percentage difference from the winner in each of the respective events. Mass Start athletes will be prioritized by their best 1500m or 3000m (Ladies) / 5000m (Men).

3.3.2. Current 2020-2021 NextGen team athletes who are Nominated to compete in one or more Individual Distance at the 2021 World Cups or 2021 World Speed Skating Championships and do not participate in the 2021 World Cup/World Championships Hub or are unable to compete in the Hub due to circumstances outside their control (i.e., required to isolate during the competition) will be eligible to carry forward their team

status until the 2021 Canadian Long Track Championships in October 2021 where they will be required to meet the below guidelines (3.3.4).

- 3.3.3. Current 2020-2021 NextGen team athletes who are unable to compete this season will be eligible to carry forward their team status until the 2021 Canadian Long Track Championships in October 2021 where they will be required to meet the below guidelines (3.3.4).

Additional athletes may be eligible for nomination to the NextGen Team after the 2021 Canadian Long Track Championships in October 2021 based on their performances at the 2021 Canadian Long Track Championships. These athletes will be ranked after the athletes who have met above guideline 3.3.1. Nomination will be considered and reviewed under the following guidelines in no particular order unless otherwise stated. Athletes must meet guideline 3.3.4 to be eligible for nomination consideration up to a maximum team size of 40 athletes on the National and NextGen Team.

- 3.3.4. Athletes who have met the 2019 Canadian Long Track time standard (Appendix A) for the relevant ISU group (Senior, Neo-Senior, Junior) for the respective distance that the athlete is ranked in the top 6 at 2021 Canadian Long Track Championships. Junior athletes will be evaluated against Neo-Senior time standards. In the case of Mass Start, athletes who have met the Mass Start profile (Bulletin 193, Section 3.3.2) and ranked in the top 4 at 2021 Canadian Long Track Championships. Time standards must be achieved at an ISU sanctioned competition occurring between July 1, 2019 up to and including the 2021 Canadian Long Track Championships.
- 3.3.5. Athletes will be ranked based on performance percentage to the 2019 Canadian Long Track time standard in order of priority as follows:
- 3.3.5.1. Senior, Neo-Senior (N1-N4), Junior athletes who have not already been selected to the National Program (Section 2.3) who have achieved the 2019 Canadian Long Track time standard at the 2021 Canadian Long Track Championships in October. Mass Start will be ranked based on the performance percentage of the 1500m or 3000m(ladies)/5000m (men) for the relevant ISU group (Senior, Neo-Senior, Junior).
- 3.3.5.2. Senior, Neo-Senior (N1-N4), Junior athletes who have not already been selected to the National Program (Section 2.3) who have achieved the 2019 Canadian Long Track time standard between July 1, 2019 up to and including the 2021 Canadian Long Track Championships in an ISU sanctioned competition. Mass Start will be ranked based on the performance percentage of the 1500m or 3000m(ladies)/5000m (men) for the relevant ISU group (Senior, Neo-Senior, Junior).
- 3.3.6. Athletes who have previously been on the National Team are ineligible for NextGen Team nomination consideration unless the athlete qualified for the National Team through Team Pursuit (by finishing in the Top ½ of the field<sup>2</sup> at Olympics and/or World Single Distance Championships).

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<sup>2</sup> The field size considered shall be composed of those who successfully finished. For greater clarity, an individual assigned a DQ, DNF, DNS, WDR, RS or MT (as per ISU Rule 273) will have an invalid race result and therefore not considered as part of the field size.

# 4. NATIONAL TEAM TRAINING PARTNERS POOL

## 4.1 Goals

The goals of Speed Skating Canada selecting National Team Training Partners are to:

- Help the 2022 targeted athletes achieve Olympic podium performances;
- Provide an enhanced daily training environment support to allow for continued technical development and to achieve personal goals.

## 4.2 Daily Training Environment

The National Team Training Partners will have access to the following:

- World class sport specific and required ancillary technical facilities
- Appropriate access to the facilities for a fee as determined
  - Dedicated hours per day and days per year
- Full-time high performance coaching
- Access to IST and the necessary facilities to support IST functions

## 4.3 Selection

The National Team Training Partners Pool selection will be reviewed under the following guidelines, in no particular order:

- Athletes who currently train at a National Training Centre;
- Elite behaviours (monitoring, self-care, equipment, sleep, nutrition, pre and post training and racing plans, and life/sport balance);
- Technical aptitude and training capacity;
- Athletes who enhance the environment for the 2022 targeted National Team athletes to achieve podium performances.

National Team Training Partner nominations are submitted by National Team coaches and then reviewed and approved by the High Performance Management Team.

# 5. NATIONAL/NEXTGEN TEAM NOTIFICATION AND CONFIRMATION

Once the review and nominations for all National Program athletes are finalized by Speed Skating Canada, the following processes will occur:

- i. Notification to each athlete<sup>3</sup>
- ii. Confirmation to a National Program Athlete Pool

## 5.1 Notification

Athletes selected to a National Program (Senior or NextGen) will be advised of their selection to these pools following the Annual Spring meeting of the HPC-LT.

## 5.2 Confirmation to a National Program

- i. Athletes have 7 days following the official announcement of the 2021 – 2022 National (NextGen) Program to confirm acceptance (via email to the Long Track High Performance Coordinator) of their position and subsequently be required to return a signed copy of the Athlete Agreement.
- ii. Confirmation of Program membership is a commitment by the athlete to train within the athlete pathway training groups and/or approved training group led by a coach within the Speed Skating Canada program (PTSOs).
- iii. Confirmation of Program membership is a commitment by the athlete to participate fully and ensure that they are available for selection to any representative team and will participate in the respective selection events for these Teams.
- iv. Confirmation of program membership also confirms acceptance of the Terms and Conditions of the SSC Athlete Agreement.
- v. If SSC does not receive confirmation from the athlete within the stipulated time limit that they accept their position into the Program and that they agree to the Terms and Conditions of the SSC Athlete Agreement, they will be regarded as having declined their position and any associated benefits.
- vi. Any extensions to this confirmation period must be requested in writing by the athlete and will only be considered in exceptional circumstances.

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<sup>3</sup> Only athletes who have been named to the National Program will be notified directly by the High Performance Manager. The National Program Nomination will be distributed to all PTSO Executive Directors.

# 6. TRAINING GROUP COMPOSITION

Athletes will be grouped according to input from all coaches as part of the National Program, and based on the final sole and absolute discretion of the High Performance Management Team.

Group composition will take into consideration the following objectives:

- i. Ensure that the best skaters train with the best skaters;
- ii. Establish and maintain a high 'compete level' in training to push elite performances;
- iii. Create a smaller elite team for International Competition (clear expectations and accountabilities);
- iv. Structured segment (KPI gap analysis) meetings with athletes, coaches and IST;
- v. Yearly Training Program elite focused camps.



# APPENDICES

# APPENDIX A: 2019 CANADIAN LONG TRACK (CLT) TIME STANDARDS

## 2019 Senior Time Standards

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

## 2019 Neo-Senior Time Standards

	Ladies	Men
<b>500m</b>	39.55	35.61
<b>1000m</b>	1:18.33	1:10.60
<b>1500m</b>	2:01.66	1:48.60
<b>3000m</b>	4:18.64	---
<b>5000m</b>		6:33.95

# APPENDIX B: GUIDELINES FOR THE ALLOCATION OF BYES

## To the National Program

### Philosophy

In exceptional and unforeseen circumstances, the Chair may, in its sole, full and absolute discretion, determine that, where an athlete has not had the opportunity, through no fault of their 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 their performance is negatively impacted by an injury, illness or equipment breakage, the athlete may, subject to 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 Bye policy considerations and application herein is specific to the National Program.

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 event on the basis of their performances. However, and notwithstanding the aforementioned, if, compared to the performances of the other athletes seeking selection onto a Team or into an event, an athlete's recent performances demonstrate that they are at a superior level that would warrant selection onto a Team or that they should be granted permission to enter an event through a bye, the HPC 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.

### Eligibility for Requesting a Bye to the National Program

- Bye requests must be made in writing to the Chair by March 30, 2021.
- Bye requests to the National Program can only be made by athletes who finished in the top 8 and top ½ at 2020 World Single Distance Championships in an Olympic event or remain within two standard deviations of the podium pathway set at 2022 for National Team athletes and 2026 for NextGen Team athletes as of March 27th, 2020.
- An athlete who races after February 11th, 2021 is ineligible to apply for a bye to the National Program, unless otherwise approved by the Chief Sport Officer.
- An athlete granted a bye to the 2020-2021 National Program is ineligible to apply for a bye to the 2021-2022 National Program.

- An athlete can only be the recipient of a maximum lifetime total of three (3) Bye requests to the Long Track National Program. Byes granted to Short Track athletes, while they are still members of the Short Track National Program, will be counted as one of the three Byes once the athlete transfers to the Long Track program.
  - Any Bye request received due to pregnancy will not count towards the stated maximum.

## Conditions for Applying for a Bye

- Each Bye request must state clearly what the athlete is seeking, the supporting documentation (medical, race referee report, for example) must be provided at the time that the request is made.
- Unless physically incapable, only the athlete requesting a Bye is permitted to submit the request (in such a case, the athlete's coach may make the request).
- A Bye request will be deemed ineligible if the athlete subsequently competes in the Selection Event(s).
- If the Bye request is made as a result of an illness or injury that prevented an athlete from competing in a Selection Event (or Selection Events), the athlete must provide documented evidence from the appointed Long Track program medical practitioner, or medical practitioner otherwise approved by the Chair, that the athlete was unable to compete in the Selection Event(s) due to the injury or illness.
- The Chair has the right to request further independent medical review after the bye request has been submitted.
- Should an illness or injury occur during a Selection Event, a medical assessment must be completed by an approved Long Track program medical practitioner at the relevant Selection Event.
- In the case of equipment breakage, the breakage has to have been reported to and verified by the race referee and the High Performance program staff (or other member of the HPC-LT if the High Performance program staff member is absent) immediately following the race in which the equipment breakage occurred.

## Process for Reviewing a Bye Request

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

Following March 30, 2021, the HPC-LT will review all bye requests and make a decision on each bye request with supporting rationale:

- In cases where multiple Bye applications are submitted, they will be assessed individually and on their own merit.
- If relevant, the Chair 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 HPC-LT may impose certain conditions, which may include, but are not limited to: a specific time frame within which to demonstrate a certain level of fitness or meet a specific performance requirement (or requirements).

In order to make 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 podium performance at Olympics/World Single Distance Championships and World Cups, of the athlete requesting the Bye.
- Results of the Selection Event(s) (by athletes in contention for the Team).
- Evidence of future podium potential (determined via the Podium Pathway)
- Recent training and testing performances
- Improvement in personal times compared to the previous season
- Medical and Health status as reported via daily monitoring in Edge 10

In evaluating past performances, the Chair will give priority to performances from the immediate 12-month period going as far back as July 1, 2019. However, occasionally this is not possible because of injuries, or the lack of opportunity for the athletes to compete. In such instances, only Top 8 and Top ½ performances at Olympics or World Single Distance Championships beyond this 12-month period and up to 2018 Olympics may be considered but will have a lower weighting in assessing the Bye request.

The Chair will only consider an athlete's personal best time for that distance recorded as far back as July 1, 2019. This time must be achieved in speed skating events listed on the ISU International Calendar or 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 its 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.