



SPEED SKATING CANADA

HIGH PERFORMANCE BULLETIN

#173 - Long Track

TABLE OF CONTENTS

Page

Competition Formats and Regulations	2 - 13
General Regulations	2
Canada Cup Time Standards	3
2014 Fall World Cup Trials	4
Canada Cup 1	5
Canadian Single Distance Championships	6
Canada Cup 2	7
Canadian Junior Championships	8
Canada Cup 3	9
Canada Cup Final	10
ISU Time Standards	10/11

HIGH PERFORMANCE BULLETINS

The philosophy for team selection is to select the athletes that will achieve the best possible results for Canada at Olympic Games and World Single Distance Championships.

The HPC-LT will issue bulletins periodically throughout the season informing Skaters, Coaches, ODC and SSC Branches of any update and/or changes to selection criteria, competitions, etc.

The HPC-LT reserves the right to modify or change the enclosed policies in the event that exceptional circumstances arise and that any such changes are, as the HPC-LT determines, clearly in the best interest of the High Performance program. In these situations, all athletes and coaches will be advised of any changes as soon as they are confirmed by the HPC-LT.

Competition Formats and Regulations

General Regulations

Racing Rules:

For all SSC competitions noted in this Bulletin, including the World Cup Trials, ISU Regulations, the HPC-LT Bulletins and the SSC Procedures and Regulations apply. Exceptions are noted below.

Disqualification:

All competitions are under ISU Rules and Regulations. If a competitor is disqualified over any distance, he/she forfeits their ranking in the race in which he/she has been disqualified pending a decision by the HPC-LT.

Individual race times and Re-skate times will stand for ranking purposes and/or selection.

High Performance Jury

For all events listed, the HPC-LT Jury will consist of the High Performance Director (or designate), the Referee, the High Performance Committee Chairman, and/or elected Committee members in attendance.

National Team Uniforms

During an event sanctioned by Speed Skating Canada, all Canadian athletes are not allowed to wear a competition uniform (skin suit) **identified** as belonging to a National team of another Country.

In addition, Speed Skating Canada National or Development team skin suits from previous seasons may not be worn by any skater during the Canadian Championships or Canada Cups, unless they earned the suit, however old SSC sponsorship logos must be removed or taped. (Exceptions may be made by the HPC-LT Jury.)

Canada Cup Time Standards

		Senior Inside	Senior Outside		Junior Inside	Junior Outside	
		Canada Cups 1,2,3	Canada Cup 2	Canada Cups 1&3	Canada Cups 1,2,3	Canada Cup 2	Canada Cups 1&3
Women	500	0:44.0	0:46.9	0:48.4	0:46.2	0:49.1	0:50.6
	1000	1:27.2	1:33.0	1:35.9	1:31.6	1:37.4	1:40.3
	1500	2:15.3	2:24.2	2:28.7	2:22.0	2:30.9	2:35.4
	3000	4:44.7	5:03.3	5:12.7	4:58.7	5:17.3	5:26.7
Men	500	0:40.2	0:42.9	0:44.2	0:42.2	0:44.9	0:46.3
	1000	1:19.0	1:24.4	1:27.0	1:23.0	1:28.3	1:31.0
	1500	2:01.2	2:09.3	2:13.4	2:07.3	2:15.4	2:19.4
	3000				4:35.9	4:53.3	5:02.0
	5000	7:19.6	7:48.7	8:03.2	7:45.0	8:14.1	8:28.6

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

Men must have the time standard from the 1500m, 3000m or 5000m to be eligible to compete in the 5000m. Men with a standard in any distance are eligible to compete in the 500, 1000, and 1500m.

Fall World Cup Trials, October 23 - 26, 2014, Calgary, AB

	Women	Men
Thursday, October 23	1500m	1500m
Friday, October 24	3000m	5000m
Saturday, October 25	2x500m, 5000m	2x500m, 10000m
Sunday, October 26	1000m, Mass Start	1000m, Mass Start

Eligibility for entry into the Fall World Cup Trials

All Distances

1. Skaters that have achieved a World Cup standard
2. Additional skaters may be selected by the HPCLT

Mass Start – 24 skaters

1. Skaters that have achieved a World Cup standard

*ISU World Cup Standards can be found on the last page of this Bulletin.

The HPC-LT may in their absolute discretion invite other skaters to compete.

For the 2014 Fall World Cup Trials, skaters who meet the following criteria are eligible to compete for a position on the World Cup Team:

1. The HPC-LT reserves the unrestricted right to invite other skaters to participate in the 2014 Fall Trials Seed.
2. A final list of eligible athletes per distance will be published 24 hours prior to the Draw.

Drawing

For all Distances

Group 1: Top 4 time-ranked skaters 2013/2014 season
Group 2: The next 4 time-ranked skaters
Group 3: The next 4 time-ranked skaters
Group 4: The next 4 time-ranked skaters
Groups of 4 will continue until all skaters are seeded.

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

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

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

Mass Start: ISU Rules will apply with the following additions. Safety equipment must be worn which includes Helmet, Neck Protector, Gloves, Shin Guards, Ankle Protection, Eyewear.

Canada Cup #1, November 28 - November 30, 2014, Ft St John, BC

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

	Women	Men
Friday, November 28	500m, 1500m	500m, 1500m
Saturday, November 29	1000m, 3000m	1000m, 5000m
Sunday, November 30	500m, 1000m, Mass Start	500m, 1000m, Mass Start

Eligibility: Senior, Junior A, B, C2

Note: C2 Juniors are skaters born between July 1, 1999 and June 30, 2000

Time Standards in effect to qualify for this event are as noted below:

For a result to be a valid qualifying time, it must have been achieved in the period between July 1, 2013 and the entry deadline.

Submitted Times may be verified with SpeedskatingResults.com

For Time Standards, please refer to page 3 of this document.

Seeding for Canada Cup 1

For all Distances

Group 1: Top 4 time-ranked skaters 2013/2014 season in attendance.

Group 2: The next 4 time-ranked skaters

Group 3: The next 4 time-ranked skaters

Group 4: The next 4 time-ranked skaters

Groups of 4 will continue until all skaters are seeded.

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

Drawing for Canada Cup 1

The HPC-LT Jury will determine the order of pairings for racing.

The preferred drawing will begin with Group 1, Group 2, Group 3 etc..

Canadian Single Distances Championships **January 2 – January 5, 2015, Calgary, AB**

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

	Women	Men
January 2	1500m	1500m
January 3	3000m	5000m
January 4	500m, 1000m	500m, 1000m
January 5	500m, 1000m, Mass Start	500m, 1000m, Mass Start

Eligibility for entry into the Canadian Single Distance Championships

500m – 20 skaters maximum

1. Qualifiers for the Fall World Cup 500m
2. Qualifiers for the Fall World Cup 1000m
3. Time ranking from Fall 2014 competitions
4. **Qualifiers for World All Round Championships Trials will be added if necessary.**

1000m – 20 skaters maximum

1. Qualifiers for the Fall World Cup 1000m
2. Qualifiers for the Fall World Cup 500m
3. Qualifiers for the Fall World Cup 1500m
4. Time ranking from Fall 2014 competitions

1500m – 20 skaters maximum

1. Qualifiers for the Fall World Cup 1500m
2. Qualifiers for the Fall World Cup 1000m
3. Qualifiers for the Fall World Cup 3000m Ladies/5000m Men
4. Time ranking from Fall 2014 competitions

3000mLadies/5000mMen – 12 skaters maximum

1. Qualifiers for the Fall World Cup L3000m/M5000m
2. Qualifiers for the Fall World Cup 1500m
3. Qualifiers for the Fall World Cup L5000m/M10000m
4. Time ranking from Fall 2014 competitions

Mass Start Ladies/Mass Start Men – 20 skaters maximum

1. Qualifiers for the Winter World Cup
2. Time ranking from Fall 2014 competitions (1500m)

The HPC-LT may in their absolute discretion invite other skaters to compete and also limit the field to less than the recommended maximum.

Seeding for Canadian Single Distance Championships

500M, 1000M, 1500M

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

Group 2 – Next 4 fastest times of the current season

Group 3 – Next 4 fastest times of the current season

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

Note: A separate seed of All Round Skaters may be created for the first 500m.

3000L/5000M

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

Group 2 – Next 4 fastest times of the current season.

Group 3 – Next 4 fastest times of the current season.

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

Drawing for Canadian Single Distance Championships

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

Canada Cup #2, January 2 – 5, 2015, Calgary, AB

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

	Women	Men
January 2	1500m	1500m, 3000m
January 3	3000m	5000m
January 4	500m, 1000m	500m, 1000m
January 5	500m, 1000m, Mass Start	500m, 1000m, Mass Start

Eligibility: Senior, Junior A, B, C2

Note: C2 Juniors are skaters born between July 1, 1999 and June 30, 2000.

Time Standards in effect to qualify for this event are as noted below:

For a result to be a valid qualifying time, it must have been achieved in the period between July 1, 2013 and the entry deadline.

Submitted times may be verified with speedskatingresults.com

For Time Standards, please refer to page 3 of this document.

Seeding for Canada Cup 2

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

For all Distances

- Group 1: Top 4 ranked skaters for the distance in attendance from the current 2014-2015 Canadian Ranking list.
Group 2: The next 4 ranked skaters for the distance in attendance.
Group 3: The next 4 ranked skaters for the distance in attendance.
Group 4: Remaining skaters with best times of the 2013-2014 season. Sub groups of 4 will then be used for drawing.

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

Drawing for Canada Cup 2

The HPC-LT Jury will determine the order of pairings for racing.

The preferred drawing will begin with Group 1, Group 2, Group 3 etc

Canadian Junior Championships **January 23-25, 2015, Quebec City, QC**

For the Canadian Junior Championships the following format will be used:

	Women	Men
Friday, January 23	500m, 1500m	500m, 1500m,
Saturday, January 24	1000m, 3000m	1000m, 5000m
Sunday, January 25	500m, 1000m, Mass Start	500m, 1000m, Mass Start

Junior Canadian Allround:

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

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

Junior Canadian Sprint

Ladies: 2x500m, 2x1000m

Men: 2x500m, 2x1000m

Eligibility: Junior - A, B, C2 Note: C2 Juniors are skaters born between July 1, 1999 and June 30, 2000

Submitted times may be verified with SpeedskatingResults.com

For Time Standards, please refer to page 3 of this document.

ISU Junior competition rules will be used for the Canadian Junior Championships.

Seeding and Drawing for Canadian Junior Championships

For the Canadian Junior Championships, seeding for the first day (500m and 1500m for women; 500m and 1500m for men) will be from the results of Canada Cup #2.

The third and fourth all-round distance will be seeded as per ISU Rule 227, paragraph 2. A decision by the HPC Jury and Organizers will determine how many skaters compete in the longest distance.

The second 500m and 1000m will be seeded from the first 500m and 1000m respectively.

Canada Cup #3, January 23-25, 2014 Quebec City, QC

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

	Women	Men
Friday, January 23	500m, 1500m	500m, 1500m
Saturday, January 24	1000m, 3000m	1000m, 5000m
Sunday, January 25	500m, 1000m, Mass Start	500m, 1000m, Mass Start

Eligibility: Senior

Time Standards in effect to qualify for this event are as noted below:

For a result to be a valid qualifying time, it must have been achieved in the period between July 1, 2013 and the entry deadline.

Submitted Times may be verified with speedskatingresults.com

For Time Standards, please refer to page 3 of this document.

Seeding for Canada Cup 3

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

For all Distances

- Group 1: Top 4 ranked skaters for the distance in attendance from the current 2014 – 2015 Canadian Ranking list.
- Group 2: The next 4 ranked skaters for the distance in attendance.
- Group 3: The next 4 ranked skaters for the distance in attendance
- Groups of 4 skaters from the ranking list until all are seeded.

Any remaining skaters with best times of the 2013/2014 season. Sub groups of 4 will then be used for drawing.

Drawing for Canada Cup 3

The HPC-LT Jury will determine the order of pairings for racing and will announce the order at the draw.

The preferred drawing will have Group 1 and 2 close to the Canadian Junior Championships Group 1.

Canada Cup Final, March 19 - 22, 2015, Calgary, AB

Note: This is part of the Oval Finale.

Time Standards for Canada Cup Final and Race Format (Long Distances only) will be published in the Oval Finale Announcement

Eligibility: Senior, Junior A, B, C

Seeding for Canada Cup Final

For all Distances Skaters will be seeded by their personal best times.

Drawing for Canada Cup Final

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

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

ISU Time Standards

Other selection information may be found in HPC-LT Bulletin #171.

World Junior Championships

	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	4.05.0 for 5000m only 5000m – 7.05.0

To be entered for the Mass Start event a Skater must have achieved the following qualifying time:

Ladies, 1500 meters (only): 2.17.00 Men, 1500 meters (only): 2.03.00

A Skater will be considered as entered for the Allround Championship event if, and only if, the Skater is entered for all four Single Distance Championship events.

Senior World Cups

Entered Skaters must have achieved qualifying times for the respective distances, as follows:

	Ladies	Men
500m	40,00	36,20
1000m	1.20,00	1.11,90
1500m	2.03,00	1.51,00
3000m	4.24,00	----
5000m	7.25,00 or 4.15,00	6.48,00
10000m	--	13.40,00 or 6.35,00

However, for results achieved outside the ice rinks in Calgary (Olympic Oval) and Salt Lake City (Utah Olympic Oval) the following qualifying time limits apply:

	Ladies	Men
500m	40,50	36,60
1000m	1.21,00	1.12,80
1500m	2.05,00	1.52,50
3000m	4.28,00	----
5000m	7.32,00 or 4.20,00	6.52,00
10000m	--	13.50,00 or 6.40,00

World Allround Championships

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

World Sprint Championships

	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 Single Distance Championships

	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 (7.32.00)	6.48.00 (6.52.00)
10000m	-----	13.40.00 (13.50.00)
		Or 6.35.00 (6.40.00) over 5000m
Mass Start	1500m: 2.10.00	1500m: 1.57.50

Junior World Cup

	Ladies	Men
500m	45.0	41.0
1000m	1.30.0	1.22.0
1500m	2.20.0	2.07.0
3000m	5.00.0	4.25.0