

SPEED SKATING CANADA HIGH PERFORMANCE BULLETIN

#175 – Selection Process (LONG TRACK)



September 2015

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

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

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

Table of Contents

1. General Information	4
1.1. Philosophy	4
1.2. Eligibility	4
1.3. Notification	5
1.4. Selection Procedures	5
1.5. Pre-Selection	5
1.6. Performance Results at Selection Events	6
1.7. Bye Selection	6
1.7.1. Procedures	7
1.7.2. Conditions for Applying for a Bye.....	7
1.7.3. Process for Reviewing a Bye Application	8
1.7.4. Considerations for Granting a Bye	8
1.8. Selection Meeting	10
1.9. Allowance of Fresh Start (Re-skates)	10
1.10. Replacement of Athletes	11
1.11. Non-Qualified Athlete for World Cups	12
1.12. Appeals Deadline	12
1.13. High Performance Jury	12
1.14. Special Qualification Ranking List (SQRL)	12
2. 2015-2016 International Competition Team Selection Criteria	13
2.1. Fall World Cup Team Selection	13
2.1.1. Calendar	13
2.1.2. World Cup Entry Quota (World Cup #2, #3 and #4).....	13
2.1.3. Selection Procedure	13
2.1.4. Seeding for World Cup #1	16
2.1.5. Team Pursuit Selection.....	17
2.1.6. Mass Start Selection.....	17
2.1.7. Team Sprint Selection	18
2.2. World Cup #5 and World Cup Final	19
2.2.1. Calendar	19
2.2.2. World Cup Entry Quota (World Cup #5).....	19
2.2.3. Selection Procedures.....	19
2.2.4. World Cup Entry Quota (World Cup Final).....	20
2.3. World Single Distance Championships	20
2.3.1. Calendar	20
2.3.2. Eligibility.....	20
2.3.3. Selection Procedure	20
2.4. World Sprint Championships	22
2.4.1. Calendar	22
2.4.2. Eligibility.....	22
2.4.3. Quota	22
2.4.4. Selection Procedure	22
2.5. World Allround Championships	22
2.5.1. Calendar	22
2.5.2. Eligibility.....	23
2.5.3. Quota	23

2.5.4. Selection Procedures.....	23
3. Junior Information	24
3.1. Junior World Cup Final	24
3.1.1. Calendar	24
3.1.2. Eligibility	24
3.1.3. Selection Procedure	24
3.2. World Junior Championships	24
3.2.1. Calendar	24
3.2.2. Eligibility	24
3.2.3. Quota	24
3.2.4. Selection Procedure	25
3.2.5. Seeding.....	26
3.2.6. Team Pursuit, Team Sprint and Mass Start	26
4. 2015-2016 National Competition Entry Criteria	26
4.1. Fall World Cup Trials.....	26
4.1.1. All Distances	26
4.1.2. Mass Start – * maximum 24 skaters	26
4.2. Canada Cup #1.....	27
4.3. Canadian Single Distance Championships	27
4.4. Canada Cup #2.....	28
4.5. Canadian Junior Championships	28
4.6. Canada Cup #3.....	29
4.7. Canada Cup #4.....	29
Appendix A – Selection Matrix for World Single Distance Championships.....	30
Appendix B – Canada Cup Time Standards.....	31
Appendix C – ISU Time Standards.....	32

1. General Information

Naming of a Team is provisional until any and all Bye requests have been considered. Once all Bye requests have been considered, SSC will then formally announce a Team via email and by publishing the respective team list on the SSC website.

The intent of the HPC-LT is to support all qualified athletes named to each team. The HPC-LT, together with the National Coaching staff, may also determine that it is not in the athlete's best interest to compete in a specific competition. Additionally, at times, there may be a necessity to limit athletes named to events due to budget restrictions. In these instances where the HPC-LT determines that such restrictions will apply, the athlete will not be entered by SSC to compete in the respective competition.

All qualified athletes named to a World Championship or World Cup team must sign and abide by the terms of the Athlete agreement including code of conduct provisions. An ISU Declaration Form must be signed immediately following the selection competition by all athletes.

Qualified means that the athlete has met the selection criteria or has been added because of someone declining their position for that event and they are the next ranked athlete from the selection competition.

1.1. Philosophy

- i. Athletes will be selected based on who the HPC-LT determines are in the best position to achieve the best possible results for Canada at different competitions; such as the Olympic Games, World Championships, and/or World Cups.
- ii. The HPC-LT intends to select teams to such events as objectively as possible. Subject to Byes, the HPC-LT, for that purpose, and at its determination, will 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.

1.2. Eligibility

In accordance with ISU rule 208, all athletes must meet the relevant ISU eligibility requirements in order to be considered for selection to an ISU Championship, ISU World Cup, Qualifying Competition or other International events.

1.3. Notification

All Speed Skating Canada supported athletes (i.e. athletes who are financially supported by Sport Canada, Own the Podium or SSC program funds) must have completed and signed a National Team Agreement in order to be eligible for selection to any of the competitions identified in this bulletin. In addition, athletes earning selection to compete internationally for Canada who are not Speed Skating Canada supported athletes will be required to sign an agreement in order to compete.

For the Fall World Cups, all athletes pre-selected to the team must sign the SSC declaration to compete form 1 week prior to the Fall World Cup Trials, indicating their intent to compete or not to compete in their pre-selected distance(s). For athletes who are selected following the Fall World Cup Trials, they must sign the SSC declaration to compete form within 24 hours following the selection competition-

For all World Championships and Winter World Cups, all athletes selected to the team must sign the SSC Declaration to compete form if they are competing in the applicable Championship at a date determined by the HPC-LT.

1.4. Selection Procedures

All athletes must qualify through the specific standards as set by the ISU to be eligible to compete in each specific event. The current policies are subject to change in accordance with any changes to ISU qualifications rules and regulations.

Speed Skating Canada will select athletes for each specific event in accordance with the following general procedures.

Athletes can gain selection, in order of priority, to a team by one of three methods:

- i. Pre-selection (See section 1.5)
- ii. Performance/results at designated selection race/s as detailed in HPC-LT Bulletins. Selection is subject to any Bye request application being granted (See section 1.6)
- iii. Bye request (See section 1.7).

1.5. Pre-Selection

Pre-selection to an event may be granted to an athlete so that he/she can better prepare for that event. Pre-selection will be based on specific and objective results obtained by the athlete(s) during the past or present skating season, and is/are not subject to any decisions made with regard to Bye request applications. Pre-selection

may or may not be available for any specific event. The results which require a pre-selection are detailed in the relevant event section within this Bulletin.

Pre-selection shall take place before any such selection competitions, and therefore all athletes participating in the competition will be aware of the number of positions available for selections. The HPC-LT will announce all pre-selections prior to the start of the selection competition.

Pre-selection is normally restricted to a maximum number of athletes as detailed within each event section of this Bulletin. However, the HPC-LT has the discretion to pre-select additional athletes to a particular event if the performances of an athlete, in the opinion of the HPC-LT, are clearly superior to others in contention for selection and that these performances warrant such pre-selection.

1.6. 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 3 below).

Designated selection events will be named for Fall and Winter World Cups, World Single Distance Championships, World Sprint Championship, World All Round Championships and World Junior Championship Teams.

1.7. Bye Selection

In exceptional circumstances, as the HPC-LT determines, where an athlete has not had the opportunity, through no fault of his or her own, to compete in the nominated selection event or events, the athlete may be eligible to apply for a Bye selection to the relevant team.

A Bye request is considered as the last means by which an athlete may gain selection and is intended to provide for exceptional circumstances outside the normal selection criteria rather than being a normal means by which an athlete can gain selection.

The basic philosophy for selecting an athlete by granting a Bye is that, all things being equal, the athlete given the Bye has clearly demonstrated superior performances in previous competition to other athletes being considered for selection. In that regard, the process and considerations outlined below in section 1.7.2 vi will apply.

Byes apply only with respect to selection to specific competitions and/or events. Nothing in these provisions concerning Byes applies with respect to nominations by SSC to Sport Canada's Athlete Assistance Program (AAP). In the case of a major injury, the AAP Injury Card procedures apply.

1.7.1. Procedures

- i. Bye requests must be made in writing to the HPC-LT (see deadlines noted below)
- ii. Unless physically incapable, only the athlete requesting a Bye is permitted to submit the request.
- iii. If the Bye request is made on the basis of an illness or injury, the athlete must provide documented evidence from a sports medicine practitioner. The HPC-LT has the right to request further independent medical review after the Bye request has been submitted.
- iv. If the Bye request is made on the basis of equipment breakage, this must be reported to and verified by the race referee or HPC-LT representative immediately following the race in which the equipment breakage occurred.

1.7.2. Conditions for Applying for a Bye

- i. Bye request must be for a specific competition in the current skating season.
- ii. Bye requests will be considered in two categories:
- iii. Pre-competition illness or injury that prevents an athlete from competing in the ranking / selection event.
 - a. If the athlete is ill or injured before the beginning of the competition, he/she must request a Bye before the Coaches' meeting at the competition. The HPC-LT Representative must formally announce all Bye requests at this meeting so that all other competitors are made aware of the possibility of a Bye being granted.
 - b. A Bye request will be ruled ineligible if the athlete subsequently competes in the selection event.
- iv. 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 if they are prevented from competing in one of the ranking events due to a pre-existing illness or injury.
- v. Injury, illness or *equipment breakage during the selection event and other exceptional circumstances, all as determined in the sole discretion of the HPC-LT.

- vi. 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).

*See Clause 4d above for the reporting requirements for equipment breakage.

In both situations, each described in a) and b), the Bye request must state clearly what the athlete is seeking, and the supporting documentation (medical, race referee report, for example) must be attached. Prior to granting a Bye, the HPC-LT must be able to confirm that the athlete will be able to perform at the competition for which the Bye request is made at a capacity (physical and psychological) which is commensurate with performances prior to the injury or illness. The athlete must provide the confirmation from a qualified medical practitioner or, in the case of an issue not related to an injury or illness, other attestation as may be required by the HPC-LT.

1.7.3. Process for Reviewing a Bye Application

The following steps are involved in the process of considering a request for a Bye:

- i. Following the final selection event for the respective team / event, the relevant HPC-LT meets (in person or via conference call) to review the facts.
- ii. In cases where multiple Bye applications are lodged they will be assessed individually and on their own merit.
- iii. The three elected members of the HPC-LT (who are not in conflict of interest) will review the facts and make a recommendation (with supporting rationale). If all three elected members of the HPC-LT are in conflict of interest, then the Long Track Program Director (LTPD) will make the recommendation regarding the Bye application.
- iv. 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.
- v. Subject to d), the final selections will be made from this revised ranking.
- vi. These final selections will then be named as the Team for that event or events. This will be communicated to the athlete/s requesting a Bye, athlete/s directly affected by a Bye request, the coaches, and athletes' representatives.

1.7.4. Considerations for Granting a Bye

The basic question the HPC-LT must answer is whether the athlete requesting the Bye had a recent history of performances, or other factors as listed below,

that demonstrate clear superiority of the athlete requesting a Bye to those of other athletes in consideration for selection.

The HPC-LT must also be certain that the athlete requesting the Bye would be able to compete at a similar level in the event or team event for which they seek selection. The HPC-LT may award a “Conditional Bye” to athletes recovering from injury or illness. In this situation the athlete may have certain conditions imposed. This may include, but is not limited to, such things as a certain time frame within which to demonstrate fitness or the meeting a performance requirement.

In order to make these decisions, the HPC-LT will evaluate a number of elements including, but not limited to the following:

- i. Head-to-head competition results of the athletes being considered for selection,
- ii. Past performances of the athlete requesting the Bye,
- iii. Results of the selection competition (by athletes in contention for the team),
- iv. Recent training and testing performances.

In evaluating past performances, the HPC-LT 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 be treated as having a lower weighting in assessing the Bye request.

The HPC-LT may, at its absolute discretion, award a Bye to an athlete who is:

- 0.5 sammelagt points faster than the last athlete selected in a specific distance (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 involved, the HPC-LT will give priority and weighting to the best time (in sanctioned events) of the athletes involved during the last 12 months including the selection competition(s).

In the case of a multiple event selection (World Sprint, World All-round, Junior World, etc), if an athlete cannot complete the selection competition due to exceptional circumstances, the missing distances will be evaluated by using the best time rule (in the last 12 months) for the athletes involved.

1.8. Selection Meeting

The HPC-LT will have a Selection Meeting following each selection competition.

- i. The HPC-LT requires a quorum for any meeting at which decisions concerning the selection of athletes for teams, for specific events is being taken. The quorum will consist of the majority of the current members of the HPC-LT (the volunteers and the High Performance Director) and not in a conflict of interest.
- ii. Athlete and coaches are deemed to be in conflict of interest with respect to discussions on such decisions. Notwithstanding such conflict of interest, the HPC-LT members will permit representations from a coach with respect to the specific decision to be made.
- iii. In any case where a volunteer is deemed to have or declares a conflict of interest in relation to a specific decision, such volunteer shall abstain from voting on such decision.

1.9. Allowance of Fresh Start (Re-skates)

Fresh Starts may be allowed as per ISU Rule 262.

- i. In addition, fresh starts outside the guidelines of ISU Rule #262 will be permitted by the HPC-LT for Team Selection purposes only. (e.g. World Championships, Olympic Winter Games, World Cups)
- ii. Conditions under which a fresh start will be permitted for the purposes of Team Selection for are:
 - a) The HPC-LT Jury has the right to restrict fresh starts to those skaters ranked in the top 16 of the final 2014– 2015 Canadian Rankings;
 - b) The athlete cannot skate across the finish line;
 - c) The athlete has a fall, experiences equipment failure, or is disqualified immediately following their race;
 - d) The athlete elects not to complete the race and skates into the warm-up lane to indicate their withdrawal from that race.
- iii. In case of disqualification:
 - a) The time will not be considered official;
 - b) Eligibility for a fresh start will be determined by the HPC-LT Jury;
 - c) Athletes who are disqualified and complete their races will only be granted a fresh start in cases where their finishing time

would have qualified them for selection to a team. The athlete cannot improve their rank with their fresh start.

NOTE: An athlete is entitled to a minimum rest of 30 minutes between his/her race and the fresh start, however they may elect to complete their fresh start within this minimum 30 minute allowance.

- iv. Exceptions to the fresh start:
 - a) In the case of a fresh start in the 500m distance when both 500m rounds are conducted on the same day, the fresh start will take place after the 2nd round of the 500m races has been completed.
 - b) For fresh starts permitted outside the guidelines of ISU Rule 262, the time recorded in the fresh start will be used for the purposes of Team Selection and the Canadian Rankings.
 - c) For fresh starts permitted outside the guidelines of ISU Rule 262, the athlete/s will be drawn separately from any other athletes who have been granted a re-skate based on ISU Rule 262.
- v. For the purpose of clarification with respect to fresh starts as outlined above:
 - a) Notwithstanding ISU Rule 266, for the second race of the 500m, an athlete who does not finish or who is disqualified in the first race has the right to start the second race excepting disqualifications pursuant to 216 (2) (f);
 - b) Scheduling of fresh starts awarded pursuant to ISU rule 262 will be at the discretion of the HPC-LT Jury.

1.10. Replacement of Athletes

The HPC-LT reserves the right to remove an athlete from competing at an event, if medical advice is such that competing in the event is potentially injurious to the selected athlete or that the athlete has not recovered sufficiently from an existing injury.

If an athlete who is named to a team withdraws or declines their position on the team prior to departure for the competition, they may be replaced on that team at the absolute discretion of the HPC-LT. Eligible replacements will be determined on the basis of the ranking of athletes from the original selection competition.

In determining if a replacement will be made, the HPC-LT will consider the performances of the replacement athlete during the last 12 month period, and will also consider, in consultation with the coaches, the development value of that athlete competing in the respective event. Other considerations include the budgetary circumstances; racing in more than one event or race; development opportunities; competitiveness of the athlete; 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 competition, or series of competitions, they will not be replaced on the team. Another athlete who is already at that competition may be offered the opportunity to substitute for the withdrawn athlete. Eligible replacements will be determined firstly from the ranking of athletes from the original selection procedures and secondly based on coaches recommendations.

In either of the above situations, if the replacement athlete is the next ranked athlete from the original selection competition, they will be deemed as qualified and eligible to earn Canadian Ranking points from their participation in the respective competition. If the replacement athlete is not the next ranked athlete from the original selection competition, they will not be eligible to earn Canadian Ranking Points.

1.11. Non-Qualified Athlete for World Cups

An athlete may compete in a distance in a World Cup for which they have not qualified if:

- i. they are competing in another distance and if the quota is not filled for that distance; or,
- ii. someone drops out of that distance

1.12. Appeals Deadline

Following the announcement of the ratified Team for an event or events, or to the National Program (See Bulletin 177), an athlete has 7 calendar days within which to appeal the decision in accordance with the Speed Skating Canada Appeal Policy (refer to [SSC Appeals Policy RES 100](#)).

1.13. High Performance Jury

For all relevant domestic selection events, the High Performance Jury will consist of the High Performance Committee - LT members in attendance, the High Performance Director, and the Chief Referee.

1.14. Special Qualification Ranking List (SQRL)

See Rule 208 of the ISU Special Regulations and Technical Rules

2. 2015-2016 International Competition Team Selection Criteria

2.1. Fall World Cup Team Selection

2.1.1. Calendar

November 13-15, 2015	World Cup #1	Calgary (CAN)
November 20-22, 2015	World Cup #2	Salt Lake City (USA)
December 4-6, 2015	World Cup #3	Inzell (GER)
December 11-13, 2015	World Cup #4	Heerenveen (NED)

2.1.2. World Cup Entry Quota (World Cup #2, #3 and #4)

Ladies 500	Ladies 1000	Ladies 1500	Ladies 3000/5000
4	3	3	3
Mass Start			
3			

Men 500	Men 1000	Men 1500	Men 5000/10000
5	4	4	3
Mass Start			
3			

In accordance with ISU Communication 1958 for ISU World Cup Speed Skating 2015/16, 3.4 Entry rules, 3.4.1 Entry Quotas: The organizing Member of a World Cup Competition will be granted maximum entry quotas for all events.

2.1.3. Selection Procedure

Athletes will be selected to the 2015 Fall World Cup Team according to the following criteria:

- i. Athletes who placed top 5 at the 2015 ISU World Single Distance Championship in an individual distance(s) will be pre-selected to the 2015 Fall World Cup Team in order of their finish position in that specific distance(s). Athletes granted a pre-selection must have demonstrated commitment to the daily performance environment and performance commensurate to previous performance levels as determined by the HPC-LT.

- ii. Byes The High Performance Committee - Long Track may grant an athlete a Bye onto the 2015 Fall World Cup Team due to illness, injury or exceptional circumstances as per section 1.7 of this Bulletin.
- iii. Subject to Byes, the remaining 2015 Fall World Cup positions are awarded in finishing order per distance and gender from the 2015 Fall World Cup Trials. The quotas and any replacements to be named to the 2015 Fall World Cup Team will be determined at the discretion of the HPC-LT.

For World Cup #1 in Calgary and World Cup #2, Canada will nominate the maximum quota for each event. A maximum of 20 athletes will be selected to the 2015 Fall World Cup Team for World Cup #3 and #4. The priority of selection of the 20 athletes and the events they will be selected to race will be based on the following:

- iv. The selection of athletes may be limited for reasons of budgetary or other considerations. In that event, and in respect of World Cup #3 and #4, athletes will be selected to the 2015 Fall World Cup Team in priority of selection (to a maximum of 20 athletes for World Cup #3 and #4) and the events they will be selected to race will be based on the following:
 - a) Pre-Selected athletes for each event in which they were pre-selected (See section 2.1.3).
 - b) Athletes granted a Bye at the discretion of the HPC-LT for each event in which they were granted a Bye.
 - c) The first place skater of each gender in each race at the 2015 Fall World Cup Trials, except in the Mass Start events which the first place and second place skater of each gender, will be automatically selected to the 2015 Fall World Cup Team to race in that particular event. (ISU time standard must be achieved in the specific distance at the 2015 Fall World Cup Trials.)
 - d) The remaining positions for the 2015 Fall World Cup Team (up to a maximum of 20 athletes for World Cup #3 and #4, including athletes selected from sections 2.1.3 iv. a), b) and c) above) will be selected from the finishing order per distance and gender from the 2015 Fall World Cup Trials. No athletes from Mass Start events will be selected for these remaining positions for the 2015 Fall World Cup Team and any quota remaining unfilled for the Mass Start events may be filled pursuant to section 2.1.6 of this Bulletin. The ranking for such positions will be based on section 2.1.3 iv. e) below.

- e) Athletes not already selected pursuant to sections 2.1.3 iv. a), b) or c) above will be ranked per race based on the percentage of the 2015 Fall World Cup Trials times compared against the 20th place time at WC #1 in 2013-14 season for each distance as follows:

	Ladies	Men
500m	38.14	34.86
1000m	1.15.42	1.08.80
1500m	1.56.41	1.44.96
3000m	4.06.38	---
5000m	---	6.21.21

- f) The remaining positions (up to a maximum of 20 athletes for World Cup #3 and #4) will be selected from this ranking. The lowest ranked skater(s), using this procedure, will, at the discretion of the HPC-LT, be replaced by one or more Team Pursuit skater(s) if, as determined by the HPC-LT, such replacement is necessary to field a competitive team pursuit team. See section 2.1.5 ii.
- g) Each athlete will be selected to race the event(s) at the 2015 Fall World Cups based on this ranking list up to and including the inclusion of the 20th athlete.
- v. Athletes selected to the 2015 Fall World Cups that do not score any World Cup points in the World Cup #1 and/or World Cup #2 will not be selected to compete in the World Cup #3 and/or World Cup #4.
- vi. In the event that a 2015 Fall World Cup entry quota in an individual distance remains unfilled due to the 20 athlete maximum, the replacement for such unfilled event will be selected from athletes already selected to the 2015 Fall World Cup Team based on, in order of priority:
- a) the finishing order per distance and gender from the 2015 Fall World Cup Trials; and
 - b) the sole discretion of the Team Leader and coaches at each event.
- vii. Athletes that accept a nomination for an event (i.e. a specific race distance) to the 2015 Fall World Cup Team will be required to

compete in all such event(s) for all 2015 Fall World Cups in which such event is being contested, except for the following situations:

- a) Junior age athletes shall be allowed to compete in fewer than all of the 2015 Fall World Cup events for which they have accepted a nomination if their coach believes it is in the best interests of the athlete to do so;
- b) An athlete that is injured, sick or otherwise physically incapable of competing at any particular event shall be allowed not to compete in that particular 2015 Fall World Cup event upon: (i) providing medical evidence satisfactory to the HPC-LT of their inability to compete at any particular event; or (ii) providing to the HPC-LT the recommendation of the coach at such event that it would be in the best interests of the athlete to not compete at that particular event; and
- c) At the discretion of the HPC-LT 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 all 2015 Fall World Cup events in which such athlete has accepted a nomination.
- d) 500m – The total points of both 500m from the 2015 Fall World Cup Trials will determine the final classification and ranking purposes.

2.1.4. Seeding for World Cup #1

Athletes will seeded for the World Cup #1 as follows:

- i. Pre-selected athletes;
- ii. Results of the 2015 Fall World Cup Trials
 - a) Individual Distances (500m, 1000m, 1500m, 5000m, 10000m, Mass Start)
 - b) Team Pursuit

Note: Athletes who receive a Bye will be ranked according to historical performances.

2.1.4.1. Pre-selected Athletes

Skaters who placed top 5 at the 2015 ISU World Single Distance Championship were pre-selected to a 2015 Fall World Cup position in order of their finish position in a specific distance to a maximum of 2 spots.

The following athletes have been pre-selected for the 2015 Fall World Cup races.

- i. Men**
 - a) 500m Laurent Dubreuil
 - b) 1000m Denny Morrison
 - c) 1500m Denny Morrison
- ii. Women**
 - a) Mass Start: Ivanie Blondin

2.1.5. Team Pursuit Selection

Athletes will be selected to the 2015 Fall World Cup Team Pursuit Pool according to the following priority:

- i. Skaters who placed top 5 in the Team Pursuit at the 2015 ISU World Single Distance Championship will be pre-selected to the 2015 Fall World Cup Team Pursuit Pool.
- ii. The Team Pursuit Team will be made up from the skaters in the Team Pursuit pool that are qualified for an individual distance at the World Cup. Skaters may be added to the 2015 Fall World Cup Team in order to field a competitive Team Pursuit Team. This decision will be based on recommendation of the Team Pursuit coach and final decision by the HPC-LT.
- iii. The HPC-LT may grant an athlete a Bye onto the Team Pursuit Pool due to exceptional circumstances as per section 1.7 of this Bulletin.
- iv. The HPC-LT may, solely at its discretion, name additional athletes to the Team Pursuit Pool from athletes competing at the World Cup in another distance.

Team Pursuit Pool will be named following the 2015 Fall World Cup Trials.

The Team Pursuit Team selected will be determined by the Team Leader and Coaches at each event.

2.1.6. Mass Start Selection

Athletes will be selected for the Mass Start events from the 2015 Fall World Cup Trials Mass Start race.

- i. Skaters who placed top 5 in the Mass Start at the 2015 ISU World Single Distance Championship will be pre-selected to the 2015 Fall World Cup Mass Start.
- ii. The first and second place skater of each gender, will be automatically selected to the 2015 Fall World Cup Team. The

exception would be where a skater is pre-selected, then only the first skater will be automatically selected.

- iii. If the first or second place skater decline their spot, the HPC-LT will have the choice to nominate the third place skater by order of finishing time to compete in the Mass Start events, but such skater must be qualified for an individual distance for the 2015 Fall World Cups.
- iv. If the third place skater does not qualify for an individual distance for the 2015 Fall World Cups, the nomination of a replacement skater for the Mass Start events will be made by the Team Leader and Coaches present at each event. The replacement skater will be chosen from skaters already selected to compete and present at the specific World Cup in which the Mass Start event is being staged.
- v. All Mass Start athletes selected to compete will be expected to work together, for the best Canadian Team result, under the guidance of the Mass Start coach.

2.1.7. Team Sprint Selection

Athletes will be selected to the 2015 Fall World Cup Team Sprint Pool according to the following priority:

- i. Skaters who placed top 5 in a Sprint distance (500m, 1000m or 1500m) at the 2015 ISU World Single Distance Championship will be pre-selected to the 2015 Fall World Cup Team Sprint Pool. See section 2.1.4.1 i.
- ii. The HPC-LT may nominate an athlete a Bye onto the 2015 Fall World Cup Team Sprint Pool due to exceptional circumstances as section 1.7 of this Bulletin.
- iii. The HPC-LT may, solely at its discretion, nominate additional athletes to the 2015 Fall World Cup Team Sprint Pool from athletes competing at the 2015 Fall World Cups in another distance.

The 2015 Fall World Cup Team Sprint Pool will be named following the 2015 Fall World Cup Trials.

The 2015 Fall World Cup Team Sprint Team selected for each world cup competition will be determined by the Team Leader and Coaches at each event.

2.2. World Cup #5 and World Cup Final

2.2.1. Calendar

January 29-31, 2016	World Cup #5	Stavanger (NOR)
March 11-13, 2016	World Cup Final	Heerenveen (NED)

2.2.2. World Cup Entry Quota (World Cup #5)

Ladies 500	Ladies 1000	Ladies 1500	Ladies 3000/5000
5	5	4	4

Men 500	Men 1000	Men 1500	Men 5000/10000
5	5	5	5

2.2.3. Selection Procedures

Athletes will be selected to the 2016 Stavanger Winter World Cup from the Canadian Championships according to the following priorities:

- Priority 1 World Single Distance Championships preparation (athletes who are already selected to WSD Team as per section 2.3.3)
- Priority 2 World Single Distance head to head comparison
- Priority 3 World Championship (Allround and Sprint) selection

Quota will be filled by selecting athletes in the following order:

- i. The top 2 skaters in each distance in a qualifying position through the SQRL points ranking.
- ii. Skaters in a position to skate in the head to head comparison for World Single Distance Championships, i.e., by ranking order from Canadian Single Distance Championships and with consideration to the ranking order on the SQRL (See section 1.14 for definition of SQRL).
- iii. Top 3 skaters per distance plus 2 skaters from total Sammelagt points (if not already selected) to complete maximum quota for each distance. In this instance, the Sprint Sammelagt is determined by the best 500m and the 1000m for both ladies and men from the Canadian Single Distance Championships. Also in this instance, the All Round

Sammelagt is determined by the combined 1500m and 3000m for ladies, and the combined 1500m and 5000m for men, from the Canadian Single Distance Championships.

- iv. Byes - The High Performance Committee Long Track may grant an athlete a Bye onto the team due to illness, injury or exceptional circumstances as per Section 1.7 of this Bulletin.
- v. Remaining quota spots may be filled in the Canadian Single Distance time ranking per distance at the discretion of the HPC-LT.

2.2.4. World Cup Entry Quota (World Cup Final)

Skaters in the top 12 in WC points ranking will be selected to compete in the World Cup Final.

2.3. World Single Distance Championships

2.3.1. Calendar

February 11-14, 2016 WSD Championships Kolomna, (RUS)

2.3.2. Eligibility

To be able to participate at the 2016 ISU World Single Distance Championships, the athlete must have achieved the qualifying times as per ISU Rule 208.

2.3.3. Selection Procedure

Speed Skating Canada (Canada) is permitted to enter a maximum quota of 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 2 is permitted for the Mass Start in both ladies and men, 5000m for ladies and 10000m for men. The quota is determined in accordance with ISU Rule 208, paragraph 3.

The HPC-LT may grant an athlete a Bye onto the World Single Distance Team due to illness, injury or exceptional circumstances as per Section 1.7 of this Bulletin.

In Addition:

If Canada has a quota of 3 or less skaters for a particular distance according to the SQRL the following Speed Skating Canada procedures will be used:

- i. If Canada has a quota of one for a particular distance, then this skater will be selected from the SQRL points ranking list. If no skaters are ranked in the SQRL points ranking, then the final selection will take place from skaters competing in World Cup #5, Stavanger in that distance.
- ii. If Canada has a quota of 2 for a particular distance the first skater will be selected from the SQRL points ranking list. The second quota position will be selected from skaters competing in World Cup #5, Stavanger in that distance. The second quota position for Mass Start, 5000m Women and 10000m Men will be selected from finishing rank at the 2016 Canadian Single Distance Championships.
- iii. If Canada has a quota of 2 for a particular distance, and if no skaters are ranked in the SQRL points ranking, then the final selection will take place from skaters competing in World Cup #5, Stavanger in that distance. Mass Start, 5000m Women and 10000m Men will be selected from finishing rank at the 2016 Canadian Single Distance Championships.
- iv. If Canada has 3 quota positions qualified, the first two positions will be filled by those with the SQRL highest rank (points and/or time) and the final selection for the third quota position will take place from skaters competing in World Cup #5, Stavanger in that distance as ranked by time.
- v. The Team Pursuit team will be made up from the skaters in the Team Pursuit pool that are qualified for a single distance at the WSD. Skaters may be added to the World Single Distance Team in order to field a competitive Team Pursuit team at the World Single Distance Championships. Any additions will be based on recommendation of the Team Pursuit coach and the Head Coach, and will be made at the discretion of the HPC-LT. Final decisions as to the Team Pursuit team that competes at the World Single Distance Championships will be made by the Team Leader and the coaches present at the event.
- vi. If Canada has a quota of 3 and more than 3 skaters qualified on the SQRL then Appendix A will be used to select the 3 skaters per distance.

** Head to Head comparisons will be made using ISU World Cup #5. Head to head comparison will take into account the times of the respective skaters recorded for each race.

In the event that a tie-breaker is required to separate these head to head comparisons the HPC-LT will refer to performances of the respective skaters from the most recent Canadian Single Distance Championships.

2.4. World Sprint Championships

2.4.1. Calendar

February 27-28, 2016 World Sprint Championships Seoul (KOR)

2.4.2. Eligibility

To be able to participate at the 2016 World Sprint Championship, the athlete must have achieved the qualifying times for either the 500m or 1000m as per ISU Rule 208.

2.4.3. Quota

In accordance with ISU Communication 1956, Canada has been pre-allocated an entry quota of one competitor for the Men and no competitors for the Women. Additional quota (a maximum of 3) can be earned based on results from World Cup #5, Stavanger, January 29-31, 2016 as per ISU Rule 208, paragraph 6.

2.4.4. Selection Procedure

Athletes will be selected to 2016 World Sprint Championships Team according to the following priority:

- i. Results from the Canadian Championships, 2x500m + 1000m total time. First man and first woman.
- ii. Remaining skaters will be selected at the World Cup #5, Stavanger, January, 29-31, 2016. Subject to Byes, Athletes will be selected in order of their ISU final ranking in the cumulative sammelagt. (1x500 and 1x1000)
- iii. Byes: The High Performance Committee - Long Track may grant an athlete a Bye onto the team due to illness, injury or exceptional circumstances as per Section 1.7 of this Bulletin.

2.5. World Allround Championships

2.5.1. Calendar

March 5-6, 2016 World Allround Championships Berlin (GER)

2.5.2. Eligibility

To be able to participate at the 2016 World All Round Championship, athletes must have achieved the qualifying times as per ISU Rule 208 as per ISU Communication 1956.

2.5.3. Quota

In accordance with ISU Communication 1956, Canada has been pre-allocated an entry quota of one competitor for the Men and two competitors for the Women. Additional quota (a maximum of 3) can be earned based on results from World Cup #5, Stavanger, January 29-31, 2016 as per ISU Rule 208, paragraph 4.

2.5.4. Selection Procedures

Athletes will be selected to 2016 World Allround Team according to the following priority:

1. Selection

- i. **Ladies** – Subject to Byes, any remaining positions will be chosen in order of their cumulative 3 distance sammelagt ranking from the first 500, 1500m and 3000m, at the 2016 Canadian Single Distance Championships.
- ii. **Men** – Subject to Byes, any remaining positions will be chosen in order of their cumulative 3 distance sammelagt ranking from the first 500, 1500m, and 5000m at the 2016 Canadian Single Distance Championships.

2. Byes

The High Performance Committee - Long Track may grant an athlete a Bye onto the team due to illness, injury or exceptional circumstances as per section 1.7 of this Bulletin.

Refer to the Fresh Start section 1.9.

3. Junior Information

3.1. Junior World Cup Final

3.1.1. Calendar

March 5-6, 2016 Junior World Cup Changchun (CHN)

3.1.2. Eligibility

A Junior athlete is an athlete who has reached the age of 14, but not the age of 19 by July 1st, 2015. (ISU Rule 208).

All athletes must meet ISU Junior World Cup time standard and entry requirements for each distance (Communication 1959).

3.1.3. Selection Procedure

Athletes who are selected to the 2015 World Junior Championships will also be selected to compete at the Junior World Cup Final.

3.2. World Junior Championships

3.2.1. Calendar

March 11-13, 2016 World Junior Championships Changchun (CHN)

3.2.2. Eligibility

A Junior athlete is an athlete who has reached the age of 14, but not the age of 19 by July 1st, 2015. (ISU Rule 208).

All athletes must meet ISU Junior World Cup time standard and entry requirements for each distance (Communication 1956).

3.2.3. Quota

In accordance with ISU Rule 208, paragraph 7, each ISU Member may enter a total of 5 Ladies and 5 Men.

Canada will select a minimum of four athletes per gender and may select an additional athlete based on performance at the Junior Canadian

Championship in relation to a medal potential event at the Junior World Championships.

3.2.4. Selection Procedure

Athletes will be selected to the 2015 World Junior Championships Team according to the following priority:

3.2.4.1. Priority 1

Under Priority 1, athletes will be selected to the 2015 World Junior Championships Team according to the following priority:

- i. Skaters will be pre-qualified (up to a maximum of 1 quota spot for Sprint, 1 quota spot for Allround, and 1 quota spot for Mass Start per gender) based on qualification to the Winter World Cup team, or in the case of Mass Start selected to World Single Distance Championships from the Canadian Single Distance Championships.
- ii. Subject to Byes, results at Canada Cup 3*/Canadian Junior Championships:
 - a) First two athletes in the Allround ranking – Total points
 - Ranking will be determined as the cumulative total of 4 distances, in sammelagt, accumulated by athletes at these competitions including re-skates for all distances.
 - Distances that will be used are:
Women: best 500m, best 1000m, 1500m, 3000m
Men: best 500m, best 1000m, 1500m, 5000m
 - b) First two athletes in Sprint ranking –Total points 500m and 1000m
 - Results from the Canadian Junior Championships, 2X500m + the best 1000m total time.

* In the event that Canada Cup 3 is cancelled, the results from Canada Cup 2 will be used.

Note: ISU Rules require Allround skaters to have the time standards in all distances.

Note: Athletes may qualify for more than one position. The HPC-LT would then select the replacements. The HPC-LT has full discretion in determining if a replacement will be made.

HPC-LT may, at its sole discretion, name a 5th member (Men and Women) to the Junior World Championship team to fill quotas.

3.2.4.2. Priority 2

The High Performance Committee - Long Track may grant an athlete a Bye onto the team due to illness, injury or exceptional circumstances as per Section 1.7 of this Bulletin.

3.2.5. Seeding

Seeding times at the 2015 World Junior Championships are from the best times skated in the 2015 - 16 skating season. These include the Oval Invitational, Can Am, Fall Classic and the Canada Cups. (See ISU Rule 243)

3.2.6. Team Pursuit, Team Sprint and Mass Start

The composition of competitors for each race will be decided by the coaching staff at the Junior Worlds pending results of all athletes in individual competition.

4. 2015-2016 National Competition Entry Criteria

4.1. Fall World Cup Trials

4.1.1. All Distances

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

4.1.2. Mass Start – * maximum 24 skaters

1. Skaters that have achieved a World Cup standard

* Top 20 skaters chosen from the 1500m time ranking. The 4 remaining positions will be discretionary positions which will be nominated by the Head Coach. Final decision will be made by the HPC-LT.

ISU World Cup Standards can be found in Appendix C of this bulletin.

For the 2015 Fall World Cup Trials, skaters who meet the following criteria are eligible to compete for a position on the 2015 Fall World Cup Team:

- A final list of eligible athletes per distance will be published 24 hours prior to the Draw.

4.2. Canada Cup #1

Senior, Junior A, B, C2

Note: C2 Juniors are skaters born between July 1, 2000 and June 30, 2001

Time Standards in effect to qualify for this event are as noted in Appendix B.

For a result to be a valid qualifying time, it must have been achieved in the period between July 1, 2014 and the entry deadline.

- Submitted Times may be verified with SpeedskatingResults.com

For all Distances:

- **Group 1** - Top 4 time-ranked skaters in attendance, from the 2014/2015 season.
- **Group 2** - The next 4 time-ranked skaters
- **Group 3** - The next 4 time-ranked skaters
- **Group 4** - The next 4 time-ranked skaters
- Groups of 4 will continue until all skaters are seeded.

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

4.3. 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 2015 competitions from those skaters that have achieved a World Cup standard
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 2015 competitions from those skaters that have achieved a World Cup standard

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 2015 competitions from those skaters that have achieved a World Cup standard

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 2015 competitions from those skaters that have achieved a World Cup standard.

Mass Start Ladies/Mass Start Men – 24 skaters maximum

1. The top 20 skaters will be selected from Qualifiers for the Winter World Cup.
2. Time ranking from Fall 2015 competitions (1500m) of those skaters that have achieved a World Cup standard.
3. The 4 remaining positions will be discretionary positions, which will be nominated by the Head Coach. Final discretion will be made by the HPC-LT.

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

4.4. Canada Cup #2

Senior, Junior A, B, C2

Note: C2 Juniors are skaters born between July 1, 2000 and June 30, 2001.

Time Standards in effect to qualify for this event are as noted in Appendix B.

For a result to be a valid qualifying time, it must have been achieved in the period between July 1, 2014 and the entry deadline.

Submitted times may be verified with speedskatingresults.com

For Time Standards, please refer to Appendix B of this document.

4.5. Canadian Junior Championships

Junior - A, B, C2

Note: C2 Juniors are skaters born between July 1, 2000 and June 30, 2001

Submitted times may be verified with SpeedskatingResults.com

ISU Junior competition rules will be used for the Canadian Junior Championships. For Time Standards, please refer to Appendix B of this document.

4.6. Canada Cup #3

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, 2014 and the entry deadline.

Submitted Times may be verified with speedskatingresults.com

For Time Standards, please refer to Appendix B of this document.

4.7. Canada Cup #4

Senior, Junior A, Junior B and Junior C

Appendix A – Selection Matrix for World Single Distance Championships

No of skaters qualified by World Ranking	No of skaters qualified by time ranking	Decision by HPC-LT			
		Quota position 1	Quota position 2	Quota position 3	Alternate position
4 or more	1 or more	Highest world ranked skater is selected	2 nd highest world ranked skater is selected	HPC-LT compares head to head performances of remaining rank and time qualified skaters and selects the 3rd position **	2 nd highest ranked skater (head to head) not selected to Quota position 3 is listed as the alternate
3	1 or more	Highest world ranked skater is selected	2 nd highest world ranked skater is selected	HPC-LT compares head to head performances of 3 rd world ranked skater and time qualified skaters and selects the 3rd position **	Highest ranked skater (head to head) not selected to Quota Position 3 is listed as the alternate
2	2 or more	Highest world ranked skater is selected	2 nd highest world ranked skater is selected	HPC-LT compares head to head performances of time qualified skaters and selects the final position **	Skater who is ranked highest on ISU Time ranking list not already selected is listed as the alternate
1	3 or more	The skater qualified by world ranking is selected	Skater who is ranked highest on ISU Time ranking list is selected	HPC-LT compares head to head performances of time qualified skaters and selects the final position **	Skater who is ranked highest on ISU Time ranking list not already selected is listed as the alternate
0	4 or more	Skater who is ranked highest on ISU Time ranking list is selected	Skater who is ranked 2 nd highest on ISU Time ranking list is selected	HPC-LT compares head to head performances of time qualified skaters and selects the final position **	Skater who is ranked highest on ISU Time ranking list not already selected is listed as the alternate

Appendix B – 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.

Appendix C – ISU Time Standards

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: 2.17.00 Men, 1500 meters: 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	---for
5000m	7.32,00 or 4.20,00	6.52,00
10000m	---	13.50,00 or 6.40,00

Appendix C – ISU Time Standards (cont.)

Senior World Cups (cont.)

To be eligible to participate in the Mass Start, Team Sprint or Team Pursuit you must achieve one of the above times. For Mass Start, each country is allowed one skater who does not have one of the above times, but must have achieved the following:

	Ladies	Men
1500m	2:10.00	1:57.50

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) Or 4.15.00 (4.20.00) over 3000m
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

World Junior Championships

	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