



**SPEED
SKATING
CANADA**

YOUTH CHAMPIONSHIPS BULLETIN 2021-22

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Competitions Bulletin

Speed Skating Canada's number one priority is the health and well-being of our speed skating community and the general public who live, work, and play in our shared spaces. The Youth Championships will be conducted in accordance with the SSC Competition Guidelines (updated August 2021). A decision regarding whether it is possible to conduct the Championships according to the guidelines and be representative of a national championship will be made no later than January 1, 2022.

The Competitions Bulletin is the technical package for the Canadian Youth Short Track Championships (West/East) and the Canadian Youth Long Track Championships. The Sport Development Advisory Council of Speed Skating Canada (SSC) is responsible for reviewing the rules and regulations governing these competitions.

Speed Skating Canada reserves the right to modify or change the enclosed guidelines in the event that there is clear evidence that any such changes are clearly in the best interest of the long-term development of participants and the growth of the sport. In the case of a change, competition organizers, skaters, coaches, officials, Branches, and training centres will be advised as soon as possible.

GENERAL INFORMATION



The following Bulletin outlines all specific technical regulations, eligibility criteria and competition formats for the following events:

- Canadian Youth Short Track Championships (West) and Canadian Youth Short Track Championships (East)
- Canadian Youth Long Track Championships

Sanction

- All events listed shall be sanctioned as SSC Championships and will run in accordance with all SSC Policies, Procedures and Regulations.
- Unless clearly stated otherwise within this Bulletin, the Racing Rules of SSC, and where applicable, the ISU, shall be used.
- Programs and entry forms for SSC sanctioned competitions must contain the following notice, "Sanctioned by Speed Skating Canada".
- Participants in all events listed within this Bulletin must be deemed to be in good standing with SSC according to the By-Laws of the Corporation and be registered in the membership category Provincial/Territorial Athlete

Facility Requirements

- An International ice surface (30m x 60m) is preferred for the Canadian Youth Short Track Championships (West) and Canadian Youth Short Track Championships (East). An NHL (26m x 60m) ice surface will be considered.
- All facilities must meet current SSC safety guidelines.

Announcements

Announcements and entry forms must be completed through IceReg a minimum of forty-five (45) days prior to the date of the Championships for approval.

The announcement and entry form for each SSC Championship event will be available on the SSC website and registration links distributed electronically to all Branches and training centers a minimum of forty-five (45) days prior to the event.

Entries

Preliminary Entries - 19 days prior

- The Preliminary Branch Entry Forms are received by SSC.
- Includes all **eligible** skaters' information (Name, Gender, SSC#, Birth Date, Age Class, Club/Branch).



- An eligible skater is defined as any skater who has met the entry requirements and **intends to accept a position on the Branch's team if selected by their Branch**. A Branch may impose additional eligibility criteria on its skaters.
- Branches are encouraged to include alternates with the preliminary entry to facilitate the reallocation of positions should additional positions become available to the branch.
- Preliminary Entries **do not** require seed times.
- SSC sends the Preliminary Entries to the Competitors Steward / Meet Coordinator for verification of eligibility and entry into GCPV/Meet Manager.
- Branches who know prior to the Preliminary Entry deadline of available positions (quota the branch will not use) are asked to advise SSC of the release of those positions as soon as possible.
- Forms will be sent to the Branches and will be available on the SSC website.

Notification – 14 days prior

- Where the Preliminary Branch Entry Form indicates a Branch's guaranteed positions that will not be filled, unused positions shall be reallocated as per the order of the Branch ranking list until all positions are filled. Branches will be notified of additional positions available at least fourteen (14) days prior to the competition start date.

Final Entries - 10 days prior

- Final entries are to be confirmed and submitted to the SSC office on the Branch Entry Form.
- Includes all qualified and confirmed skaters' information including all personal information listed above **and all required seed times**.

Replacement Skaters

- No skaters, replacement or otherwise, will be accepted after the Final Entry deadline.

Final entries are sent to the Competitors Steward / Meet Coordinator for verification of seed times and meet setup.

Preliminary Entries are due in the SSC Head office by:

- Canadian Youth Long Track Championships (February 19-20, 2022) - **February 4, 2022**
- Canadian Youth Short Track Championships (West) (March 26-27, 2022) - **March 11, 2022**
- Canadian Youth Short Track Championships (East) (March 26-27, 2021) - **March 11, 2022**

Final Entries are due in the SSC Head office by:

- Canadian Youth Long Track Championships - **February 9, 2022**
- Canadian Youth Short Track Championships (West) - **March 16, 2022**
- Canadian Youth Short Track Championships (East) - **March 16, 2022**

Citizenship requirements are outlined in the ISU Constitution and General Regulations Rule 109.



Skater's Equipment

Each skater is responsible for ensuring that they are wearing all required equipment as stated in section D3 of the SSC Red Book. It is the shared responsibility of the Branch and the skater to ensure that all equipment meets these minimum specifications. Failure to wear any piece of required equipment shall result in a penalty/disqualification.

Video Replay

Video replay may be available at these events, but it is not required. If video replay is on site, it will be used for Officials Development at the discretion of the assigned Mentor Referee. The Mentor Referee will explain how the video replay will be used at the Coaches Meeting preceding the event.

Medical

Medical guidelines and minimum requirements defined in Section D5-100 and D5-200 of the SSC Red Book must be adhered to. It is the responsibility of the Chief Referee to ensure that this occurs.

Training Sessions

Training ice will be made available to all participants on the day prior to the competition and will be indicated in the official announcement. Competition medical requirements must be met during the official training sessions.

Coaching

Branches will be allowed to accredit coaches as follows:

- One (1) team manager for any number of registered team skaters AND
- Two (2) coaches for any number of registered team skaters OR
- Three (3) coaches for teams with 17-24 registered team skaters OR
- Four (4) coaches for teams with 25-32 registered team skaters OR
- Five (5) coaches for teams with 33-40 registered team skaters OR
- Six (6) coaches for teams with >41 registered team skaters.

Coaches must hold one of the following NCCP levels of certification in speed skating (as per B5-1002 in the SSC Red Book):

- Introduction to Competition
- Competition-Development
- Level 4/5

Exceptions are defined in section B5-1004 of the SSC Red Book. In accordance with B5-1006 of the SSC Red Book, each Branch will be allowed two (2) coaches per participating skater per race in the designated coaching area.



CANADIAN YOUTH SHORT TRACK CHAMPIONSHIPS

West – March 26-27, 2022 - Selkirk, MB

East – March 26-27, 2022 - Sherbrooke, QC

The Canadian Youth Short Track Championships are intended to be the focal point of athlete preparation for skaters in the LTPAD Training to Train stage of development. These Championships provide meaningful, high profile and developmentally appropriate end of season events which are a source of motivation and an opportunity for recognition of the best developing skaters in Canada. These events will serve as a primary introduction to national competitions where skaters represent their Branch.

The events raced at the Canadian Youth Short Track Championships reinforce the training objectives for skaters in the Training to Train stage of development.

As these Championships are the first opportunity for young skaters to participate in national level competition, it is important that it be a positive experience. Many parents may be wondering what the standard of skating is. Average winning times and 12th place finishing times have been compiled from previous championships. This table can be used as a guide in managing participation decisions and performance expectations.

	400m (1st)	400m (12th)	1500m (1st)	1500m (12th)
11F	42.5	48.2	174.0	193.3
12F	40.8	46.7	171.6	187.3
13F	40.6	45.5	170.8	184.0
14F	40.7	46.0	168.9	179.3
12M	39.9	45.4	162.4	180.5
13M	38.5	42.8	157.8	175.9
14M	37.8	41.2	162.0	169.3
15M	37.8	41.8	159.2	174.0

All times in seconds.



Eligibility

The maximum number of entries per division is 16 skaters. Each Branch will be allowed to enter a minimum quota of two (2) skaters per division. Skaters participating in the Short Track Canada Cup Junior Final will not be eligible to participate. Additional entries into each division will be allocated sequentially to each Branch in order of their finishing position in the Branch Rankings the previous year, up to the maximum number of entries. Branches that did not participate were randomly sequenced*.

West	Quota	Sequence	East	Quota	Sequence
1. Alberta	2	1	1. Quebec	2	1
2. British Columbia	2	2	2. Ontario	2	2
3. Saskatchewan	2	3	3. New Brunswick	2	3
4. Manitoba	2	4	4. PEI	2	4
5. NWT	2	5	5. Nova Scotia	2	5
6. Yukon	2	6	6. Nunavut*	2	6
			7. Newfoundland*	2	7



Events

The following events shall be raced:

Divisions	Distance	Skaters on the line
Boys 12 & 13, Girls 11 & 12	200m Pursuit Qualifier	1/side
	200m Mass Start Final	4
	400m	4
	1500m	6
	2000m Points Race	8
	3000m Relay	4
Boys 14 & 15, Girls 13 & 14	200m Pursuit Qualifier	1/side
	200m Mass Start Final	3
	400m	4
	1500m	6
	3000m Points Race	8
	3000m Relay	4

Program

The Championships will take place over a two (2) day period.

	Boys 12 & 13 Girls 11 & 12	Boys 14 & 15 Girls 13 & 14
Day 1	1500m Heats 200m Pursuit 200m (Mass Start) Finals 1500m Finals Relay Heats (Time Permitting)	1500m Heats 200m Pursuit 200m (Mass Start) Finals 1500m Finals Relay Heats (Time Permitting)
Day 2	400m 2000m Points Race Relay Finals	400m 3000m Points Race Relay Finals

Details pertaining to the allocation of points can be found in Appendix D. Information on round progressions and the composition of heats, semi-finals and finals can be found in Appendix A.

Seeding

All 200m, 400m, and 1500m events are seeded individually based on season best times in each event. Seed times must be completed on a 100m track at an SSC sanctioned competition in the current season. If a skater does not have a seed time from the current year in a distance, the Sport Development Advisory Council will review times converted from the 111m track using an approved conversion formula. Any Branch requiring the formula should contact the National Office. The 500m time on a 111m track shall be used to convert times for the 200m and 400m events.



Racing Formats and Special Regulations - General

1. Skaters who earn a position in the 1500m, 200m or 400m final and subsequently do not start (DNS), do not finish (DNF) or are penalized (PEN) in the final will receive final ranking points for the final but are not eligible to receive a medal. Medals may be awarded to skaters in the B Final where applicable.
2. Skaters who earn a position in the super finals (i.e. 2000m or 3000m Points Race) and subsequently DNS in the final are not eligible to receive final points nor a medal. Skaters who DNF or are PEN are eligible to receive final points but not a medal.
3. Relay teams who earn a position in the final and subsequently do not start (DNS), do not finish (DNF) or are penalized (PEN) in the final will receive final ranking points for the final but are not eligible to receive a medal. Medals may be awarded to team in the B Final where applicable.

Racing Formats and Special Regulations – 200m Pursuit / 200m Mass Start

1. A 200m Pursuit will be skated as the qualifying round for the 200m Mass Start Final.
2. Skaters will be seeded into 8 pairs based on the seed times submitted. The pairs will skate from slowest to fastest. In the case of an odd number of skaters, the lowest ranked skater will skate alone in Pair 1. Details pertaining to the composition of pairs can be found in Appendix A.
3. Skaters will be seeded into the 200m Mass Start Final based on the results of the Pursuit. The 200m Mass Start will be limited to 4 skaters per race for the T2T 11 & 12 Girls and the T2T 12 & 13 Boys, except in the case of a tie for the final position in the final. The T2T 13 & 14 Girls and the T2T 14 & 15 Boys will be limited to 3 skaters per race. The composition of finals can be found in Appendix A and B. In the case of tied skaters, the position on the line shall be determined by random draw.
4. The higher seeded skater in a pair shall start on the side of the Start/Finish line used for all other events and wear the red/blue arm band. The other skater wears the white/yellow armband.
5. All skaters will be marshalled on and off the ice in their groups. Skaters remain on the ice until all pairs have raced.
6. Use only the 3 center tracks.

**Best Practices for running the 200m Pursuit can be found in Appendix F.

Racing Formats and Special Regulations – 3000m Points Race

1. The 3000m Points Race will be the last individual event on the program. Skaters are to be seeded into this event based on the cumulative points earned in the 200m, 400m and 1500m distances. A maximum of eight (8) skaters will be allowed to start in each race. Each skater will be identified by their own helmet cover number. In the event of a tie for the final position in a final, the tie shall be broken by the skater's result in the 1500m.



2. Skaters will score sprint points when they cross the line with 21, 14 and 7 laps remaining, as well as the finishing lap. Sprint points are assigned as follows: 34, 21, 13, 8, 5, 3, 2 and 1 sprint point. Double sprint points will be awarded for the final lap.
3. The gun shall be fired when the lead skater has 7 laps remaining. Skaters who are lapped prior to the lead skater having 7 laps remaining must go to the centre of the ice. They will earn 0 sprint points for the remainder of the race. A skater is deemed to be lapped once overtaken by the lead skater. These lapped skaters shall retain all sprint points earned earlier in the race. Skaters who are lapped following the gun firing will continue to race and score sprint points on the finishing lap.
4. If a skater eliminates the entire field the race will be declared over, and that skater will earn 1st place sprint points for all remaining point laps.
5. Final placing in the event will be determined by the total number of sprint points earned by each skater in the race. Skaters who do not complete the final lap and are tied in sprint points shall remain tied. Should skaters who complete the final lap finish with an equal number of sprint points, the result on the final lap will be used to break the tie. A skater who completes the final lap and is tied in sprint points with a skater who did not complete the final lap shall be placed ahead of the skater who did not complete the final lap. Skaters in the A final will receive Final Points for positions 1 through 8, skaters in the B final will receive Final Points for positions 9 through 16.
6. Penalized skaters shall receive no sprint points for the race. Sprint points earned by other skaters during the race will not be re-distributed. They will receive last place Final Points.
7. During the 3000m Points Race there will be a bell rung with 22, 15, 8 and 1 lap to go to indicate that the next lap is a points lap.
8. Should the Referee be required to stop a race for any reason and a restart is required, the number of laps to be completed shall be at the discretion of the Referee, however the Referee must allow skaters to complete at least three (3) laps prior to sprint points being awarded. In the case of a stoppage, skaters will retain all sprint points earned up to that point, unless the laps remaining require the last sprint points earned to be raced for again. For example, if a race were stopped after 7 laps remaining and restarted with 11 laps to skate, the skaters would lose the last sprint points earned in the first start (7 laps to go) and race for them again. Skaters who were removed from the race or penalized will not take part in the restart.

Racing Formats and Special Regulations – 2000m Points Race

1. The 2000m Points Race will be the last individual event on the program. Skaters are to be seeded into this event based on the cumulative points earned in the 200m, 400m and 1500m distances. A maximum of eight (8) skaters will be allowed to start in each race. Each skater will be identified by their own helmet cover number. In the event of a tie for the final position in a final, the tie shall be broken by the skater's result in the 1500m.
2. Skaters will score sprint points when they cross the line with 14 and 7 laps remaining, as well as the finishing lap. Sprint points are assigned as follows: 34, 21, 13, 8, 5, 3, 2 and 1 sprint point. Double sprint points will be awarded for the final lap.
3. The gun shall be fired when the lead skater has 7 laps remaining. Skaters who are lapped prior to the lead skater having 7 laps remaining must go to the centre of the ice. They will



earn 0 sprint points for the remainder of the race. A skater is deemed to be lapped once overtaken by the lead skater. These lapped skaters shall retain all sprint points earned earlier in the race. Skaters who are lapped following the gun firing will continue to race and score sprint points on the finishing lap.

4. If a skater eliminates the entire field the race will be declared over, and that skater will earn 1st place sprint points for all remaining sprint point laps.
5. Final placing in the event will be determined by the total number of sprint points earned by each skater in the race. Skaters who do not complete the final lap and are tied in sprint points shall remain tied. Should skaters who complete the final lap finish with an equal number of sprint points, the result on the final lap will be used to break the tie. A skater who completes the final lap and is tied in sprint points with a skater who did not complete the final lap shall be placed ahead of the skater who did not complete the final lap. Skaters in the A final will receive Final Points for positions 1 through 8, skaters in the B final will receive Final Points for positions 9 through 16.
6. Penalized skaters shall receive no sprint points for the race. Sprint points earned by other skaters during the race will not be re-distributed. They will receive last place Final Points.
7. During the 2000m Points Race there will be a bell rung with 15, 8 and 1 lap to go to indicate that the next lap is a sprint points lap.
8. Should the Referee be required to stop a race for any reason and a restart is required, the number of laps to be completed shall be at the discretion of the Referee, however the Referee must allow skaters to complete at least three (3) laps prior to sprint points being awarded. In the case of a stoppage, skaters will retain all sprint points earned up to that point, unless the laps remaining require the last sprint points earned to be raced for again. For example, if a race were stopped after 7 laps remaining and restarted with 11 laps to skate, the skaters would lose the last sprint points earned in the first start (7 to go) and race for them again. Skaters who were removed from the race or penalized will not take part in the restart.

Racing Formats and Special Regulations – Relay

1. All skaters are eligible to skate the Relay.
2. Relay teams will be formed from within age categories as follows:

Male	12 & 13	14 & 15
Female	11 & 12	13 & 14

Teams may be comprised of three (3) or four (4) skaters. Branches may elect to name five (5) skaters to a team and race four (4). Only those skaters who participate in a Heat or Final are eligible for a medal.

Branches with sufficient skaters must enter their respective Branch teams. Branches with insufficient skaters and those with extra skaters are encouraged to combine them with skaters of another Branch to form a team with the goal that all skaters be provided an opportunity to skate the relay. Inter-Branch teams are eligible for medals, but no branch ranking points.

No skater may be a member of more than one (1) Relay team.



Teams must be submitted by the Branch Coach or Team Leader to the Host Organizing Committee the evening before the event with changes accepted up to the end of warm-up on the day of the Relay event.

Teams will be seeded into Heats based upon the average 400m seed times of all skaters listed on the team. Relays will be reseeded if a team changes before the first round.

Teams will advance directly from Heats to Finals. Only the top eight (8) teams plus advancements will skate in the Finals. Time permitting, Heats and Finals will not be held on the same day. If necessary, Heats and Finals will both run on Sunday.

Final ranking for teams not skating Finals will be determined by their placing in Heats.

Results and Awards

Overall, relay and individual distance results and awards shall be awarded in accordance with the guidelines for SSC Championships.

All individual and Relay awards shall be awarded at the venue immediately following each day of racing.

Individual distance medals will be provided by SSC.

Overall Champion awards will be provided by SSC.

The top Ranked and the Most Improved Branch will be recognized at the conclusion of the competition.

Branch Rankings

Throughout the competition each Branch will earn points based on the results of their skaters or teams in each event. Points will be allocated based on the Final Points system (see Appendix D), and added together as follows to produce a final ranking:

Individual Events: Total overall points earned by the top two finishers from each Branch, in each division category.

Relay: Branch ranking points will be awarded to teams comprised of a single Branch. At the conclusion of the race all teams are ranked. Only the points awarded to the best placed team from each Branch count towards the Branch rankings. (Example: Branch A finishes 1st, 2nd and 3rd, they receive 1000 points; Branch B finishes 4th, they receive 543 points.)

Social Activities

Speed Skating Canada's number one priority is the health and well-being of our speed skating community and the general public who live, work, and play in our shared spaces. Speed Skating Canada shall suspend the inclusion of a banquet for championship events in 2021-22 to mitigate the risks associated with large indoor gatherings. The host organizing committee may choose to include lower risk activities to replace the banquet and celebrate the achievements of the participants at the Youth Championships.



CANADIAN YOUTH LONG TRACK CHAMPIONSHIPS

Feb 19-20, 2022, Halifax, NS

The Canadian Youth Long Track Championships is intended to be the focal point of athlete preparation for skaters in the Training to Train stage of development. The Youth Long Track Championships provide a meaningful, high profile and developmentally appropriate event which is a source of motivation and opportunity for recognition of the best developing long track skaters in Canada. This event will serve as a primary introduction to national competitions where skaters represent their Branch in competition.

The events at the Canadian Youth Long Track Championships focus on providing a positive learning environment which reinforces the training objectives for skaters in the Training to Train stage of development.

Events will include a combination of mass start, Olympic style, and team events.

Duration

The event shall take place over two (2) days, preceded by one (1) day available for practice.

Equipment

Each skater shall be assigned a helmet cover number for the duration of the event.

Required equipment for Mass Start races at this competition shall conform to Rule D3-300/D3-301 "Long Track Mass Start Competition".

Required equipment for Olympic Style races at this competition shall conform to Rule D3-200 "Long Track Olympic Style Training and Competition".

The start-of-day warm-up requires Mass Start equipment.

The Team Pursuit is considered a Mass Start event.

The Dave Thompson Memorial Race safety equipment requirements shall conform to Rule D3-300/D3-301. Please note that all skaters, will be required to wear a helmet as per D3-301.



Eligibility

1. The maximum number of entries per division is 18 skaters.
2. Each Branch will be allowed to enter the quota number of skaters per division, as indicated below. Additional entries into each division will be allocated sequentially to each Branch in order of their finishing position in the Branch Rankings the previous year, up to the maximum number of entries. Branches that did not participate were randomly sequenced.

Branch	Quota	Sequence	Branch	Quota	Sequence
Alberta	2	1	Nova Scotia	1	8
Québec	2	2	Yukon	1	9*
British Columbia	2	3	Nunavut	1	10*
Saskatchewan	2	4	Newfoundland	1	11*
Manitoba	2	5	Northwest Territories	1	12*
Ontario	1	6	Prince Edward Island	1	13*
New Brunswick	1	7			

Program/Events

The program shall include the following events

Division	Day 1	Day 2
Girls 11, Boys 12	Canadian Mass Start 300m ISU Mass Start 7 Lap Final 3 Lap Team Pursuit	Olympic Style 500m Canadian Mass Start 1500m Super Final
Girls 12, Boys 13	Canadian Mass Start 300m ISU Mass Start 7 Lap Final 3 Lap Team Pursuit	Olympic Style 500m Canadian Mass Start 1500m Super Final
Girls 13, Boys 14	Canadian Mass Start 300m ISU Mass Start 7 Lap Final 5 Lap Team Pursuit	Olympic Style 500m Olympic Style 1500m
Girls 14, Boys 15	Canadian Mass Start 300m ISU Mass Start 7 Lap Final 5 Lap Team Pursuit	Olympic Style 500m Olympic Style 1500m

At the conclusion of Day 2, all skaters will have the option of participating in the Open 12 Lap ISU Mass Start Dave Thompson Memorial Race(s).

All Mass Start races (Canadian Mass Start and ISU Mass Start) will be contested on the inner racing lane.

Seeding for each distance will be based upon submitted season best times*. In the instance where no times are submitted, skaters will be seeded last. Quartets may be conducted for all distances of 1500m or greater. *Seed times may be from indoor or outdoor competitions.



Racing Formats - Olympic Style Events

Seed times for the 500m and 1500m Olympic Style must be submitted on the official SSC entry form.

Racing Formats – 300m Canadian Mass Start Event

Seed Times for the 300m Canadian Mass Start must be submitted on the official SSC entry form.

The Heat composition and round progression shall be the same as used in Short Track. Skaters will be seeded into Heats based on their season best times.

A maximum of 6 skaters will be placed on the line for any given race.

Racing Formats – 1500m Canadian Mass Start Super Final

Ranking for the 1500m Canadian Mass Start event will be based on points earned from the 300m, 500m and 7 Lap events. There will be a maximum of 9 skaters per final.

Racing Format – 7 Lap ISU Mass Start Event

For the 7 Lap ISU Mass Start event, a maximum of 18 skaters will start the race, with a maximum of 6 skaters in each row. The start positions will be based on the rankings from the 300m event. This event will be conducted in accordance with Appendix H of this bulletin

Racing Format - Open 12 Lap ISU Mass Start Dave Thompson Memorial Race(s). (ISU Rule 253 paragraph 4b)

1. This event will follow ISU Communication No. 2195, except where otherwise detailed in this bulletin.
2. For the Dave Thompson Memorial Races there will be no limit on the number of skaters allowed to start the race.
3. The competition organizers will collect the names of those skaters wishing to participate at the end of the first day of skating.
4. Skaters will be divided into 2 separate races per gender (Girls 11-12 and Boys 12-13) and (Girls 13-14 and Boys 14-15). This race may be consolidated into a single race per gender in consultation with the organizing committee and the chief referee to accommodate the overall schedule of the championship.
5. In each race, the start positions will be based on the skaters' 500m seed time entering the competition. The top 6 skaters (per race) will be placed on the front starting line. Subsequently, skaters line up at random, with a maximum of six (6) skaters per line.
6. An award will be presented to the first skater crossing the finish line in each race.



Racing Formats - Team Pursuits

1. Team Pursuits shall be skated on the inner racing lane.
2. Team Pursuit teams will be formed from within age categories as follows with all skaters being eligible to participate:

Male	12 & 13	14 & 15
Female	11 & 12	13 & 14

Branches with sufficient skaters must enter Branch teams of 3 or 4 members. Branches with insufficient skaters or with extra skaters have the option of combining with skaters of another Branch to form a team and are eligible for medals, but not for branch ranking points.

No skater may be a member of more than one Team Pursuit team.

Teams will be seeded into Team Pursuits based upon the average 500m seed times of all skaters listed on the team.

All Team Pursuits will be conducted as a final.

Teams must be submitted by the Branch Coach or Team Leader to the Competitors Steward / Recorder or Host Organizing Committee the evening before the event with changes accepted up to the end of the warm-up the day of the event.

A minimum of three (3) skaters to a maximum of four (4) skaters may take part in the Team Pursuit.

In the case of the Team Pursuit, the third skater on the team to complete the distance will determine the finishing time for the team.

Two Team Pursuit teams will race at a time.

Results and Awards

Overall and individual distance results and awards shall be awarded in accordance with the guidelines for SSC Championships. Final points will be awarded for both Mass Start and Olympic Style events to determine the overall results of skaters.

All individual and Team Pursuits shall be awarded at the venue immediately following each day of racing.

Individual distance medals will be provided by SSC.

Overall Champion awards will be provided by SSC.

A first-place award(s) for each of the Open 12 Lap ISU Mass Start Dave Thompson Memorial Races are to be purchased by the Host Organizing Committee.

The top Ranked Branch and most improved Branch will be recognized at the conclusion of the competition.



Branch Rankings

Throughout the competition each Branch will earn points based on the results of their skaters or teams in each event. Points will be allocated based on the Final Points (Appendix D) and added together as follows to produce a final ranking:

Individual Events: Total overall points earned by the top two finishers from each Branch, in each division.

Team Pursuit: Branch ranking points will be awarded to teams comprised of a single Branch. At the conclusion of the race all teams are ranked. Only the points awarded to the best placed team from each Branch count towards the Branch rankings. (Example: Branch A finishes 1st, 2nd and 3rd, they receive 1000 points; Branch B finishes 4th, they receive 543 points.)

Social Activities

Speed Skating Canada's number one priority is the health and well-being of our speed skating community and the general public who live, work, and play in our shared spaces. Speed Skating Canada shall suspend the inclusion of a banquet for championship events in 2021-22 to mitigate the risks associated with large indoor gatherings. The host organizing committee may choose to include lower risk activities to replace the banquet and celebrate the achievements of the participants at the Youth Championships.



APPENDIX A – COMPOSITION OF RACES

Applicable to the following meets:

- Canadian Youth Short Track Championships (West/East) CYSTC
- Canadian Youth Long Track Championships CYLTC

All skaters shall be seeded in order of their seed time for each individual distance unless otherwise specified. Entry times must have been skated during the current skating season at a sanctioned competition.

Lane positions will be determined as per ISU Rule 296. For the first qualifying round of the first distance lane positions will be drawn by the Competitors Steward through a random computer draw.

For each subsequent round the lane position will be decided by the times skated in the preceding qualifying round. Skaters will be assigned lane positions from the inside of the track to the outside in the order of their times commencing with the fastest time.

PLEASE NOTE, if starting numbers are reduced from eighteen (18) CYLT or from sixteen (16) CYST, the Technical Representative, Chief Referee, Competitors Steward and Competition/Event Coordinator will determine the most suitable number of heats to ensure fair racing conditions.

Composition of the Heats (6 skaters on the line) if 18 (CYLT)

A	B	C
1	2	3
6	5	4
7	8	9
12	11	10
13	14	15
18	17	16

Composition of Finals (6 skaters on the line) if 18

Final A	1 st and 2 nd from the Heats
Final B	3 rd and 4 th from the Heats
Final C	Remaining skaters from the Heats



Composition of the Heats (6 skaters on the line) if 16 (CYST)

A	B	C
1	2	3
6	5	4
7	8	9
12	11	10
13	14	15
		16

Composition of Finals (6 skaters on the line) if 16

Final A	1 st and 2 nd from the Heats
Final B	3 rd and 4 th from the Heats
Final C	Remaining skaters from the Heats

Composition of Heats (4 skaters on the line) if 16

A	B	C	D
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13

Top Bracket

The top two (2) skaters from each of the four (4) Heats will be placed into the top two (2) Semi-finals (A, B; final rank 1-8 or lower depending on the number of advancements in the 1st round).

Bottom Bracket

All other skaters (final rank 9–16) will be placed into the Semi-finals C and D.

In the case of 5 skaters moving to the C and D Semi-finals, the C and D Semi-finals will be eliminated, and the 5 skaters will move directly to the C Final.

Composition of Semi-finals (4 skaters on the line) if 16

Seeding for the Semi-final of the 400m will be first by place and then by time skated in the previous round of racing. Ties will be broken by the highest original seeding for the distance. Any further ties will be broken by a coin toss.

A Semi	1 st fastest winner, 4 th fastest winner, 1 st fastest 2 nd , 4 th fastest 2 nd .
B Semi	2 nd fastest winner, 3 rd fastest winner, 2 nd fastest 2 nd , 3 rd fastest 2 nd .
C Semi	1 st fastest 3 rd , 4 th fastest 3 rd , 1 st fastest 4 th , 4 th fastest 4 th .
D Semi	2 nd fastest 3 rd , 3 rd fastest 3 rd , 2 nd fastest 4 th , 3 rd fastest 4 th .



Composition of Finals (4 skaters on the line) if 16

Final A	1 st and 2 nd from Semis A and B
Final B	Remaining skaters from Semis A and B
Final C	1 st and 2 nd from Semis C and D
Final D	Remaining skaters from Semis C and D

Composition of 200m Pursuit Pairings

Pair	Skaters	
1	15	16
2	13	14
3	11	12
4	9	10
5	7	8
6	5	6
7	3	4
8	1	2

Composition of 200m Mass Start Finals (3 skaters on the line) if 16

Final A	1 st , 2 nd and 3 rd fastest from the Pursuits
Final B	Next 3 from the Pursuits
Final C	Next 3 from the Pursuits
Final D	Next 3 from the Pursuits
Final E	Remaining skaters from the Pursuits

In the case of a tie in the Pursuit, the tied skaters will advance to the same final and all remaining skaters will be moved up one position. e.g. In the case of a tie for 6th place, both 6th place skaters will advance to Final B. Starting position for the tied skaters will be determined via a draw.

Composition of 200m Mass Start Finals (4 skaters on the line) if 16

Final A	1 st , 2 nd , 3 rd and 4 th fastest from the Pursuits
Final B	Next 4 from the Pursuits
Final C	Next 4 from the Pursuits
Final D	Remaining skaters from the Pursuits

In the case of a tie in the Pursuit, the tied skaters will advance to the same final and all remaining skaters will be moved up one position. e.g. In the case of a tie for 8th place, both 8th place skaters will advance to Final B. Starting position for the tied skaters will be determined via a draw.



Composition of Relay Heats with 12 Teams

A	B	C
1	2	3
6	5	4
7	8	9
12	11	10

Composition of Relay Heats with 16 Teams

A	B	C	D
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13

Composition of Relay Finals with 16 Teams or less

Final A	Rank 1 – 4 after Heats
Final B	Rank 5 – 8 after Heats

Teams penalized in the Heat will not be allowed to skate in the Finals.

Special Racing Rules:

Penalties, failure to finish, scratches:

In case of penalty, failure to finish due to infraction, or scratches, the following rules will apply:

1. Penalized skaters will receive the last place rank and seeding points in that race and be placed directly into the lowest bracket/race in the next round.
2. Skaters who drop out before a race will receive the last place position, behind any skaters who might subsequently fail to finish or be penalized and receive the seeding points according to the final order in that distance.
3. Skaters who withdraw before the distance will receive no ranking points for that distance and the distance will be re-seeded.
4. Skaters who withdraw from a distance are permitted to continue in the competition for any subsequent distances.
5. A skater who does not finish the race will receive their position ahead of any penalized skaters.
6. Advancement will be in accordance with the ISU World Cup procedures. In brief, advanced skaters will receive seeding points as per their finish in the race from which they were advanced and will be seeded into the next round of racing on the basis of these seeding points. Advanced skaters will not be seeded in any specified order; instead, their ranking

after the previous round will determine which race they are seeded into for the subsequent round.





APPENDIX B - MATRICES

Canadian Youth Short Track Championships (West/East)

4 skaters on the line							# of Races	
** Eliminate the round and go straight to 1 Final if 5 skaters in the round								
# of Skaters	Heats		Semis		Finals			
		Advance		Advance				
9 - 12	3	2 + 2	2	2 + 0	3	A B	C	8
13 - 16	4	2 + 0	2	2 + 0	4	A B	C D**	12
			2	2 + 0**				

6 skaters on the line							# of Races
# of Skaters	Heats		Finals				
		Advance					
7 - 12	2	3 + 0	2	A B			4
13 - 16	3	2 + 0	3	A B C			6

200m Pursuits (2 skaters on the line) / 200m Mass Start (3 skaters on the line)							# of Races
* 4 skaters on the line							
# of Skaters	Pursuits		Finals				
		Advance					
16	8	3 + 0	5	A B C D E*			13

200m Pursuits (2 skaters on the line) / 200m Mass Start (4 skaters on the line)							# of Races
# of Skaters	Pursuits		Finals				
		Advance					
16	8	4 + 0	4	A B C D			12

Relays							# of Races
# of Teams	Heats		Finals				
		Advance					
5 - 8	2	2 + 0	2	A B			4



APPENDIX C - CANADIAN YOUTH LONG TRACK CHAMPIONSHIPS

6 skaters on the line							# of Races
# of skaters	Heats			Finals			
		Advance					
7 - 12	2	3 + 0	2	A	B		4
13 - 18	3	2 + 0	3	A	B	C	6



APPENDIX D – FINAL POINTS – YOUTH CHAMPIONSHIPS

Championships will be decided on the basis of points accumulated in the individual events. The points shall be awarded based on final placing in each individual event as follows:

Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	15	31	0.5
2	816	12	106	22	12	32	0
3	666	13	86	23	9		
4	543	14	70	24	7		
5	443	15	57	25	5		
6	362	16	46	26	4		
7	295	17	37	27	3		
8	241	18	30	28	2		
9	196	19	24	29	1.5		
10	160	20	19	30	1		

A tie for 1st 1000 points each, the next skater 666 points

A tie for 2nd 816 points each, the next skater 543 points

A tie for 3rd 666 points each, the next skater 443 points

A tie for 4th 543 points each, the next skater 362 points etc.

If there are skaters advanced into a Final the points the last place skater(s) will receive are the points of the 1st place, 2nd place, etc. of the following final. The rest of the points will be adjusted accordingly.



APPENDIX E – OVERVIEW OF DEVELOPMENTAL OBJECTIVES ASSOCIATED WITH CANADIAN YOUTH CHAMPIONSHIPS

100m Track

The purpose of the 100m track is to provide skaters with a track which is proportional to both the size of skaters (*Racing on Skates, Table V*) and their speed (*Racing on Skates, Table W*). In the straightaway skaters should be able to replicate stride frequency of elite speed skaters, while in corners the angle of lean resulting from the tighter radius is comparable to the lean required of elite international skaters. Both variables aim to increase the specificity of learning and emphasize technical proficiency when racing.

The smaller track also aims to increase room for passing and enhance safety by increasing the deceleration zone for skaters falling. The deceleration zone is most significantly increased between the 3rd & 5th blocks.

SSC has chosen to use the 100m track for the Canadian Youth Short Track Championships as is considered developmentally appropriate for the majority of skaters based on the size and speed of skaters. Under ideal conditions the transition from 100m to 111.12m track would be determined exclusively based on the size and speed of each individual skater.

Coaching Tips:

- Ensure that each skater's bend and rocker are adjusted for a 7m corner radius, taking into account the strength and maximal speed of skaters.
- Emphasize skating technique in training as tighter corners require and shorter straightaways require a much greater level of technical proficiency to execute successfully.
- Increased angles of lean in the corners will require skaters to have greater strength, ensure off-ice training provides for appropriate strength development to account for these demands.
- Make use of the additional space to practice different track patterns & passing techniques.
- Vary track sizes in training based on the training objective. Varying tracks will increase skater's spatial awareness and ability to adapt to varying conditions in race situations.



200m Pursuit

The purpose of the 200m Pursuit is to reinforce the development of a skater's maximal speed and acceleration during the window of trainability for speed. This event was initially introduced as a 100m pursuit event; however, it was noted that many skaters were "running" on the ice and not achieving efficient technique. Rapid acceleration and maintenance of speed is the primary objective of this event. There are two key determinants to athlete performance which can be measured and tracked as part of this event – skater acceleration, measured by recording the split time for either the 1st 50m or 100m, and a skater's maximum speed which can be recorded by using the time over the final 100m of this event.

Coaching Tips:

- Train speed at the start of practice sessions when the body is rested so as to elicit an appropriate neurological response.
- Recent trends in training indicate that speed training should be incorporated in small doses into every training session as part of the warm-up.
- Practice starting from different positions on the starting line to develop an optimal trajectory for starting.
- A "board-to-board" track pattern which requires little, or no pivot will allow skaters to carry the most speed around the corner in this event.

2000m and 3000m Points Race

The 2000m and 3000m Points Race is an event designed to focus on the development of skaters' aerobic power and tactical skills. The regular sprint intervals provide skaters with repeated opportunities to attempt specific tactics within a single event providing real time feedback on the effectiveness of strategies with an opportunity to adapt prior to the next sprint. In this event skaters develop spatial awareness relative to other skaters and must also work on acceleration skills when preparing for 'attacks'.

Coaching Tips:

- Develop signals for skaters to provide direction within this race.
- Experiment with different strategies to manage the pace of the race, use lap and split times as a means to measure an athlete's capacity and develop specific race strategies.
- Ensure that skaters are comfortable skating in large packs and changing positions in training for this event.
- Develop different track patterns based on what a skater's objective is in this race.
- Train skaters on how to initiate 'attacks' from both within the pack and from the front.

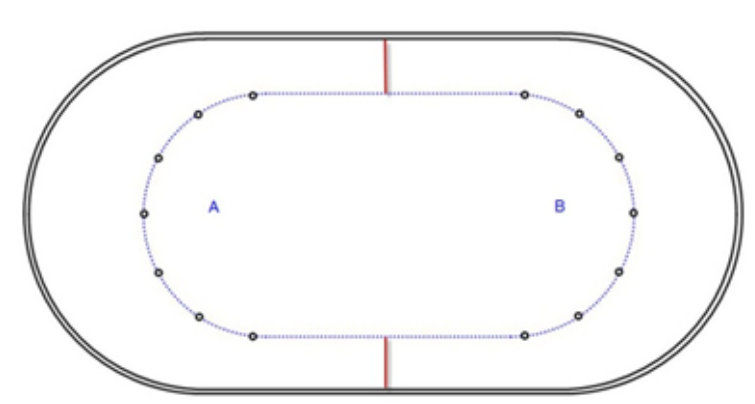


APPENDIX F – BEST PRACTICES FOR THE 200M PURSUIT

200m Pursuit Race

1. Use only the three (3) center tracks.

When skaters arrive on the ice they report to the Referee at the blue line behind the start (A). When they finish, they report to the Referee standing at the other blue line (B). These locations keep the skaters clear of the start and finish and out of the way of the other Referees.



A speaker at the centre ice or on each side of the ice allows each skater to hear the start signal at the same time.

Three (3) Timers will be positioned on each side of the rink and will be assigned the skater on their side. One of the three (3) shall be designated the Chief Timer.

Two Line Judges and a Recorder will be recruited to assist with the communication of times and position to the Announcer. One shall be on the far side of the rink next to the Timers.

As soon as the official time is recorded on the side of the rink across from the Announcer, it shall be communicated to the Line Judge who shall communicate the time to the Recorder on the far side of the rink and next to the Announcer.

The second Line Judge will also receive the official time from the Timers and communicate it to the Recorder.

The Recorder shall record both times and relay them to the Announcer along with the position in which each skater has moved and the time that the remaining skaters must now beat to move into first place.

After the final skaters have raced, the Recorder shall provide the Announcer with the final placings to be announced before the skaters leave the ice.



APPENDIX G - TEMPERATURE GUIDELINES FOR OUTDOOR COMPETITIONS

Mass Start Competition (60 seconds for 500m)

Temp	Wind Max	Feels Like	Skater Speed	Total Speed	Temp Max
-20	54	- 37	30	84	- 38
-21	45	- 37	30	75	- 39
-22	43	- 37	30	73	- 40
-23	30	- 37	30	60	- 41
-24	24	- 37	30	54	- 42
-25	17	- 36	30	47	- 42
-26	6	- 32	30	36	- 42
-27	0	- 27	30	30	- 42
-28					
-29					
-30					

Olympic Style Competition (40 seconds for 500m)

Temp	Wind Max	Feels Like	Skater Speed	Total Speed	Temp Max
-20	46	- 35	50	96	- 40
-21	34	- 35	50	84	- 40
-22	24	- 35	50	74	- 41
-23	20	- 34	50	70	- 42
-24	6	- 30	50	56	- 42
-25	0	- 25	50	50	- 42
-26					
-27					
-28					
-29					
-30					



APPENDIX H – RACING FORMAT – 7 LAP ISU MASS START EVENT

For the 7 Lap ISU Mass Start event, a maximum of 18 skaters will start the race, with a maximum of 6 skaters in each row. The start positions will be based on the rankings from the 300m event. The race will be conducted in the following manner.

Lap 0

- The start takes place in the middle of the finishing straight (1000m finishing line). The finish of the race will be at the finishing line at the end of the finishing straight (500m finishing line).
- At the start of the race at the finish line 7 laps indicated to go.

Lap 1

- Formation lap, no one shall increase speed to gain a racing advantage. At the end of the lap a gun will sound to signal the start of the racing laps. At the finish line 6 laps indicated to go

Lap 2

- Race lap, at finish line 5 laps indicated to go

Lap 3

- Race lap, at the end of the lap a bell signals the start of a sprint lap. At finish line 4 laps indicated to go

Lap 4

- Race lap, intermediate sprint points awarded to the first 3 skaters at the finish line, 3-2-1. At finish line 3 laps indicated to go

Lap 5

- Race lap, at finish line 2 laps indicated to go

Lap 6

- Race lap, at the end of the lap a bell signals the start of the final sprint lap. At finish line 1 lap indicated to go

Lap 7

- Race lap, points given to first 6 skaters at the finish line 30, 20, 10, 4, 2, 1,

Allocation of sprint points:

- Intermediate Sprint: The first three (3) skaters will earn 3-2-1 sprint points
- Final Sprint: The first six (6) will earn 30-20-10-4-2-1 sprint points



Race results

- a) The first three skaters of the final sprint (places 1 to 3) will be ranked 1 - 2 - 3 in the race.
- b) The other competitors will be ranked according to their accumulated sprint points in the intermediate and final sprints.
- c) For competitors with the same total of sprint points, final time at the finish will break the tie.
- d) Competitors without sprint points will be ranked according to their final time at the finish.
- e) Competitors not finishing the race will be ranked according to the number of laps they have completed before being lapped or otherwise having abandoned the race. If two or more competitors abandon the race for any reason (e.g. fall, injury, broken skates) on the same lap, they will be ranked according to their last intermediate time.
- f) For competitors that do not finish the race, points earned by the competitor in the intermediate sprints will not be considered for the final race result, these intermediate sprint points will not be reallocated to other competitors.

Mass Start Racing Rules

- a) General racing rules shall conform with ISU Rule 253, paragraph 4b (Special Regulations and Technical Rules, Speed Skating)
- b) The race will be conducted under the principles of "Fair Play".
 - i. No competitor shall cause the obstruction of other competitors
 - ii. Competitors shall take care during racing to avoid causing dangerous situations.
 - iii. Any conduct deemed unsporting can lead to disqualification. The referee has the authority to disqualify the competitor(s) concerned
 - iv. An obstructed competitor may be advanced to the next round at the sole discretion of the referee
- c) Competitors overtaken with one full lap by the leading Skater must abandon the race immediately.
 - i. Lapped competitors and other competitors abandoning the race must move to the outer part of the track and enter the coaches' box on the crossing straight as soon as possible after they have been overtaken or abandoned the race and shall remain in the coaches' box until the race is over.
 - ii. Technical equipment may be used for signalling overtaken competitors
- d) The referee is empowered to stop the race (ISU Rule 216, paragraph 2g) if there are safety concerns in the case of a fallen or injured competitor(s)
 - i. The race will then be stopped by a gun shot or whistle from the starter or by the referee. Technical equipment may be used for signalling a stop of the race
 - ii. The referee decides if and when a fresh start of the race will be held



- iii. The full distance of the race will be re-skated if the race is stopped for safety concerns and a fresh start will be held
- iv. No fresh start will be allowed for competitors who were disqualified for rule violations, who were lapped or abandoned the race before the incident happened that caused the stop of the race
- v. If a “crash” occurs during the first lap with a large group of (6 or more) skaters involved, the race will be stopped, and a fresh start will then follow immediately

e) Disqualifications

- i. During the starting procedure competitors moving forward and out of their starting row before the shot is fired will be disqualified
- ii. The first lap must be skated “in one group” without fast accelerations. Breach of this rule will lead to a disqualification
- iii. Skaters who do not meet the safety requirements (ISU communication 2195 / SSC D3-300) will not be allowed to compete, or will be disqualified if violating these requirements during the race
- iv. Serious obstructions or other unsporting behaviour against other competitor(s) will lead to a disqualification