

SPEED SKATING CANADA

COMPETITIONS BULLETIN 2011-12

Bulletin No 2011.04

January 2012



Table of Contents

General Information	2
Canadian Short Track Championships (March 23-25, 2012- Richmond, BC)	4
Canada East and Canada West Short Track Championships (March 24-25, 2012 – Winnipeg, MB and TBA)9	
Canadian Age Class Long Track Championships (February 11-12, 2012 – Fort St John, BC)	14
Canadian Open Masters (Feb. 4-5,2012 – Fort St. John, BC).....	17
North American/Canadian Open Marathon Championship (Feb 25-26, 2012 – Sylvan Lake, AB)	20
Composition of Races	22
Final Points – Short Track and Long Track Championships	32
Appendix 1 – Operational Guidelines for Age Category Reclassification.....	33
Appendix 2 - Overview of Developmental Objectives associated with Canada East/West Events.....	35

Competitions Bulletins

The Competitions Development Committee will issue bulletins periodically throughout the season informing competition organisers, skaters, coaches, officials, Branches and training centres of the format(s) to be used for SSC Championships, criteria concerning skater and Branch eligibility and any modifications to SSC regulations.

The Competitions Development Committee reserves the right to modify or change the enclosed policies in the event that exceptional circumstances arise and that any such changes are clearly in the best interest of the long term development of participants and Speed Skating Canada. In these situations all competition organizers, skaters, coaches, officials, Branches and training centres will be advised as soon as they are confirmed by the Competitions Development Committee

GENERAL INFORMATION

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

- Canadian Short Track Championships*
- Canada East and Canada West Short Track Championships
- Canadian Age Class Long Track Championships
- Canadian Open Masters Championships
- North American Marathon Championship

Sanction

- All events listed shall be sanctioned as SSC Championships and will run in accordance with all SSC Policies, Procedures and Regulations.
- The Racing Rules of Speed Skating Canada, and where applicable, the ISU shall be used.
- Programs and entry forms for the SSC sanctioned meets must contain the following notice, "Sanctioned by Speed Skating Canada".
- Participants in all events listed within this bulletin must be Ordinary Members in good standing of Speed Skating Canada and registered as Competitive Skaters.

Facility Requirements

- International Ice surface (30m x60m) is required for the Canadian Short Track Championships and preferred for the Canada East and West Championships, but an NHL (26mx 60m) ice surface will be considered.

Records

- SSC will recognize the following records: Junior A, Junior B ,Open and Masters. These records will be posted on the SSC website
- Masters' Records will be maintained by the designated Masters Skaters' Representative and will be posted on the SSC website

Announcements

Entry forms and announcements must be sent to the SSC Head Office at least sixty (60) days before the date of the Championships by electronic mail for approval.

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

Entries

Each Branch is required to submit a ranked list of eligible skaters with seed times including all alternates nineteen (19) days prior to the competition start date on the official preliminary entry form for the designated event. This form can be found on the official competition website /SSC website. ALL SEED TIMES MUST BE SKATED ON THE 100M TRACK FOR CANADA WEST/EAST AND 111.12M TRACK FOR THE CANADIAN CHAMPIONSHIP.

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 his or her Branch. A Branch may impose additional eligibility criteria on its skaters.

Preliminary Entries are due in the SSC Head office by:

- Canadian Age Class Long Track Championships - January 16, 2012
- **Canadian Short Track Championships – March 5, 2012**
- Canada East and West - March 5, 2012

Where preliminary entries indicate that a Branch's guaranteed positions will not be filled, they shall be reallocated as per 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 are to be confirmed seven (7) days prior to the competition and shall include seed times for all events.

Citizenship requirements are outlined in ISU Constitution and General regulations 2010 Rule 109

Skater's Equipment

Each skater is responsible for ensuring that he or she is wearing all required equipment stated in SSC Regulation D3-100. It is the shared responsibility of the Branch and the skater to ensure that all equipment meets the minimum specifications of SSC Regulation D3-100. Failure to wear any piece of required equipment shall result in disqualification.

Medical

At SSC Championships and events sanctioned as selection/international, a medical doctor or certified paramedic shall be on duty at all times.

The guidelines and minimum requirements defined in Appendix B of the SSC Hosting Manual must be respected. 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.

Additional training sessions may be made available for a cost on the days prior to the official training session at the discretion of the Competition/Event Organizer.

CANADIAN SHORT TRACK CHAMPIONSHIPS (MARCH 23-25, 2012- RICHMOND, BC)

The Canadian Short Track Championships is one of Canada's premiere national short track events featuring the best skaters in Canada aged fifteen (15) years and older, not racing for Canada at the World Championships. In this event, skaters race in age categories to determine Canadian Champions.

The Canadian Short Track Championships aim to provide a meaningful, high profile and developmentally appropriate end of season event which is a source of motivation and opportunity for recognition of the best skaters in Canada fifteen (15) years of age and older. This event will serve as both an entry point to National level competitions and as a gateway to National Development Team Programs.

The events at the Canadian Short Track Championships focus on providing a positive learning environment reinforcing the objectives for skaters in the Learning/Training to Compete and Learning/Training to Win Stages of Development.

Eligibility

1. Each Branch will be allowed to enter a minimum of two (2) skaters and a maximum of five (5) skaters per age category meeting minimum time standard requirements.
2. The actual number of entries per Branch into each category will be determined based on "earned positions".
3. Skaters participating in the Canadian Short Track Championships will not be eligible to participate in the Canada East or Canada West Short Track Championships.

Maximum number of entries/age category

Age Category	Male	Female
Junior B (15-16)	32	32
Junior A (17-18)/Neo Senior(19-22)	32	32

* Neo Senior and Junior A Categories have been combined for 2011-12

Time Standards

Time standards are established to ensure a safe environment for all participants and to establish a maximum difference in speed between skaters. All entrants must meet a minimum time standard to be eligible to participate. For the 2012 Canadian Short Track Championships, skaters must have a season best time equal to or faster than the combined 500m/1500m time published in the table below (115% of CDN Records). All times must have been skated prior to the submission deadline for preliminary entries.

Age Category	Male	Female
Junior B (15-16)	3 min 25.09 sec	3 min 39.70 sec
Junior A (17-18) /Neo-Senior (19-22)	3 min 20.85 sec	3 min 39.41 sec

Earned Positions for 2012 Canadian Short Track Championships

For the Junior B and Junior A/Neo-Senior divisions, earned positions will be awarded in sequential order by based on the 2011 Branch ranking until the maximum number of skaters per age category has been filled.

Branches who did not participate are ranked last and shall only be allocated additional positions where space exists after other Branches have entered all their additional skaters.

The total points earned by the top two (2) male and female skaters in the Junior B, Junior A and Neo Senior Categories at the 2011 Canadian Championships were used to rank the Branches. This ranking determines the priority order for Branches to earn additional positions.

Branch	Min Entry	Earned
1. Quebec	2	1
2. Ontario	2	1
3. British Columbia	2	1
4. Alberta	2	1
5. New Brunswick	2	1
6. Saskatchewan	2	1
7. Yukon	2	
8. Manitoba	2	
9. Nova Scotia	2	
10. Prince Edward Island*	2	
11. Northwest Territories*	2	
12. Nunavut*	2	
13. Newfoundland/Labrador*	2	

*Not eligible for additional positions.

Branches who know in advance that they will not have sufficient skaters to fill all positions allocated are asked to formally release these positions to other Branches by way of the SSC Championship Branch Position Release Form as early as possible in the season so that these positions may be re-allocated to skaters in other Branches.

Events

The following events shall be raced as part of the Canadian Short Track Championships and will be skated on the 111.12m track

Age Category	Male	Female
Junior B (15-16)	500m, 1000m, 1500m 3000m Points Race 5000m Relay	500m, 1000m, 1500m 3000m Points Race 3000m Relay

Junior A (17-18)/ Neo-Senior (19-23)	500m, 1000m, 1500m 3000m Points Race 5000m Relay	500m, 1000m, 1500m 3000m Points Race 3000m Relay
--------------------------------------	--	--

Program

The Canadian Short Track Championships will take place over a three (3) day period. Details pertaining to the allocation of points can be found in the section titled Final Points, while information on round progressions and the composition of heats can be found in the Composition of Races section, page 22.

Day 1	1500m All Categories Heats for 3000m Women's Relay Heats for 5000m Men's Relay
Day 2	1000m All Categories 500m All Categories
Day 3	3000m Points Race 3000m Women's Relay Final 5000m Men's Relay Final

Seeding

1. The 500m, 1000m and 1500m races will be seeded individually. Seed times must be completed on a 111.12m track at a sanctioned competition in the current season.

Racing Formats and Special Regulations – 3000m Points Race

1. The 3000m Points Race will run similar to a criterion race in cycling and 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 500m, 1000m and 1500m. A maximum of eight (8) skaters will be allowed to start in each race, however, if the last final has fewer than 5 skaters it can be combined with the prior final (except Final A) allowing up to 12 skaters to start in a single race. Each skater will be identified by his/her own helmet cover #. 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 points when they cross the line with 21, 14, and 7 laps remaining, as well as the finishing lap. Points are assigned as follows: 34, 21, 13, 8, 5, 3, 2 and 1 point. Double points will be awarded for the final lap. i.e. lap 27.
3. Lapped skaters must go to the centre of the ice. They will earn 0 points for the remainder of the race. A skater is deemed to be lapped once overtaken by the lead skater. Lapped skaters shall retain all points earned earlier in the race.
4. Final placing in the event will be determined by the total number of points earned by each skater in the race. Should skaters finish with an equal number of points, the result on the final lap will be used to break the tie. 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 and so on and so forth. If the last final has been combined with prior final, all skaters will compete for top 8 points during the race and then be ranked against those in the final for which they originally qualified.

5. Penalized skaters shall receive no points for the race; however points earned by those skaters during the race will not be re-distributed. They will receive last place final points for their final.
6. During the 3000m points races 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.
7. 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 points being awarded.

Racing Formats and Special Regulations – Relay

1. All skaters are eligible to skate the relay.
2. Skaters from Junior A, B and Neo Senior may be used to form a team.
3. Teams may be comprised of three (3) or four (4) skaters. Branch may elect to name 5 skaters to a team and race 4. Only those skaters who participate in a heat or final are eligible for a medal.
4. Branches with sufficient skaters must enter their respective Branch teams. Branches with insufficient skaters and those with extra skaters are encouraged to combine with skaters of another Branch to form a team with the goal that all skaters be provided an opportunity to skate the relay. Mixed teams are eligible for medals.
5. No skater may be a member of more than one relay team.
6. Teams must be submitted by the Branch Coach or Team Leader the evening prior to the event with changes accepted up to the end of the warm-up on the day of the relay event.
7. Teams will be seeded into heats based upon the cumulative 500m times of all skaters on the team. The cumulative time will then be divided by the number of skaters on the team. That shall constitute the Team Seed time. Relays will be reseeded if a team changes before the first round.
8. Teams will advance through rounds in accordance with the guidelines established for the composition of relay heats. Due to time restrictions only A and B finals must be skated. Additional finals may be skated at the discretion of the referee in consultation with the meet coordinator and SSC technical representative. Final points will be awarded based on team rankings at the completion of their final round.
9. Heats and finals will not be held on the same day. .

Results and Awards

Overall, relay and individual distance results and awards shall be announced 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 or at the reception/banquet.

Medals will be provided by SSC.

Overall Champion awards are the responsibility of the Host Organizing Committee.

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 page 32 and added together as follows to produce a final ranking:

Individual Events: Total overall points earned by the top two (2) skaters from each Branch, in each category. (Junior B, Junior A and neo-Senior).

Relay events: 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

A reception/dinner is to be held on Saturday evening.

Awards are to be presented at the reception/dinner.

CANADA EAST AND CANADA WEST SHORT TRACK CHAMPIONSHIPS (MARCH 24-25, 2012 – WINNIPEG, MB AND SHERBROOKE, QC)

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

The events raced at the Canada East and Canada West Championships focus on providing a positive learning environment which reinforces the training objectives for skaters in the Training to Train stage of development.

Eligibility

1. Each Branch will be allowed to enter a minimum of two (2) skaters per age category and to a maximum of five (5) skaters.
2. Skaters participating in the Canadian Short Track Championships will not be eligible to participate in the Canada East and Canada West Short Track Championships.
3. Additional entries into each category will be determined by Branch based on earned positions up to the maximum number of entries by category.

Maximum number of entries/age category

Age Category	Male	Female
Boys 12, Girls 11	16	16
Boys 13, Girls 12	16	16
Boys 14, Girls 13	16	16
Boys 15, Girls 14	16	16

Earned Positions for 2012 Canada East and Canada West Short Track Championships

Earned positions will be awarded in sequential order by Branch ranking until the maximum number of skaters per age category has been filled.

The priority for receiving additional Branch positions was determined based on participation and overall Branch performance at the 2011 Canada East and Canada West Championships.

The total points earned by the top two male and female skaters in each age category at the 2011 Canada East and Canada West Championships were used to rank the Branches. This ranking determines the priority order for Branches to earn additional positions.

Branches who did not participate are ranked last and shall only be allocated additional positions where space exists after other Branches have entered all their additional skaters.

Branch earned positions are as follows for the 2012 Canada East and Canada West Short Track Championships:

East	Min Entry	Earned	West	Min Entry	Earned
1. Quebec	2	1	1. British Columbia	2	1
2. Ontario	2	1	2. Alberta	2	1
3. New Brunswick	2		3. Northwest Territories	2	1
4. Nunavut	2		4. Saskatchewan	2	1
5. Nova Scotia*	2		5. Manitoba	2	
6. PEI*	2		6. Yukon*	2	
7. Newfoundland & Labrador*	2				

*Not eligible for additional positions.

Branches who know in advance that they will not have sufficient skaters to fill all positions allocated are asked to formally release these positions to other Branches by way of the SSC Championship Branch Position Release Form as early as possible in the season so that these positions may be re-allocated to skaters in other Branches.

Events

The following events shall be raced as part of the Canada East and Canada West Short Track Championships:

Age Category	Distance	Skaters on Line
Boys 12 & 13, Girls 11 & 12	200m Pursuit	1/side
	400m	4
	1500m	8
	3000m Points Race	8
	2000m Relay	4
Boys 14 & 15, Girls 13 & 14	200m Pursuit	1/side
	400m	4
	1500m	8
	3000m Points Race	8
	3000m Relay	4

Program

The Canada East and Canada West Short Track 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 400m Relay Heats (Time Permitting)	1500m 400m Relay Heats (Time Permitting)
Day 2	200m pursuit 3000m point race Relay Final	200m pursuit 3000m point race Relay Final

Details pertaining to the allocation of points can be found in the section titled Final Points on page 32, while information on round progressions and the composition of heats can be found in the section titled Composition of Races on page 22.

Seeding

All 200m pursuit, 400m, and 1500m events are seeded individually. Seed times must be completed on a 100m track at a sanctioned competition in the current season.

Racing Formats and Special Regulations – 200m Pursuit

1. All skaters will skate the pursuit twice.
2. Skaters will be seeded into 2 flights of 8 based on the seed times submitted. The B flight will skate first from slowest to fastest pairs and before leaving the ice will skate the second pursuit in the same order as the first round. 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 the section titled Composition of Races.
3. Only the skater's fastest time will be recorded. Skaters will be ranked according to their fastest time.
4. The higher seeded skater in a starting 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. The skaters will reverse sides on the second pursuit.
5. Skaters will be marshalled on and off the ice in groups of 8 (4 pairs), with skaters not racing waiting on the ice with an official.
6. Use only the 3 center tracks

Racing Formats and Special Regulations – 3000m Points Race

1. The 3000m Points Race will run similar to a criterion race in cycling and 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 pursuit, 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 #. 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 points when they cross the line with 21, 14 and 7 laps remaining, as well as the finishing lap. Points are assigned as follows: 34, 21, 13, 8, 5, 3, 2 and 1 point. Double points will be awarded for the final lap. i.e. lap 30.
3. Lapped skaters go to the centre of the ice. They will earn 0 points for the remainder of the race. A skater is deemed to be lapped once overtaken by the lead skater. Lapped skaters shall retain all points earned earlier in the race.
4. Final placing in the event will be determined by the total number of points earned by each skater in the race. Should skaters finish with an equal number of points, the result on the final lap will be used to break the tie. 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. If 12 or fewer skaters only an A Final will be skated.

5. Penalized skaters shall receive no points for the race; however points earned by other skaters during the race will not be re-distributed. They will receive last place final points
6. During the 3000m points races 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.
7. 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 points being awarded.

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 with all skaters being eligible to skate the relay:

Male	12 & 13	14 & 15
Female	11 & 12	13 & 14
3. Teams may be comprised of three (3) or four (4) skaters. Branches may elect to name 5 skaters to a team and race 4. Only those skaters who participate in a heat or final are eligible for a medal.
4. 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. Mixed teams are eligible for medals.
5. No skater may be a member of more than one (1) relay team.
6. Teams must be submitted by the Branch Coach or Team Leader the evening before the event with changes accepted up to the end of warm-up on the day of the relay event.
7. Teams will be seeded into heats based upon the cumulative 400m seed times of all skaters on the team. The cumulative time will then be divided by the number of skaters on the team. That shall constitute the Team Seed time. Relays will be reseeded if a team changes before the first round.
8. 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. At the referee's discretion and time permitting remaining teams may skate finals.
9. 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. Saturday's medals can be awarded at the banquet on Saturday night.

Medals will be provided by SSC.

Overall Champion awards are the responsibility of the Host Organizing Committee.

An overall Branch award will be given to the top Ranked province/territory at each of the Canada East and Canada West Short Track Championships. Starting in 2012, an award will also be given to the Branch who has the greatest increase in points from the previous year's championship. Awards will be presented at the conclusion of the meet and provided by Speed Skating Canada.

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 page 32, 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 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

A banquet/reception is to be held on the Saturday evening.

Awards are to be presented at the reception/banquet.

CANADIAN AGE CLASS LONG TRACK CHAMPIONSHIPS (FEBRUARY 11-12, 2012 – FORT ST JOHN, BC)

The Canadian Age Class Long Track Championships is intended to be the focal point of athlete preparation for skaters in the Training to Train Stage of Development. The Age Class 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 Age Class 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.

This competition is also intended for skaters at the Learning to Compete Stage of Development who have not met Canada Cup Time standards. Please refer to the Canada Cup time standards found in the SSC High Performance Long Track Bulletin.

Skaters who have participated in Canada Cup #1 remain eligible for this competition.

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. A banquet/reception on Saturday night is mandatory. The Saturday racing schedule shall conclude thus allowing sufficient time for all competitors and organizers to prepare for the evening celebration.

Eligibility

1. Each Branch is entitled to enter a maximum of five (5) skaters in a category.
2. Masters are ineligible for this competition.

Program/Events: (The program shall include the following events)

Age Category	Day 1	Day2
Girls 11, Boys 12	Mass Start 300m Mass Start 3000m	Olympic Style 100m & 500m 1200m Relay
Girls 12, Boys 13	Mass Start 300m Mass Start 3000m	Olympic Style 100m & 500m 1200m Relay
Girls 13, Boys 14	Mass Start 300m Olympic Style 3000m	Olympic Style 100m & 500m 5 lap Team Pursuit
Girls 14, Boys 15	Mass Start 300m Olympic Style 3000m	Olympic Style 100m & 500m 5 lap Team Pursuit

Open Female 15-29	Olympic Style 500m & 3000m	Olympic Style 1000m & 1500m
Open Male 16-29	Olympic Style 500m & 3000m	Olympic Style 1000m & 1500m

At the conclusion of Day 2, all skaters will have the option of participating in the Open Mass Start 5000m Dave Thompson Memorial Race.

Racing Formats – Mass Start Events

For all mass start events except the 5000m Dave Thompson Memorial Race, 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 skated outdoors.

If the racing lane is less than or equal to 6 metres wide, a maximum of 6 skaters will be placed on the line for any given race. If the track is greater than 6 metres wide a maximum of 7 skaters will be allowed. For the Dave Thompson Memorial Race there will be no limit on the number of skaters allowed to start the race.

Racing Formats - Olympic Style Events

All ISU racing rules apply. 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 1000m or greater.

Racing Formats - Relays and Pursuits

1. All relays and pursuits shall be skated on the inner racing lane except at the relay exchange area. See below.
2. Relays are considered a mass start race and skaters must wear safety equipment as per SSC Regulation D3-100.
3. Relay teams and pursuit teams will be formed from within age categories as follows with all skaters being eligible to participate in the relay:

Male	12 & 13	14 & 15	16 to 29
Female	11 & 12	13 & 14	15 to 29

4. Branches with sufficient skaters must enter Branch teams (either 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
5. No skater may be a member of more than one relay or pursuit team.
6. A minimum of three (3) skaters to a maximum of four (4) skaters may take part in a pursuit and relay.
7. In the case of the pursuit, the third skater on the team to complete the distance will determine the finishing time for the team.
8. All Pursuits and relays will be conducted as a final.
9. Teams must be submitted by the Branch Coach or Team Leader to the Host Organization the evening before the event with changes accepted up to the end of the warm-up the day of the event

10. Two pursuit teams will race at a time whereas up to four relay teams may compete at a time.
11. Relay Format: 3 skaters on a team each completing 1 lap (400m) or 333m on a 333m track.
12. Pylons will be set up on the outer lane at the start/finish line for the racing skater to cross. The next skater in the relay will leave the starting line when their teammate crosses the line in the outer lane. This avoids any contact and skaters having to slow down to tag or make the relay. Pylons will be set up to direct the skaters to the outside lane coming out of the last corner before the exchange.

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, pursuits and relay awards shall be awarded at the venue immediately following each day of racing.

Medals will be provided by SSC

Overall Champion awards are the responsibility of the Host Organizing Committee

An overall Branch award will be given to the top Ranked province/territory at the Canadian Age Class Long Track Championships. Starting in 2012, an award will also be given to the Branch who has the greatest increase in points from the previous year's championship. These awards will be presented at the conclusion of the meet and are to be provided by Speed Skating Canada.

Social Activities

A banquet/reception is to be held on the Saturday evening. Saturday's medals can be awarded at the banquet on Saturday night.

CANADIAN OPEN MASTERS (FEB. 4-5,2012 – FORT ST. JOHN, BC)

The Canadian Open Masters Championships are a focal point of athlete preparation for competitive skaters in the Active for Life Stage of Development. This event will be a high profile and developmentally appropriate event which is a source of motivation and opportunity for recognition for the skaters age 30 and older.

The events raced at Canadian Open Masters focus on providing a safe and healthy environment which reinforces the training objectives and promotes lifelong physical fitness.

Sanction

The event shall be sanctioned as an SSC International event. All events listed shall run in accordance with all SSC Policies, Procedures and Regulations.

For all events:

- The Racing Rules of Speed Skating Canada, and where applicable, the ISU shall be used.
- Programs and entry forms for the SSC sanctioned meets must contain the following notice: "Sanctioned by Speed Skating Canada".
- Participants in all events listed within this bulletin must be Ordinary Members in good standing of Speed Skating Canada and registered as Competitive Skaters or any other Member ISU country.

Medical

At SSC Championships and events sanctioned as selection/international, a medical doctor or certified paramedic shall be on duty at all times. Please refer to Rule D5-100.

The guidelines and minimum requirements defined in Appendix B of the SSC Hosting Manual must be respected. It is the responsibility of the Chief Referee to ensure that this occurs.

Announcements

Entry forms and announcements must be sent to the SSC Head Office at least sixty (60) days before the date of the Championships by electronic mail for approval.

The announcement and entry form for each SSC Championships will be available on the SSC website and distributed electronically to all Branches and training centers at least forty-five (45) days prior to the event.

All "invitation" information should be sent to the IMSSC office in early September for posting in their Events Calendar

Entries

There are no limitations on entry by each branch or country.

An eligible skater is defined as any skater who has met the required entry requirements, if any, and

intends to accept a position on the Branch's team if selected by his or her Branch where such selection criteria exist. A Branch may impose additional eligibility criteria on its skaters.

Final entries are to be confirmed seven (7) days prior to the competition and shall include seed times for all events.

Eligibility

All skaters registered as Competitive members of Speed Skating Canada who have reached the age of 30 prior to July 1st 2011 and have not been a member of Canadian National Team within the past two years are eligible to compete. As per Rule B1-200, age determination is based on age of participant before July 1st prior to the event.

Duration

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

Events

The race program shall include the following events Age Category	Day 1	Day2
Masters 30 + Masters 35+ Masters 40+ Masters 45+ Masters 50+ Masters 55+ Masters 60+ Masters 65+ Masters 70+ Masters 75+ Masters 80+ Masters 85+	Men's & Ladies 500m Men's & Ladies 1500m Exhibition Event: Men's and Ladies 100m Qualifying Round	Men's & Ladies 1000m Men's & Ladies 3000m Exhibition Events: Men's & Ladies Semi-Final and Final 100m Team Pursuit Ladies 6 laps Team Pursuit Men 8 Laps

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.

Additional training sessions may be made available for a cost on the days prior to the official training session, at the discretion of the Competition/Event Organizer.

Order of Racing

Normally events will be raced with the highest ranked skaters racing last. However, weather and ice conditions may require this sequence to be changed. This decision shall lie with the Chief Referee in Consultation with the SSC Technical Representative and the Competition/Event Coordinator.

Pairing and Seeding

500m and 1500m

Seeding for the 500m and 1500m will be based on their season's best time in each event; skaters will then be randomly drawn from groups of 8 to determine their pairing.

Any skater without a seed times shall be placed in the last grouping of skaters.

1000m

Skaters shall be automatically paired from slowest to fastest based on their rank in the 500m. Should there be an odd number of skaters; the lowest ranked skater shall race as a single skater.

If there is more than one unranked skater entering the event, these skaters shall start first, with starting positions being randomly drawn.

3000m

Skaters shall be automatically paired from slowest to fastest based on their rank in the 1500m. Should there be an odd number of skaters; the lowest ranked skater shall race as a single skater.

If there is more than one unranked skater entering the event, these skaters shall start first, with starting positions being randomly drawn.

Quartet Starts

Any event 1000m and longer may be raced in Quartets should weather or time dictate such a need. All events 1500m and longer shall be raced in Quartets.

Should an odd number of pairs exist; the slowest/lowest rank pair shall start will race as a pair.

Results and Awards

Overall championship and individual distance results shall be published and awards shall be awarded in accordance with the guidelines for SSC Championships to skaters in each age category. **While the competition will be conducted as a single distance event, overall rankings are to be determined using sammelagt.**

NORTH AMERICAN/CANADIAN OPEN MARATHON CHAMPIONSHIP (FEB 25-26, 2012 – SYLVAN LAKE, AB)

The Canadian Open Marathon Championship is a focal point of athlete preparation for competitive skaters in the Active for Life Stage of Development. This event will be a high profile and developmentally appropriate event which is a source of motivation and opportunity for recognition for skaters of all ages.

The events raced at the North American/Canadian Open Marathon Championships focus on providing a safe and healthy environment which reinforces the training objectives and promotes lifelong physical fitness.

The North American Championship alternates hosts between Canada and the USA with a Championship being held every year.

Sanction

The event shall be sanctioned as an SSC International event. All events listed shall run in accordance with all SSC Policies, Procedures and Regulations.

For all events:

- The Racing Rules of Speed Skating Canada (Section C9 of the P&R's), and where applicable, the ISU shall be used. Programs and entry forms for the SSC sanctioned meets must contain the following notice: "Sanctioned by Speed Skating Canada".
- Participants in all events listed within this bulletin must be Ordinary Members in good standing of Speed Skating Canada and registered as Competitive Skaters or any other Member ISU country. Special Event members are also eligible to compete in a one-time marathon event.

Medical

At SSC Championships and events sanctioned as selection/international, a medical doctor or certified paramedic shall be on duty at all times. Please refer to Rule D5-100.

The guidelines and minimum requirements defined in Appendix B of the SSC Hosting Manual must be respected. It is the responsibility of the Chief Referee to ensure that this occurs.

Announcements

Entry forms and announcements must be sent to the SSC Head Office at least sixty (60) days before the date of the Championships by electronic mail for approval.

The announcement and entry form for each SSC Championships will be available on the SSC website and distributed electronically to all Branches and training centers at least forty-five (45) days prior to the event.

Entries

There are no limitations on entry by each branch or country.

Eligibility

- This event is open to skaters of all ages and abilities
- As per Rule B1-200, age determination is based on age of participant before July 1st prior to the event.

Duration

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

Program/Events: (The race program shall include the following events)

Age Category	Day 1	Day2
29 and Under	25 km	50 km
30-49 years	Additional distances may be offered at the discretion of the Event Organizer	Additional distances may be offered at the discretion of the Event Organizer
50 and Over		

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.

Results and Awards

Overall championship and individual distance results shall be published and awards shall be awarded in accordance with the guidelines for SSC Championships to skaters in each age category.

COMPOSITION OF RACES

Applicable to the following meets:

- Canada East/West Championship
- Canadian Short Track Championship
- Mass start Long Track events

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 Competitor 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 thirty-two (32), twenty-four (24) or sixteen (16), the Technical Representative, Chief Referee, Competitor Steward and Competition/Event Coordinator will determine the most suitable number of heats to ensure fair racing conditions.

Seeding for Quarter-finals and Semi-finals

Seeding for the semi-finals in events where six (6) skaters start on the line (i.e. 1500m), and for the quarter-finals and semi-finals in events where four (4) skaters start on the line (i.e. 500m, 1000m) will be done on the basis of a ranking derived from seeding points awarded in the heats (for events with six (6) skaters on the line) and heats and quarter-finals (for events with four (4) skaters on the line) as described below.

Ties in seeding points will be broken by referring to the placing and then times skated in the previous round of racing; the highest placing and then the fastest time among those tied in seeding points will be seeded highest and so on.

If there is still a tie then the skater with the highest original seeding for the distance will be seeded highest and so on. Any further ties will be broken by a coin toss.

Placing in previous round:	1st	2nd	3rd	4th	5th	6th	7th	8th
Seeding points:	34	21	13	8	5	3	2	1

Composition of the Heats (6 skaters on the line) if 32

A	B	C	D	E	F
1	2	3	4	5	6
12	11	10	9	8	7
13	14	15	16	17	18
24	23	22	21	20	19
25	26	27	28	29	30
				32	31

Composition of the Semi-Finals (6 skaters on the line) if 32

Top Bracket			Bottom Bracket		
A	B	C	D	E	
1	2	3		19	20
6	5	4		22	21
7	8	9		23	24
12	11	10		26	25
13	14	15		27	28
18	17	16		30	29
				31	32

Top Bracket

The top three (3) skaters from each of the six (6) Heats will be placed into the top bracket (final ranks 1-18) and seeded into three (3) Semi-Finals (A, B, C) as described above.

Bottom Bracket

The remaining skaters from each of the six (6) Heats will be placed into the bottom bracket (final ranks 19-32) and seeded into two (2) Semi-Finals (D, E) as described above.

Composition of Finals (6 skaters on the line) if 32

Final A	1 st and 2 nd from Semis A, B and C
Final B	3 rd and 4 th from Semis A, B and C
Final C	Remaining skaters from Semis A, B and C
Final D	1 st , 2 nd and 3 rd + Fastest 4 th from Semis D and E (7 skaters)
Final E	Remaining skaters from Semis D and E

Composition of Heats (4 skaters on the line) if 32

A	B	C	D	E	F	G	H
1	2	3	4	5	6	7	8
16	15	14	13	12	11	10	9
17	18	19	20	21	22	23	24
32	31	30	29	28	27	26	25

Composition of Quarter- Finals (4 skaters on the line) if 32

Top Bracket					Bottom Bracket			
A	B	C	D		E	F	G	H
1	2	3	4		17	18	19	20
8	7	6	5		24	23	22	21
9	10	11	12		25	26	27	28
16	15	14	13		32	31	30	29

Top Bracket

The top two (2) skaters from each of the eight (8) Heats will be placed into the top bracket (final ranks 1-16 or lower depending on the number of advancements in the Heats) and seeded into four (4) Quarter-Finals (A, B, C, D) as described above.

Bottom Bracket

The remaining skaters from each of the eight (8) Heats will be placed into the bottom bracket (final ranks 17- 32) and seeded into four (4) Quarter-Finals (E, F G, H) as described above.

Composition of Semi-Finals (4 skaters on the line) if 32

Top Bracket					Bottom Bracket			
A Semi Finals		C Semi Finals			E Semi Finals		G Semi Finals	
A	B	C	D		E	F	G	H
1	2	9	10		17	18	25	26
4	3	12	11		20	19	28	27
5	6	13	14		21	22	29	30
8	7	16	15		24	23	32	31

Top Bracket

The top two (2) skaters from each of the four (4) top bracket quarter-finals will be seeded into the top two (2) Semi- Finals (A, B; final ranks 1-8 or lower depending on the number of advancements in the Quarter-Finals) as described above.

The remaining skaters from each of the four (4) top bracket Quarter-Finals will be seeded into the next two (2) Semi-Finals (C, D; final ranks 9-16 or lower depending on the number of advancements in the heats and quarter-finals) as described above.

Bottom Bracket

The top two (2) skaters from each of the four (4) bottom bracket quarter-finals will be seeded into the top two (2) bottom bracket Semi- Finals (E, F; final ranks 17-24 or lower depending on the number of advancements in the Quarter-Finals) as described above.

The remaining skaters from each of the four (4) bottom bracket Quarter-Finals will be seeded into the next two (2) bottom bracket Semi-Finals (G, H; final ranks 25 - 32

Composition of Finals (4 skaters on the line) if 32

Final A	1 st and 2 nd skaters from Semis A and B
Final B	Remaining skaters from Semis A and B
Final C	1 st and 2 nd skaters from Semis C and D
Final D	Remaining skaters from Semis C and D
Final E	1 st and 2 nd skaters from Semis E and F
Final F	Remaining skaters from Semis E and F
Final G	1 st and 2 nd skaters from Semis G and H
Final H	Remaining skaters from Semis G and H

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

(Note that Canada East/West go directly from Heats to Finals of 8 on the Line)

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

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

Top Bracket		Bottom Bracket Straight to Final
A	B	C
1	2	13
4	3	14
5	6	15
8	7	16
9	10	
12	11	

Top Bracket

The top three(3) skaters from each of the three (3) heats plus 3 fastest fourths will be placed into the top bracket (final ranks 1-12) and seeded into two (2) semi-finals (A, B) as described above.

Bottom Bracket

The remaining skaters from each of the three(3) heats will be placed into the bottom bracket (final ranks 13-16) and final C

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

Final A	1 st , 2 nd and 3 rd from Semis A and B
Final B	Remaining skaters from Semis A and B
Final C	Remaining skaters from heats not in Semi A and B

Composition of Finals (8 skaters on the line) if 16 (Canada East/West)

Final A	1 st , 2 nd and 2 Fastest 3 rd from the Heats
Final B	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

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

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

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

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 Pursuit Pairings

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

Composition of Relay Heats with 20 Teams

A	B	C	D	E
1	2	3	4	5
10	9	8	7	6
11	12	13	14	15
20	19	18	17	16

Should fewer than twenty (20) teams start, the composition of relay heats may be modified by the Chief Referee in consultation with the SSC Technical Representative, Competition/Event Coordinator and Competitors Steward. Should sixteen (16) or fewer teams start, no Semi-Finals will be skated

Composition of Relay Semi-Finals with 20 Teams

The top team from each of the five (5) Heats plus the three (3) fastest 2nd place teams will be placed in Semi-Finals.

A	B
1	2
4	3
5	6
8	7

Composition of Relay Finals with 20 Teams

Final A	1 st and 2 nd from Semis A and B
Final B	Remaining Teams from Semis A and B
Final C	Rank 9-12 after Heats
Final D	Rank 13-16 after Heats
Final E	Rank 17-20 after Heats

Teams disqualified in the Heats or Semi-Finals will not be allowed to skate in the Finals. Should disqualifications occur in the Semi-Finals, the top ranked teams from the Heats will be advanced to complete the Finals.

Should the total number of entries, team withdrawals or disqualification result in the bottom final being comprised of only one (1) or two (2) teams. The bottom finals (C & D) are to be re-seeded so as to comprise of up to five teams.

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
Final C	Rank 9 – 12 after Heats
Final D	Remaining Teams

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

Should the total number of entries, team withdrawals or disqualifications result in the bottom final being comprised of only one (1) or two (2) teams. The bottom finals (B & C or C & D) are to be re-seeded so as to be comprised of up to five (5) teams.

Matrices

CANADA EAST/WEST CHAMPIONSHIPS

4 skaters on the line										# of Races	
# of Skaters	Heats		Semis		Finals						
		Advance		Advance							
9 - 12	3	2 + 2	2	2 + 0	3	A	B				8
13 - 16	4	2 + 0	2	2 + 0	4	A	B				12
			2	2 + 0				C	D		

8 skaters on the line (8 in the final)											
# of Skaters	Heats				Finals						
		Advance									
7 - 16	2	3 + 2			2	A	B				4

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

CANADIAN SHORT TRACK CHAMPIONSHIPS

4 skaters on the line										# of Races						
# of Skaters	Heats		Quarters		Semis		Finals									
		Advance		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				
17 - 20	5	3 + 1	4	2 + 0	2	2 + 0	5	A	B	C	D	E	18			
21 - 24	6	2 + 4	4	2 + 0	2	2 + 0	6	A	B	C	D	E	F	22		
25 - 28	7	2 + 2	4	2 + 0	2	2 + 0	7	A	B	C	D	E	F	G	27	
29 - 32	8	2 + 0	4	2 + 0	2	2 + 0	8	A	B	C	D	E	F	G	H	32

6 skaters on the line										# of Races			
* 7 on the line													
# of Skaters	Heats		Semis		Finals								
		Advance		Advance									
7 - 12	2	3 + 0			2		2	A	B			4	
13 - 18	3	3 + 3			2	3 + 0	3	A	B	C		8	
19 - 24	4	3 + 0			2	3 + 0	4	A	B	C	D	12	
25 - 30	5	3 + 3			3	2 + 0	5	A	B	C	D	E	15
31 - 32	6	3 + 0			3	2 + 0	5	A	B	C	D*	E*	16

Relays										# of Races			
* Discretionary													
# of Teams	Heats		Semis		Finals								
		Advance		Advance									
5 - 8	2	2 + 0			2		2	A	B			4	
9 - 12	3	1 + 1					3	A	B	C*		6	
13 - 16	4	1 + 0					4	A	B	C*	D*	8	
17 - 20	5	1 + 3			2	2 + 0	5	A	B	C*	D*	E*	12

CANADIAN AGE CLASS LONG TRACK CHAMPIONSHIPS

6 skaters on the line * 7 on the line							# of Races	
# of Skaters	Heats		Semis		Finals			
		Advance		Advance				
7 - 12	2	3 + 0			2	A B		4
13 - 18	3	3 + 3	2	3 + 0	3	A B C		8
19 - 24	4	3 + 0	2	3 + 0	4	A B C D		12
25 - 30	5	3 + 3	3	2 + 0	5	A B C D E		15
31 - 32	6	3 + 0	3	2 + 0	5	A B C D* E*		16
			2	3 + 1				

7 skaters on the line							# of Races	
# of Skaters	Heats		Semis		Finals			
		Advance		Advance				
8 - 14	2	3 + 1			2	A B		4
15 - 21	3	4 + 2	2	3 + 1	3	A B C		8
22 - 28	4	3 + 2	2	3 + 1	4	A B C D		12
29 - 32	5	4 + 1	3	2 + 1	5	A B C D E		15
			2	3 + 1				

FINAL POINTS – SHORT TRACK AND LONG TRACK 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 last place skater(s) will receive the points of the 1st place, 2nd place, etc. of the following final. The rest of the points will be adjusted accordingly.

APPENDIX 1 – OPERATIONAL GUIDELINES FOR AGE CATEGORY RECLASSIFICATION

Speed Skating Canada (SSC) has established age categories as a means of creating developmentally appropriate competition groupings of athletes based on the stage of development of skaters. While age category groupings are developmentally appropriate for most participants, the scientific literature supporting SSC's Long Term Participant and Athlete Development Model (LTPAD) recognizes that individuals have different rates of growth, development and maturation, developing physically, socially, intellectually and emotionally at different rates, therefore the predefined age categories may not be developmentally appropriate for some skaters.

The purpose of age categories is to help ensure that participation in SSC sanctioned events is developmentally appropriate for participating skaters. The intent behind the criterion is to avoid situations where athletes are encouraged to pursue developmentally inappropriate and potentially harmful training and competition experiences. The purpose of the reclassification process is to address the exceptional athlete whose growth, development and maturation is in advance of the majority of skaters. While these operational guidelines are designed specifically for SSC Championships and selection events, Branches are encouraged to use these operational guidelines as a reference when managing provincial/territorial events.

Exemptions will not be considered for skaters younger than girls 11 and boys 12 for either the Canada East, Canada West or Canadian Age Class Long Track events. Nor will exemptions be considered for skaters to skate out of their age class at those events. Exemptions may be requested, however, for any other SSC Championship or selection event where age categories are used to group skaters or determine participation eligibility. Exemptions will only be considered for skaters seeking to skate in older age categories. Exemptions will not be considered when the purpose of an event is selection to International Competition for which a minimum age is in place.

Application Process

Applications for age category reclassification must be submitted to the SSC office at least six (6) weeks prior to the start of the event using the appropriate application form available on SSC's website and including all information described in the Assessment Criteria for Age Category Re-classification.

Applications will be reviewed by a designated review panel and a decision rendered within twenty-one (21) days of having received the application for an age category re-classification.

Assessment Criteria for SSC Age Category Reclassification

Individuals seeking an age exemption should demonstrate in their request for exemption that an athlete's skating ability, growth, development and maturation are at a level which corresponds to that of the majority of athletes who will be competing in the designated event or competition category. All skater development data submitted will be compared to normative data for the population at large, and the skating results of participants meeting the minimum age criteria in previous seasons.

Specifically, SSC will be seeking to confirm that the skater's growth, development and maturation is consistent with other skaters within the age category for which they are seeking an exemption and the skater's performance level corresponds to that of skaters in the top 2/3 of the field at previous events. When an age category reclassification is granted, that skater will be considered in a Branch's quota for the new age category and earn Branch positions based on their performance in the new category. No additional Branch positions will be granted when a skater earns reclassification.

As part of the submission, the following documentation should be provided:

Skater Development Information

The following documentation with regards to the skater's development should be submitted:

1. A list of the competitions and training attended by the athlete in the previous year that would prepare him/her for this event; and a summary of training history prior to the previous season, including number of years' experience in speed skating and other sport programs.
2. All physiological testing results available from the past twelve (12) months including VO2 Max, Wingate, Vertical Jump, Leger-Boucher and other recognized testing protocols. Results submitted will be compared to normative data for athletes in the age category in which the athlete is seeking to be re-classified.
3. Records of the athlete's height taken at three (3) month intervals, over the previous thirty-six (36) months period. Measurements should follow the protocol laid out in the document: "The Role of Monitoring Growth in Long-Term Athlete Development" (Istvan Balyi & Richard Way). If less than thirty-six (36) months data are available, current data should still be submitted. This data will be reviewed to assist in establishing the skater's stage of development.
4. Examples of successful participation in other sporting competitions or other experiences that support this athlete's readiness to compete in an older age category.

Other Documentation

1. A letter of support from the provincial/territorial coach named for the designated event stating that, in his/her opinion; the athlete has the social and emotional maturity to cope with the stress of participation in the designated event.
2. A letter of support from the skater's primary coach confirming the skater's readiness to participate in the designated event. As part of this letter the coach should include his or her level of certification and coach certification number.
3. A list of steps that the provincial/territorial sport organization will take to ensure the athlete is prepared for, and does have a positive experience at the designated event, including formal support from the Branch for the submission

APPENDIX 2 - OVERVIEW OF DEVELOPMENTAL OBJECTIVES ASSOCIATED WITH CANADA EAST/WEST EVENTS

100m Track

The purpose of the 100 meter 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 Canada East/West Championships as it 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
- Emphasise 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 special 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 max 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

10 minutes, 2 person relay

The purpose of the 10 minute, 2 person relay is to introduce an event with a significant emphasis on the development of aerobic capacity, generally associated with activities of 10 minutes in duration and longer. Aerobic capacity is a significant factor in performance for 5000m/10000m in long track speed skating as well as an important contributor to an athlete’s capacity to both sustain greater training volume and can improve recovery. The Training to Train and stage of development, particularly through PHV is a Window of trainability for the aerobic system and as such is important to emphasize in training and competitions. Speed skaters have a long tradition of success in sprint and middle distance events, but have had very limited success in long distance events. Additional objectives with this event is the repeated practice of relay exchanges by both repetition and exposure to traffic in a race setting, increasing the total time that skaters spend in a speed skating specific position and increasing the number of situations where athletes need to work as a team.

Coaching Tips:

- Build skaters up to the 10 minute duration of effort in training
- Emphasize communication skills
- Work with skaters to develop appropriate pacing and developing optimal intervals of effort vs. rest, use lap times and maintenance of skating technique as indicators
- Maintain motivation by tracking skater progress in this event, calling out number of laps completed at different stages in the event
- Experiment with different track patterns to develop optimal track pattern for maintaining speed
- Work with skaters to identify the most efficient skating position for this event
- Team skaters to skate collaboratively with other teams, especially in the early part of the race.

3000m Point Race

The 3000m 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 to skaters within this race
- Experiment with different strategies to manage the pace of the race, use lap and split times as 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 how to initiate attacks from both within the pack and from the front