

# **SPEED SKATING CANADA**

## **HIGH PERFORMANCE BULLETIN**

### **#160 - Long Track**



## **TABLE OF CONTENTS**

## **Page**

<b>Competition Formats and Regulations</b>	<b>2 - 13</b>
<b>General Regulations</b>	<b>2</b>
<b>2011 Fall World Cup Trials</b>	<b>3</b>
<b>Canada Cup 1</b>	<b>4</b>
<b>Canadian Single Distance Championships</b>	<b>5</b>
<b>Canada Cup 2</b>	<b>7</b>
<b>Canadian Junior Championships</b>	<b>9</b>
<b>Canada Cup 3</b>	<b>10</b>
<b>North American Championships</b>	<b>11</b>
<b>Canada Cup Final</b>	<b>13</b>
<b>ISU Time Standards</b>	<b>14</b>

### **HIGH PERFORMANCE BULLETINS**

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

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

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

# ***Competition Formats and Regulations***

## **General Regulations**

### **Racing Rules:**

The rules used for all SSC competitions in this Bulletin (including the World Cup Trials) are from the ISU Regulations, the HPC-LT Bulletins and the SSC Procedures and Regulations. Exceptions are noted below.

### **Disqualification:**

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

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

### **High Performance Jury**

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

### **National Team Uniforms**

During an event sanctioned by Speed Skating Canada, all Canadian athletes are not allowed to wear a competition uniform (skin suit) **identified** as belonging to a National team or to another Country, unless he or she belongs to that team or country at the time of the competition. (SSC Rule N1-106)

In addition, Speed Skating Canada National or Development team skin suits from previous seasons may not be worn by any skater during the Canadian Championships, North American Championships or Canada Cups.

(Exceptions may be made by the HPC-LT Jury.)

## **Fall World Cup Trials, October 27-30, 2011, Calgary, AB**

	<b>Ladies</b>	<b>Men</b>
Thursday, October 27	1000m	1000m
Friday, October 28	1500m	1500m
Saturday, October 29	3000m	5000m
Sunday, October 30	2x500m/5000m	2x500m/10000m
Friday, November 4	Mass Start	Mass Start

For the 2011 Fall World Cup Trials, skaters who meet the following criteria are eligible to compete for a position on the World Cup Team:

1. National and Development Team skaters are eligible in any distance, with exception to the Mass Start race as indicated below.
2. Skaters meeting the ISU World Cup Time Standards **or** ranked in the top 20 (500/1000/1500), top 12 (3000/5000/10000) from the final 2010-2011 Canadian rankings
3. The HPC-LT reserves the unrestricted right to invite other skaters to participate in the 2011 Fall Trials.
4. A final list of eligible athletes per distance will be published 24 hours prior to the Draw.
5. Mass Start rules will follow the ISU Rules found in ISU Comm. #1689. The entry for the for the Mass Start Trials will be limited to World Cup Qualifiers from the 1500m, 3000m/5000m and 10000m and supplemented by the results of the 1500m distance at trials to a maximum of 28 competitors. Athletes must also have an ISU World Cup Time Standard in any distance to be eligible to compete in the Mass Start Trials.

### **Drawing**

For each distance in the World Cup Trials, the drawing of pairs will be based on the Canadian ranking list.

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

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

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

## **Canada Cup #1, December 2-4, 2011 Quebec City, QC**

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

	<b>Women</b>	<b>Men</b>
Friday, December 2	500m, 1500m	500m, 1000m, 3000mJr
Saturday, December 3	1000m, 3000m	1500m, 5000m
Sunday, December 4	500m, 1000m, 5000m*	500m, 1000m, 10000m*

\* 3<sup>rd</sup> longest distance (Ladies 3000m and Mens 5000m) to determine final distance qualifiers. (Maximum 8 skaters for Ladies 5000m/Men 10000m, with the order of priority based upon the ranking from the 3000m Ladies and 5000m Men races on December 3)

**Eligibility: Senior, Junior A, B, C2**

**Note: C2 Juniors are skaters born between July 1, 1996 and June 30, 1997**

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

**For a result to be a valid qualifying time, it must have been achieved in the period between July 1, 2010 and the entry deadline.**

Submitted Times may be verified with [SpeedskatingResults.com](http://SpeedskatingResults.com)

### **Time Standards for Canada Cup 1**

	<b>Cal/SLC</b>	<b>Outdoor</b>
<b>Sr Ladies –</b>	500m – 45.0	50.0
	1000m – 1.29.0	1.39.0
	1500m – 2.19.0	2.34.0
	3000m – 4.54.0	5.30.0
<b>Jr Ladies –</b>	500m – 47.0	51.0
	1000m – 1.31.0	1.41.6
	1500m – 2.21.0	2.37.6
	3000m – 4.56.0	5.36.0

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

<b>Sr Men –</b>	500m – 40.0	46.2
	1000m – 1.19.0	1.31.6
	1500m – 2.01.0	2.23.5
	5000m – 7.19.0	8.46.8
<b>Jr Men –</b>	500m – 42.0	46.2
	1000m – 1.21.0	1.31.6
	1500m – 2.03.0	2.23.5
	3000m – 4.26.0	5.04.1
	5000m – 7.21.0	8.46.8

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

## **Seeding for Canada Cup 1**

### **For all Distances**

- Group 1: Top 8 ranked skaters for the distance in attendance from the Final 2010-2011 Canadian Ranking list.  
Group 2: The next 8 ranked skaters for the distance in attendance.  
Group 3: The next 8 ranked skaters for the distance in attendance.  
Group 4: The next 8 ranked skaters for the distance in attendance.  
Group 5: Remaining skaters with best times of the 2010-2011 season. Sub groups of 8 will then be used for drawing.

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

## **Drawing for Canada Cup 1**

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

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

## **Canadian Single Distances Championships January 05 – January 08, 2012, Calgary, AB**

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

January 5 -	1500m Men	3000m Ladies
January 6	1000m Men	1500m Ladies
	5000m Men	
January 7	3000m Jr Men	1000m Ladies
	10000m Men	5000m Ladies
January 8	500m Ladies (2x)	500m Men (2X)
	Mass Start	Mass Start

## **Eligibility for entry into the Canadian Single Distance Championships**

**500m** – 20 skaters - (ISU World Cup Standards must be met)\*

1. Qualifiers for the Fall World Cup 500m
2. Qualifiers for the Fall World Cup 1000m
3. Time ranking from Fall 2011 competitions

**1000m** – 20 skaters - (ISU World Cup Standards must be met)\*

4. Qualifiers for the Fall World Cup 1000m
5. Qualifiers for the Fall World Cup 500m
6. Qualifiers for the Fall World Cup 1500m
7. Time ranking from Fall 2011 competitions

**1500m** – 20 skaters - (ISU World Cup Standards must be met)\*

1. Qualifiers for the Fall World Cup 1500m

2. Qualifiers for the Fall World Cup 1000m
3. Qualifiers for the Fall World Cup 3000m Ladies/5000m Men
4. Time ranking from Fall 2011 competitions

**3000mLadies/5000mMen** – 16 skaters - (ISU World Cup Standards must be met)\*

1. Qualifiers for the Fall World Cup L3000m/M5000m
2. Qualifiers for the Fall World Cup 1500m
3. Qualifiers for the Fall World Cup L5000m/M10000m
4. Time ranking from Fall 2011 competitions

**5000mLadies/10000mMen** – 16 skaters – (ISU World Cup Standards must be met)\*

1. Qualifiers for the Fall World Cup L/3000m/M5000m
2. Time ranking from Fall 2011 competitions

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

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

## **Seeding for Canadian Single Distance Championships**

### **500M, 1000M, 1500M**

- Group 1 – Top 6 fastest times of the current season.  
Group 2 – Next 6 fastest times of the current season.  
Group 3 - Remaining skaters.

### **3000L/5000M**

- Group 1 – Top 4 fastest times of the current season.  
Group 2 – Next 4 fastest times of the current season.  
Group 3 – Next 4 fastest times of the current season.  
Group 4 – Remaining skaters.

### **5000L/10000M**

- Group 1 – Top 4 fastest times of the current season.  
Group 2 – Next 4 fastest times of the current season.  
Group 3 – Remaining skaters.

## **Drawing for Canadian Single Distance Championships**

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

## **Canada Cup #2,** **January 05 – January 08, 2012, Calgary, AB**

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

January 5 -	1500m Men	3000m Ladies
January 6	1000m Men	1500m Ladies
	5000m Men	
January 7	3000m Jr Men	1000m Ladies
January 8	500m Ladies (2x)	500m Men (2X)
	Mass Start	Mass Start

**Eligibility: Senior, Junior A, B, C2**

**Note: C2 Juniors are skaters born between July 1, 1996 and June 30, 1997.**

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

**For a result to be a valid qualifying time, it must have been achieved in the period between July 1, 2010 and the entry deadline.**

Submitted times may be verified with [speedskatingResults.com](http://speedskatingResults.com)

### **Time Standards for Canada Cup 2**

	<b>Cal/SLC</b>	<b>Outdoor</b>
<b>Sr Ladies –</b>	500m – 45.0	48.0
	1000m – 1.28.0	1.37.0
	1500m – 2.15.0	2.30.0
	3000m – 4.48.0	5.25.0
<b>Jr Ladies –</b>	500m – 46.0	48.0
	1000m – 1.30.0	1.38.0
	1500m – 2.20.0	2.31.0
	3000m – 4.55.0	5.25.0

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

<b>Sr Men –</b>	500m – 40.0	43.0
	1000m – 1.18.0	1.25.0
	1500m – 1.58.0	2.12.0
	5000m – 7.20.0	8:05.0
<b>Jr Men –</b>	500m – 41.0	44.0
	1000m – 1.20.0	1.27.0
	1500m – 2.02.0	2.14.0
	3000m – 4.25.0	4.55.0
	5000m – 7.30.0	8:10.0

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

## **Seeding for Canada Cup 2**

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

### **For all Distances**

- Group 1: Top 8 ranked skaters for the distance in attendance from the current 2011-2012 Canadian Ranking list.
- Group 2: The next 8 ranked skaters for the distance in attendance.
- Group 3: The next 8 ranked skaters for the distance in attendance.
- Group 4: Remaining skaters with best times of the 2011-2012 season. Sub groups of 8 will then be used for drawing.
- Group 5: Remaining skaters with best times of the 2010-2011 season. Sub groups of 8 will then be used for drawing.

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

## **Drawing for Canada Cup 2**

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

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



# **Canadian Junior Championships** **February 03, 04, 05, 2012, Saskatoon, SK**

For the Canadian Junior Championships the following format is recommended:

	<b>Ladies</b>	<b>Men</b>
Friday, February 3	500m, 1500m	500m, 1000m, 3000m
Saturday, February 4	1000m, 3000m	1500m, 5000m
Sunday, February 5	500m, 1000m	500m, 1000m

## **Junior Canadian Allround:**

Ladies: 1<sup>st</sup> 500m, 1500m, 1000m, 3000m    Men: 1<sup>st</sup> 500m, 3000m, 1500m, 5000m

## **Junior Canadian Sprint**

Ladies; 2x500m, 2x1000m

Men: 2x500m, 2x1000m

**All skaters must have at least one Junior World Cup qualifying time to enter the Canadian Junior Championships.**

**Eligibility: Junior - A, B, C2    Note: C2 Juniors are skaters born between July 1, 1996 and June 30, 1997**

## **Time Standards for Canadian Junior Championships (Jr WCup standards)**

**Ladies –**  
500m – 44.0  
1000m – 1.28.0  
1500m – 2.18.0  
3000m – 4.55.0

**Men –**  
500m – 40.0  
1000m – 1.20.0  
1500m – 2.05.0  
3000m – 4.20.0

Submitted times may be verified with [SpeedskatingResults.com](http://SpeedskatingResults.com)

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

## **Seeding and Drawing for Canadian Junior Championships**

For the Canadian Junior Championships, seeding for the first **day** (500m and 1500m for women; 500m, 1000m and 3000m for men) will be from the results of Canada Cup #2.

The third and fourth all-round distance will be seeded as per ISU Rule 227, paragraph 2. However all skaters shall qualify for the longest distance.

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

## **Canada Cup #3,** **February 03, 04, 05, 2012 Saskatoon, SK**

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

	<b>Ladies</b>	<b>Men</b>
Friday, February 3	500m, 1500m	500m, 1000m
Saturday, February 4	1000m, 3000m	1500m, 5000m
Sunday, February 5	500m, 1000m, Mass Start	500m, 1000m, Mass Start

**Eligibility: Senior, Junior A, B, C2**

**Note: C2 Juniors are skaters born between July 1, 1996 and June 30, 1997**

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

**For a result to be a valid qualifying time, it must have been achieved in the period between July 1, 2010 and the entry deadline.**

Submitted Times may be verified with [SpeedskatingResults.com](http://SpeedskatingResults.com)

### **Time Standards for Canada Cup 3 (Sr and Jr combined)**

	<b>Cal/SLC</b>	<b>Outdoor</b>
<b>Ladies –</b>		
500m –	46.0	48.0
1000m –	1.30.0	1.37.0
1500m –	2.20.0	2.30.0
3000m –	4.55.0	5.25.0

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

<b>Men –</b>		
500m –	40.0	43.0
1000m –	1.20.0	1.25.0
1500m –	2.02.0	2.12.0
5000m –	7.30.0	8:05.0

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

## **Seeding for Canada Cup 3**

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

### **For all Distances**

- Group 1: Top 8 ranked skaters for the distance in attendance from the current 2011 – 2012 Canadian Ranking list..
- Group 2: The next 8 ranked skaters for the distance in attendance.
- Group 3: The next 8 ranked skaters for the distance in attendance.
- Group 4: Remaining skaters with best times of the 2011/2012 season. Sub groups of 8 will then be used for drawing.
- Group 5: Remaining skaters with best times of the 2010/2011 season. Sub groups of 8 will then be used for drawing.

## **Drawing for Canada Cup 3**

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

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

## **North American Championships, February 10 -12, 2012** **Calgary, Canada**

### **Eligibility: Senior, Junior A, B, C2**

#### **Time Standards – (Applies to Canadian skaters only)**

	Ladies	Men
Friday, February 10	500m, 1000m	500m, 1000m
Saturday, February 11	500m, 1500m	500m, 1500m
Sunday, February 12	1000m, 3000m	1000m, 5000m

Note: US Speed Skating sets quotas and time standards for their skaters.

#### **Time Standards for North Americans (Applies to Canadian skaters only)**

**Note: These standards may be faster than Canada Cup standards.**

	Senior - Cal/SLC	Outdoor	Junior – Cal/SLC	Outdoor
Ladies –	500m – 44.0	47.0	45.0	48.0
	1000m – 1.28.0	1.35.0	1.30.0	1.37.0
	1500m – 2.15.0	2.28.0	2.20.0	2.31.0
	3000m – 4.48.0	5.18.0	4.55.0	5.25.0

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

<b>Men –</b>	500m –	40.0	43.0	41.0	44.0
	1000m –	1.19.0	1.25.0	1.20.0	1.27.0
	1500m –	1.58.0	2.10.0	2.01.0	2.13.0
	5000m –	7.19.0	8:00.0	7.30.0	8.10.0

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

## **Junior World Cup , February 10, 11, 2012, Calgary, AB**

**Team selected by the HPC-LT following the Canadian Junior Championships**

## **Canada Cup Final, March 14 - 18, 2012, Calgary, AB**

**Note:** This is part of the Oval Finale. Time standards are only in effect for the Longer Distances (See Below).

### **Time Standards for Canada Cup Final**

**There are no Time standards for the Sprint Distances.**

	<b>Ca/SLC</b>	<b>Outdoor</b>
<b>Ladies –</b>	3000m – 4.55.0	5.25.0
	5000m – 4.25.0(3000m) or 7.45.0(5000m)	
<b>Men –</b>	5000m – 7.30.0	8.10.0
	10000m – 6.45.0(5000m) or 14.00.0(10000m)	

### **Eligibility: Senior, Junior A, B, C**

#### **Ladies**

March 14 –	3000m – (Time Standard)
March 15 -	500m
	1000m
March 16 –	500m
	5000m – (Time Standard)
March 17 –	1000m
March 18 –	1500m

#### **Men**

March 14 -	5000m – (Time Standard)
March 15 –	500m
March 16 -	1000m
	10000m – (Time Standard)
March 17 -	500m
	1000m
March 18 -	1500m

### **Seeding for Canada Cup Final**

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

### **Drawing for Canada Cup Final**

The Drawing is done prior to the event by the HPC-LT Jury.

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

## **ISU Time Standards** **Junior World Cup**

<b>Ladies</b> –	500m – 44.0	<b>Men</b> –	500m – 40.0
	1000m – 1.28.0		1000m – 1.20.0
	1500m – 2.18.0		1500m – 2.05.0

## **World Junior Championships**

<b>Ladies</b> –	500m – 42.0	<b>Men</b> –	500m – 38.0
	1000m – 1.25.0		1000m – 1.16.0
	1500m – 2.12.0		1500m – 1.58.0
	3000m – 4.45.0		3000m – 4.05.0
			5000m – 7.05.0

## **Senior World Cups**

<b>Ladies</b> –	500m – 40.00	<b>Men</b> –	500m – 36.20
	1000m – 1.20,00		1000m – 1.11,90
	1500m – 2.03,00		1500m – 1.51,00
	3000m – 4.24,00		
	5000m – 7.25,00 or 4.15,00		5000m – 6.48,00
			10000m – 13.40,00 or 6.35,00

## **Continental Championships**

<b>Ladies</b> –	3000m – 4.24,00	<b>Men</b> –	5000m – 6.48,00
-----------------	-----------------	--------------	-----------------

## **World Allround Championships**

<b>Ladies</b> –	3000m – 4.20,00	<b>Men</b> –	5000m – 6.40,00
-----------------	-----------------	--------------	-----------------

## **World Sprint Championships**

<b>Ladies</b> –	500m – 39,80	<b>Men</b> –	500m – 35,95
	1000m – 1.19,50		1000m – 1.10,90

**Selection Information may be found in HPC-LT Bulletin #159.**