



SPEED SKATING CANADA

HIGH PERFORMANCE BULLETIN

#164 - Long Track

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TABLE OF CONTENTS

Page

2013 - 2014 Team Selection Criteria	2
2013 Fall World Cup Pre-selection	4
Appendix A Bye Policy	5
Appendix B Requests for Special Consideration Process and Criteria	9
2013-2014 AAP Carding Criteria – See HPC-LT Bulletin 165	
Competition Formats and Regulations	11 - 23
General Regulations	11
2012 Fall World Cup Trials	12
Canada Cup 1	13
Canadian Single Distance Championships	15
Canada Cup 2	16
Canadian Junior Championships	18
Canada Cup 3	19
North American Championships	20
Canada Cup Final	21
ISU Time Standards	24

HIGH PERFORMANCE BULLETINS

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

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

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

2013 - 14 National and Development Team Selection Criteria

Nomination:

The High Performance Committee - Long Track will name the athletes who qualify for the various 2013 / 14 teams at the 2013 Annual Spring High Performance Review meetings.

The HPC-LT will select athletes as detailed below.

Athletes may also be added to the National and National Development Teams on the basis of the following:

1. the athlete being awarded an injury card from Sport Canada (AAP); or,
2. at the absolute discretion of the HPC-LT.

National Team Selection – 2013/2014 season*

The 2013 - 2014 National Team will be composed of:

- 2013 World Single Distance Championships competitors finishing in the Top 16 in an individual distance;
- 2013 World All Round Championships competitors finishing in the Top 16 in the overall classification;
- 2013 World Sprint Championships competitors finishing in the Top 16 overall classification;
- Athletes who are ranked in the top 20 of the 2012-2013 ISU World Cup Final Rankings per distance.

Development Team Selection – 2013/2014 Season*

The 2013 - 2014 Development Team will, in order of priority, will be composed of:

- 2013 World Single Distance Championships Competitors not already qualified above;
- Athletes with a 2012-2013 ISU World Cup Final Ranking per distance between 21 – 28;
- 2013 World All Round Championships competitors, excluding alternates, not already qualified above;
- 2013 World Sprint Championship competitors, excluding alternates, not already qualified above;
- Athletes who finish in a top 8 position in an individual distance at the 2013 World Junior Championship;
- The top ranked athletes per distance and gender from the 2012 – 2013 Canadian Ranking List not already selected to the National Team;

- The second and third ranked athletes per distance and gender from the 2012 – 2013 Canadian Ranking List not already selected to the National Team may be considered for selection to a maximum Long Track National and Development team size of 35 athletes of least 15 men and 15 women after byes have been awarded.

Selection priority will be based upon season best times from all sanctioned competitions as a percentage of the 2013 Winter World Cup standards. Athletes ranked third within a distance cannot pass athletes ranked second in the same distance because of a better season's best time.

FOR EXAMPLE.

Athlete A - Rank 2nd 500m Time percentage 96%

Athlete B – Rank 3rd 500m Time percentage 93%

Athlete C – Rank 2nd 1000m Time percentage 95%

Athlete D – Rank 3rd 1000m Time percentage 98%

Athlete E - Rank 2nd 1500m Time percentage 91%

Athlete F – Rank 3rd 1500m Time percentage 92%

Final team selection priority:

Athlete E

Athlete F

Athlete C

Athlete A

Athlete B

Athlete D

- The top athlete per distance overall from the National Ranking competitions if not already selected above may be considered for selection to a maximum Long Track National and Development team size of 35 athletes of least 15 men and 15 women after byes have been awarded. National Ranking Competitions include the Fall World Cup Trials, Canadian Single Distance Championships, North American Championships, and Canada Cups 1, 2, 3, and 4 (Final). Selection priority will be based upon season best times from all sanctioned competitions as a percentage of the 2013 Winter World Cup standards.

An athlete may be ranked in a number of distances. If an athlete qualifies for a National Team or Development Team position in more than one distance, the position will be considered filled for that distance and gender. The mass start and team pursuit event will not be considered for National or Development team selection purposes. Additional athletes may be added at the absolute discretion of the HPC-LT committee.

Notification:

National and Development team athletes will be advised of their selection to these teams following the Annual Spring meeting of the HPC-LT.

Confirmation of Team Membership:

Athletes have 2 weeks following the official announcement of the 2013 – 2014 Teams to confirm acceptance of their position on the Team.

Confirmation of Team membership is a commitment by the athlete to participate fully in the National / Development team programs and that they are available for selection to any representative team and will participate in the respective selection events for these teams.

Confirmation of Team membership also confirms acceptance of the Terms and Conditions of the SSC National / Development Team Agreement.

If SSC does not receive confirmation from the athlete within the stipulated time limit that they accept their position on the Team and that they agree to the Terms and Conditions of the SSC National / Development Team Agreement, they will be regarded as having declined their position and any associated benefits.

Any extensions to this confirmation period must be requested in writing by the athlete and will only be considered in exceptional circumstances.

Replacement of Athletes:

If an athlete withdraws subsequently from the National Team they will not be replaced on the National Team.

If a Development Team athlete withdraws from the Development Team prior to the 1st World Cup of the 2012 – 2013 season, they may, at the absolute discretion of the HPC-LT, be replaced by the next ranked athlete in the respective distance from the 2011 – 2012 Canadian Rankings List.

If the athlete earned their Development Team position from multiple distances then the next ranked athlete from each specific distance may replace them.

2013 Fall World Cup Pre-Selection

Athletes who placed top 5 at the 2012 World Single Distance Championships will be pre-selected to a 2012 Fall World Cup position in order of their finish position in a specific distance to a maximum of quota -2.

Appendix A

OPERATIONAL GUIDELINES FOR THE ALLOCATION OF BYES

1. Purpose

To provide guidelines to the High Performance Committee Long Track (HPC-LT) when considering whether to exercise its discretion and grant a bye to an athlete to a team in the event he or she does not meet the criteria for selection as defined in the High Performance Bulletin.

2. Philosophy of Team Selection

Athletes will be selected who the High Performance Committee determines are in the best position to achieve the best possible results for Canada at different competitions; such as the Olympic Games, World or Continental Championships, World Cups.

The High Performance Committee - Long Track intends to select teams to such events as objectively as possible. The HPC-LT, for that purpose and at its determination, will use criteria such as time, placing at a specific competition or competitions, and/or ranking after a series of competitions as the primary criteria in selecting athletes.

These criteria may be used at a specified selection event or events or a series of specified events.

In nominating the specific selection event or events, the HPC-LT will only nominate an event that occurs after the confirmation of the relevant selection policy.

The HPC-LT will consider, in all cases, current performances in specific selection events as the primary method through which to earn selection.

3. Bye Selection Philosophy

1. In exceptional circumstances, as the HPC-LT determines, where an athlete has not had the opportunity, through no fault of his or own, to compete in the nominated selection event or events, the athlete may be eligible to apply for a bye selection to the relevant team.
2. A bye request is considered as the last means by which an athlete may gain selection and is intended to provide for exceptional circumstances outside the normal selection criteria rather than being a normal means by which an athlete can gain selection.
3. The basic philosophy for selecting an athlete by granting a bye is that, all things being equal, the athlete given the bye has clearly demonstrated superior performances in previous competition to other athletes being considered for selection. In that regard, the process and considerations outlined below in section 6 will apply.

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

4. Procedures under which a bye application can be made.

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

5. Conditions for applying for a Bye

Bye request for a specific competition in the current skating season

Bye requests will be considered in two categories:

- a) *Pre-competition illness or injury that prevents an athlete from competing in the ranking / selection event.*

If the athlete is ill or injured before the beginning of the competition, he/she must request a bye before the Coaches' meeting at the competition. The HPC-LT Representative must formally announce all bye requests at this meeting so that all other competitors are made aware of the possibility of a bye being granted. A bye request will be ruled ineligible if the athlete subsequently competes in the selection event in the requested distance.

In the case of selection being based upon a cumulative ranking from multiple events, a athlete is eligible to apply for a Bye request to a subsequent ranking event if they are prevented from competing in one of the ranking events due to a pre-existing illness or injury.

- b) *Injury, illness or equipment breakage during the selection event and other exceptional circumstances, all as determined in the sole discretion of the HPC-LT.*

A bye request must be made **within 24 hours** following the end of the competition unless the athlete is physically incapable of making this request (in such a case, the athlete's coach may make the request).

(See Clause 4d above for the reporting requirements for equipment breakage)

In both situations described in a) and b), the bye request must state clearly what the athlete is seeking and supporting documentation (medical, race referee report, for example) must be attached. The HPC-LT must be able to confirm that the athlete will be

at 100% of his/her capacity (physical and psychological) to participate in the competition for which he/she has requested a bye. The athlete must provide the confirmation from a qualified medical practitioner or, in the case of an issue not related to an injury or illness, other attestation as may be required by the HPC-LT.

6. Process for reviewing a Bye application

The following steps are involved in the process of considering a request for a bye.

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

7. Considerations for Granting a Bye

The basic question the HPC-LT must answer is whether the athlete requesting the bye had a recent history of performances or other factors as listed below that demonstrate clear superiority of the athlete requesting a bye to those of other athletes in consideration for selection.

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

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

- a) Head-to-head competition results of the athletes being considered for selection.
- b) Past performances of the athlete requesting the bye,
- c) Results of the selection competition (by athletes in contention for the team),
- d) Recent training and testing performances

In evaluating past performances, the HPC-LT will assign higher weighting priority to those performances from the 12 month period immediately prior to the final selection event.

However, occasionally this is not possible because of injuries, or the lack of opportunity for the athletes to compete. In such instances, performances beyond this 12 month period may be considered but will be treated as having a lower weighting in assessing the bye request.

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

0.5 sammelagt points faster than the last athlete selected in a specific distance (that would mean 0.5 seconds in the 500m, 1 second in the 1000m, 1.5 seconds in the 1500m, 3 seconds in the 3000m, 5 seconds in the 5000m, and 10 seconds in the 10000m) or

0.5 sammelagt point per race skated for a selection over cumulative points (4 distances skated = 2 sammelagt points, 500m skated twice = 1.0 sammelagt point)

In assessing the past performances of the athlete requesting the bye and the history of the athletes involved, the HPC-LT will give priority and weighting to the best time (in sanctioned events) of the athletes involved during the last 12 months including the selection competition(s).

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

8. Appeals

Following the announcement of the Team for that event or events, the athlete/s affected by the bye request decision have 7 calendar days within which to appeal this decision in accordance with the Speed Skating Canada Appeal Policy. (refer to SSC Appeals Policy RES 100)

Appendix B

OPERATIONAL GUIDELINES

Requests for Special Consideration For Selection to the National Team or National Development Team

- This process applies to selection to the National Team or National Development Team for the next skating season.
- In exceptional circumstances, as the HPC-LT determines, where an athlete has not had the opportunity, through no fault of his or own, to compete in the nominated ranking event or events, the athlete may be eligible to apply for a special consideration for selection to the relevant team.
- Subject to the HPC-LT's discretion as noted below, athletes are not eligible for special consideration if they were eligible to compete in the necessary competitions and/or events for ranking and had the opportunity to do so and did not achieve the stated criteria for nomination as a Team member articulated in the HPB.
- The application for special consideration must be made within 14 calendar days following the final selection event. The application must state clearly:
 1. the team to which the athlete is seeking selection;
 2. what the athlete is requesting: and,
 3. include, at that time, all appropriate documentation, as may be determined by the HPC-LT; and, in any case, any relevant medical information on which the athlete wishes to rely. Relevant medical documentation should be limited only to physicians and to certified physiotherapists, chiropractors, or osteopaths.
 4. the HPC-LT has the right to request further independent medical review after the bye request has been submitted
- The HPC-LT in considering the application must be able to confirm to its satisfaction that the athlete is or will be at the commencement of the new season 100% of his/her capacity (physically and psychologically) to:
 1. be a member of the Team to which he/she has requested selection;
 2. participate fully in all aspects of the training programmes and activities, as determined by the appropriate coaches and the LT program director; and,

3. to compete in all competitions to which he or she earns selection.

Notwithstanding the above, the HPC-LT, exercising its absolute discretion, may, acting in what considers the best interests of the program, add an athlete to the National or National Development Team.

Nothing in this Appendix or with respect to any decision made by the HPC-LT pursuant to this Appendix should be considered as suggesting that an athlete is or is not eligible for support pursuant to Sport Canada's Athlete Assistance Program (AAP). In the case of a major injury, the AAP Injury Card procedures apply.

Appeals

Following the announcement of the Teams, an athlete seeking special consideration has 7 calendar days within which to appeal this decision in accordance with the Speed Skating Canada Appeal Policy. (Refer to SSC Appeals Policy RES 100)

Approved by the High Performance Committee - Long Track on September 12, 2012.

Competition Formats and Regulations

General Regulations

Racing Rules:

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

Disqualification:

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

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

High Performance Jury

For all events listed, the HPC-LT Jury will consist of the 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, unless they earned the suit, however old SSC sponsorship logos must be removed or taped.

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

Fall World Cup Trials, November 1 - 4, 2012, Calgary, AB

	Ladies	Men
Thursday, November 1	3000m	1500m
Friday, November 2	1500m	1000m, 5000m
Saturday, November 3	1000m, 5000m	10000m
Sunday, November 4	2x500m, Mass Start	2x500m, Mass Start

Eligibility for entry into the Fall World Cup Trials Seed

500m – 20 skaters

1. Top 18 ranked skaters from 2011-2012 Canadian ranking list
2. 2 skaters selected by HPCLT

1000m – 20 skaters

1. Top 18 ranked skaters from 2011-2012 Canadian ranking list
2. 2 skaters selected by HPCLT

1500m – 20 skaters

1. Top 18 ranked skaters from 2011-2012 Canadian ranking list
2. 2 skaters selected by HPCLT

3000mLadies/5000mMen – 16 skaters

1. Top 14 ranked skaters from 2011-2012 Canadian ranking list
2. 2 skaters selected by HPCLT

5000mLadies/10000mMen – 12 skaters

1. Top 10 ranked skaters from 2011-2012 Canadian ranking list
2. 2 skaters selected by HPCLT

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

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

For the 2012 Fall World Cup Trials, skaters who meet the following criteria are eligible to compete for a position on the World Cup Team:

1. The HPC-LT reserves the unrestricted right to invite other skaters to participate in the 2012 Fall Trials Seed.
2. A final list of eligible athletes per distance will be published 24 hours prior to the Draw.
3. 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, November 30 - December 2, 2012 Quebec City, QC

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

	Women	Men
Friday, November 30	500m, 1500m	500m, 1000m, 3000mJr
Saturday, December 1	1000m, 3000m	1500m, 5000m
Sunday, December 2	500m, 1000m, 5000m*	500m, 1000m, 10000m*

* 3rd 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, 1997 and June 30, 1998

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, 2011 and the entry deadline.

Submitted Times may be verified with SpeedskatingResults.com

Time Standards for Canada Cup 1

Cal/SLC	Outdoor
Sr Ladies – 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
Jr Ladies –	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.

Sr Men –	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

Jr Men –	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 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: The next 8 ranked skaters for the distance in attendance.
- Group 5: Remaining skaters with best times of the 2011-2012 season. Sub groups of 8 will then be used for drawing.

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

Drawing for Canada Cup 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 03 – January 06, 2013, Calgary, AB**

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

January 3	500m Men*	500m Women*
	1500m Men	3000m Ladies
January 4	1000m Men	1500m Ladies
	5000m Men	
January 5	3000m Jr Men	1000m Ladies
	10000m Men	5000m Ladies
January 6	500m Ladies (2x)	500m Men (2X)
	Mass Start	Mass Start

***500m races on January 3rd are for skaters vying for selection to Continental Championships and World All Round Championships only. The HPC-LT has the right to limit skaters competing in the 500m on January 3rd. Skaters vying for selection to the Continental Championships teams and World All Round teams may skate the 500m on January 3rd or January 6th. However, if a skater opts to compete in the 500m on January 3rd, that time will be the time used for Continentals and World Championships selection purposes and a time for such skater from the 500m skated on January 6th will not be used for Continentals and World Championships selection purposes.**

Eligibility for entry into the Canadian Single Distance Championships

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

3. Qualifiers for the Fall World Cup 500m
4. Qualifiers for the Fall World Cup 1000m
5. Time ranking from Fall 2012 competitions

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

6. Qualifiers for the Fall World Cup 1000m
7. Qualifiers for the Fall World Cup 500m
8. Qualifiers for the Fall World Cup 1500m
9. Time ranking from Fall 2012 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 2012 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 2012 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 2012 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 03 – January 06, 2013, Calgary, AB

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

January 3	1500m Men	3000m Ladies
January 4	1000m Men	1500m Ladies
	5000m Men	
January 5	3000m Jr Men	1000m Ladies
January 6	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, 1997 and June 30, 1998.

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, 2011 and the entry deadline.

Submitted times may be verified with speedskatingresults.com

Time Standards for Canada Cup 2

	Cal/SLC	Outdoor
Sr Ladies – 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
Jr Ladies – 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.

Sr Men – 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
Jr Men – 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 2012-2013 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 2012-2013 season. Sub groups of 8 will then be used for drawing.
- Group 5: Remaining skaters with best times of the 2011-2012 season. Sub groups of 8 will then be used for drawing.

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

Drawing for Canada Cup 2

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

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

Canadian Junior Championships February 01, 02, 03, 2013, Quebec, QC

For the Canadian Junior Championships the following format is recommended:

	Ladies	Men
Friday, February 1	500m, 1500m	500m, 1000m, 3000m
Saturday, February 2	1000m, 3000m	1500m, 5000m
Sunday, February 3	500m, 1000m	500m, 1000m

Junior Canadian Allround:

Ladies: 1st 500m, 1500m, 1000m, 3000m Men: 1st 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, 1997 and June 30, 1998

Time Standards for Canadian Junior Championships

	Cal/SLC	Outdoor
Ladies –	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
Men –	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

Submitted times may be verified with 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 01, 02, 03, 2013 Quebec, QC

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

	Ladies	Men
Friday, February 1	500m, 1500m	500m, 1000m
Saturday, February 2	1000m, 3000m	1500m, 5000m
Sunday, February 3	500m, 1000m, Mass Start	500m, 1000m, Mass Start

Eligibility: Senior, Junior A, B, C2

Note: C2 Juniors are skaters born between July 1, 1997 and June 30, 1998

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, 2011 and the entry deadline.

Submitted Times may be verified with speedskatingresults.com

Time Standards for Canada Cup 3

	Cal/SLC	Outdoor
Sr Ladies – 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
Jr Ladies – 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.

Sr Men – 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

Jr Men –	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 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 2012 – 2013 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 2012/2013 season. Sub groups of 8 will then be used for drawing.
- Group 5: Remaining skaters with best times of the 2011/2012 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, March 1 - 3, 2013

Salt Lake City, USA

Eligibility: Senior, Junior A, B, C2

Time Standards – (Applies to Canadian skaters only)

	Ladies	Men
Friday, March 1	Distances to be confirmed with US Speed Skating	
Saturday, March 2		
Sunday, March 3		

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

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

Time Standards for North American Championships

	Cal/SLC	Outdoor
Sr Ladies –		
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
Jr Ladies –		
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.

Sr Men –		
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
Jr Men –		
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.

Canada Cup Final, March 7 - 11, 2013, 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.

	Cal/SLC	Outdoor
Ladies –	3000m – 4.55.0	5.25.0
	5000m – 4.25.0(3000m) or 7.45.0(5000m)	
Men –	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 7 –	3000m – (Time Standard)
March 8 -	500m
	1000m
March 9 –	500m
	5000m – (Time Standard)
March 10 –	1000m
March 11 –	1500m

Men

March 7 -	5000m – (Time Standard)
March 8 –	500m
March 9 -	1000m
	10000m – (Time Standard)
March 10 -	500m
	1000m
March 11 -	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

Other selection information may be found in HPC-LT Bulletin #163.

Junior World Cup

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

World Junior Championships

Ladies –	500m – 42.0	Men – 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 for 5000m only
		5000m – 7.05.0

To be entered for the Allround Championships event a Skater must have achieved the following qualifying time:

Ladies, 1500 meters (only): 2.10,00 Men, 3000 meters (only): 4.05,00

Senior World Cups

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

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

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

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

Continental Championships

Ladies –	3000m – 4.24.00	Men – 5000m – 6.48.00 (Calgary/SLC)
	4.28.00	6.52.00 (Other rinks)

World Allround Championships

Ladies –	3000m – 4.20.00	Men – 5000m – 6.40.00
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World Sprint Championships

Ladies –	500m – 39.80	Men – 500m – 35.95
	1000m – 1.19.50	1000m – 1.10.90