



SPEED SKATING CANADA

HIGH PERFORMANCE BULLETIN

#168 - Long Track

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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.

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 of another Country.

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.)

Canada Cup Time Standards

		Senior Inside	Senior Outside		Junior Inside	Junior Outside	
		Canada Cups 1,2,3 &NA's	Canada Cup 2&NA's	Canada Cups 1&3	Canada Cups 1,2,3&NA's	Canada Cup 2&NA's	Canada Cups 1&3
Women	500	0:44.0	0:46.9	0:48.4	0:46.2	0:49.1	0:50.6
	1000	1:27.2	1:33.0	1:35.9	1:31.6	1:37.4	1:40.3
	1500	2:15.3	2:24.2	2:28.7	2:22.0	2:30.9	2:35.4
	3000	4:44.7	5:03.3	5:12.7	4:58.7	5:17.3	5:26.7
	5000	8:18.9	8:51.3	9:07.6			
Men	500	0:40.2	0:42.9	0:44.2	0:42.2	0:44.9	0:46.3
	1000	1:19.0	1:24.4	1:27.0	1:23.0	1:28.3	1:31.0
	1500	2:01.2	2:09.3	2:13.4	2:07.3	2:15.4	2:19.4
	3000				4:35.9	4:53.3	5:02.0
	5000	7:19.6	7:48.7	8:03.2	7:45.0	8:14.1	8:28.6
	10000	15:29.3	16:30.2	17:00.7			

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

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

Fall World Cup Trials, October 17 - 20, 2013, Calgary, AB

	Women	Men
Thursday, October 17	3000m, 2x500m	5000m, 2x500m
Friday, October 18	1000m	1000m
Saturday, October 19	1500m	1500m
Sunday, October 20	5000m	10000m

Eligibility for entry into the Fall World Cup Trials Seed

500m – 24 skaters

1. Top 20 ranked skaters from 2012-2013 Canadian ranking list
2. 4 skaters selected by HPCLT

1000m – 24 skaters

1. Top 20 ranked skaters from 2012-2013 Canadian ranking list
2. 4 skaters selected by HPCLT

1500m – 24 skaters

1. Top 20 ranked skaters from 2012-2013 Canadian ranking list
2. 4 skaters selected by HPCLT

3000mLadies/5000mMen – 16 skaters

1. Top 12 ranked skaters from 2012-2013 Canadian ranking list
2. 4 skaters selected by HPCLT

5000mLadies/10000mMen – 12 skaters

1. Top 8 ranked skaters from 2012-2013 Canadian ranking list
2. 4 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 2013 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 2013 Fall Trials Seed.
2. A final list of eligible athletes per distance will be published 24 hours prior to the Draw.

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 29 - December 1, 2013, **Quebec City, QC**

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

	Women	Men
Friday, November 29	500m, 1500m	500m, 1000m, 3000mJr
Saturday, November 30	1000m, 3000m	1500m, 5000m
Sunday, December 1	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 7)

Eligibility: Senior, Junior A, B, C2

Note: C2 Juniors are skaters born between July 1, 1998 and June 30, 1999

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, 2012 and the entry deadline.

Submitted Times may be verified with SpeedskatingResults.com

For Time Standards, please refer to page 4 of this document.

Seeding for Canada Cup 1

For all Distances

Group 1: Top 8 ranked skaters for the distance in attendance from the Final 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: The next 8 ranked skaters for the distance in attendance.
 Group 5: Remaining skaters with best times of the 2012-2013 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 December 28 – January 3, 2014, Calgary, AB

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

	Women	Men
December 28	500m (2x), 3000m	500m (2x), 5000m
December 30	1000m	1000m
January 2	1500m	1500m
January 3	5000m	10000m

Eligibility for entry into the Canadian Single Distance Championships

500m – 24 skaters

1. Qualifiers for the Fall World Cup 500m
2. Qualifiers for the Fall World Cup 1000m
3. Time ranking from Fall 2013 competitions

1000m – 24 skaters

1. Qualifiers for the Fall World Cup 1000m
2. Qualifiers for the Fall World Cup 500m
3. Qualifiers for the Fall World Cup 1500m
4. Time ranking from Fall 2013 competitions

1500m – 24 skaters

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 2013 competitions

3000mLadies/5000mMen – 16 skaters

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 2013 competitions

5000mLadies/10000mMen – 12 skaters

1. Qualifiers for the Fall World Cup L/3000m/M5000m
2. Time ranking from Fall 2013 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.

In order to be eligible for Olympic Selection, skaters must also meet the following conditions:

1. Be a Canadian citizen;
2. Hold a valid Canadian passport that does not expire before October 17, 2014 as per Sochi2014 Accreditation Guidelines
3. Meet the IOC citizenship and nationality criteria in order to be eligible;
4. Hold a duly valid membership according to the requirements of Article B3 - 101 of Speed Skating Canada's 2013-14 Procedures and Regulations and be a member in good standing;
5. Athletes must be ranked in the Top 16 from the final 2012-13 Canadian Rankings-long track for the Women's 500m, 1000m, 1500m, 3000m or Men's 500m, 1000m, 1500m, 5000m or Top 12 for the Women's 5000m and Men's 10000m in an individual distance or receive a special invitation for the 2014 Olympic Selection Trials competition from the Olympic Selection Committee. Special invitations will be limited to athletes who have clearly demonstrated performances consistent with a Top 10 ranking in a specific distance;
6. Athletes must have signed the Speed Skating Canada Athlete Nomination Agreement prior to the 2014 Olympic Selection Trials competition in order to be considered;
7. Sign and submit the Canadian Olympic Committee athlete agreement and the SOCHI 2014 OC eligibility conditions form no later than January 19, 2014.

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 – Next 6 fastest times of the current season
- Group 4 - 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 3 – 5, 2014, Calgary, AB

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

	Women	Men
January 3	3000m, 500m	5000m, 500m
January 4	1500m	1000m, 3000m Jr
January 5	1000m, Mass Start	5000m, Mass Start

Eligibility: Senior, Junior A, B, C2

Note: C2 Juniors are skaters born between July 1, 1998 and June 30, 1999.

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, 2012 and the entry deadline.

Submitted times may be verified with speedskatingresults.com

For Time Standards, please refer to page 4 of this document.

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 2013-2014 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 2013-2014 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 **January 24-26, 2014, Saskatoon, SK**

For the Canadian Junior Championships the following format is recommended:

	Women	Men
Friday, January 24	500m, 1500m	500m, 1000m, 3000m
Saturday, January 25	1000m, 3000m	1500m, 5000m
Sunday, January 26	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

Eligibility: Junior - A, B, C2 Note: C2 Juniors are skaters born between July 1, 1998 and June 30, 1999

Submitted times may be verified with SpeedskatingResults.com

For Time Standards, please refer to page 4 of this document.

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, **January 24-26, 2014 Saskatoon, SK**

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

	Women	Men
Friday, January 24	500m, 1500m	500m, 1000m
Saturday, January 25	1000m, 3000m	1500m, 5000m
Sunday, January 26	500m, 1000m, Mass Start	500m, 1000m, Mass Start

Eligibility: Senior

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

For a result to be a valid qualifying time, it must have been achieved in the period between July 1, 2012 and the entry deadline.

Submitted Times may be verified with speedskatingresults.com

For Time Standards, please refer to page 4 of this document.

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 2013 – 2014 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 2013/2014 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.

Continental Championships, January 17-19, 2014 **Calgary AB**

Eligibility: Senior, Junior A, B, C2

Time Standards – (Applies to Canadian skaters only)

	Ladies	Men
Friday, January 17	TBA	TBA
Saturday, January 18		
Sunday, January 19		

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

Time Standards for Continentals (Applies to Canadian skaters only)

For Time Standards, please refer to page 4 of this document.

Canada Cup Final, March 13 - 16, 2014, Calgary, AB

Note: This is part of the Oval Finale.

Time Standards for Canada Cup Final will be published in a future High Performance Bulletin

Race format will be published in a future High Performance Bulletin

Eligibility: Senior, Junior A, B, C

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 #167.

Junior World Cup

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

World Junior Championships

	Ladies	Men
500m	42.0	38.0
1000m	1.25.0	1.16.0
1500m	2.12.0	1.58.0
3000m	4.45.0	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

Olympic Winter Games

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

	Ladies	Men
500m	39,50	35,90
1000m	1.18,50	1.10,80
1500m	2.00,00	1.48,50
3000m	4.15,00	----
5000m	7.20,00 or 4.10,00	6.33,00
10000m	--	13.30,00 or 6.28,00

Continental Championships

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

World Allround Championships

	Ladies		Men
3000m	4.20.00	5000m	6.40.00

World Sprint Championships

	Ladies		Men
500m	39.80		35.95
1000m	1.19.50		1.10.90

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 an event in the circumstance that 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 athletes to participate in 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 to events.

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 event.
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, an athlete is eligible to apply for a Bye request to a subsequent ranking event if they are prevented from competing in one of the ranking events due to a pre-existing illness or injury.

- 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 a 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, National Development Team and Talent Squad

- This process applies to selection to the National Team, National Development Team and Talent Squad 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, National Development Team or Talent Squad.

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.