

SPEED SKATING CANADA HIGH PERFORMANCE BULLETIN

#184 – Selection Process (SHORT TRACK)

September 2019

HIGH PERFORMANCE BULLETINS

The High Performance Committee – Short Track (HPCST) will issue bulletins periodically throughout the season informing skaters, coaches and associations of any update and/or changes to selection criteria, competitions, etc.

The HPCST 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 HPCST.

TABLE OF CONTENTS

GENERAL INFORMATION	3
SPECIFIC TO INTERNATIONAL COMPETITIONS	3
SPECIFIC TO NATIONAL COMPETITIONS	4
COMPETITION PROGRESSION.....	6
2019 / 20 INTERNATIONAL COMPETITION TEAM SELECTION CRITERIA	7
RACING POOL	7
WORLD CUPS 1 AND 2.....	8
WORLD CUPS 3 AND 4.....	8
FOUR CONTINENTS SHORT TRACK SPEED SKATING CHAMPIONSHIPS	9
WORLD CUPS 5 AND 6.....	10
WORLD SHORT TRACK CHAMPIONSHIPS	10
WORLD JUNIOR SHORT TRACK CHAMPIONSHIPS.....	12
2020 WINTER YOUTH OLYMPIC GAMES	13
KPN KNSB SHORT TRACK INTERNATIONAL INVITATION CUP AND ALTA VALTELLINA TROPHY	14
US SHORT TRACK AMCUP 1.....	14
SHANGHAI TROPHY.....	15
GUIDELINES FOR DISCRETIONARY SELECTIONS	16
2019 / 20 NATIONAL COMPETITION ENTRY CRITERIA.....	17
CANADIAN SHORT TRACK CHAMPIONSHIPS.....	17
SHORT TRACK CANADA CUP #1	18
CANADIAN SHORT TRACK INTERNATIONAL INVITATIONAL	19
SHORT TRACK CANADA CUP #2	20
SHORT TRACK CANADA CUP FINAL	21
CANADIAN JUNIOR SHORT TRACK CHAMPIONSHIPS	23
SHORT TRACK CANADA CUP JUNIOR FINAL	24
2019 / 20 CANADIAN RANKINGS	26
2019 / 20 CANADIAN JUNIOR RANKINGS	27
RANKING POINTS (500M, 1000M, 1500M).....	28

General Information

Bulletin 184 describes the selection criteria, and entry requirements for competitions during the 2019-2020 season. A graphic, simplified version of the national and international HP competition program is in the section entitled Competition Progression.

Notification

All National and Development Team members must have completed and signed the SSC National Team/Program Athlete Agreement in order to be eligible for selection to any of the following competitions.

Team Selection Procedures

All skaters must qualify for international competition through the standards set by the ISU to be eligible to compete in each event. Speed Skating Canada will select athletes for each event in accordance with the following general procedures.

Skaters may request a Bye for selection as detailed in the procedure and policy for the allocation of Byes. The Policy can be found on the SSC website in Bulletin 187.

National Team Uniforms

All skaters are required to wear cut resistant clothing (undergarment or racing suit) that meets the ISU standards as described in ISU Communication 2221.

ISU regulations regarding helmets in International competitions are available in ISU Communication 2088.

Specific to International competitions

Naming of Teams

Selection to a Team is provisional until any and all bye requests have been considered. Once all bye requests have been considered, SSC will then formally announce a team by posting the team list on the SSC website. Every effort will be made to ensure that this occurs within 7 days of the selection event.

For each Team, the HPCST will name an alternate athlete in the event that a replacement is required. The naming of the alternate may come after the naming of the initial team and is at the sole discretion of the HPCST.

Replacement of Skaters

The HPCST reserves the right to replace a skater if medical advice is such that competing in the event may be potentially injurious to the selected skater or that the skater has not recovered sufficiently from an existing injury.

If a skater who is named to a team withdraws or declines his/her position on the team prior to departure for the competition he/she will be replaced on that team at the discretion of the HPCST, and according to budgetary considerations.

If a skater who is named to a team withdraws from that team due to injury, illness etc following departure for the competition, or series of competitions he/she may be replaced on the team at the discretion of the HPCST.

Specific to National Competitions

In order to compete in these competitions skaters must be Canadian citizens and registered participants of Speed Skating Canada. The competitions will be held on the ISU 111.12m oval track. ISU racing rules will apply unless otherwise indicated by SSC.

During an event sanctioned by Speed Skating Canada, athletes must not 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, no Speed Skating Canada National or Development Team skin suit from a previous season is permitted to be worn by any skater during any National event detailed in this Bulletin unless authorized by the Short Track High Performance Director .

Registration procedure

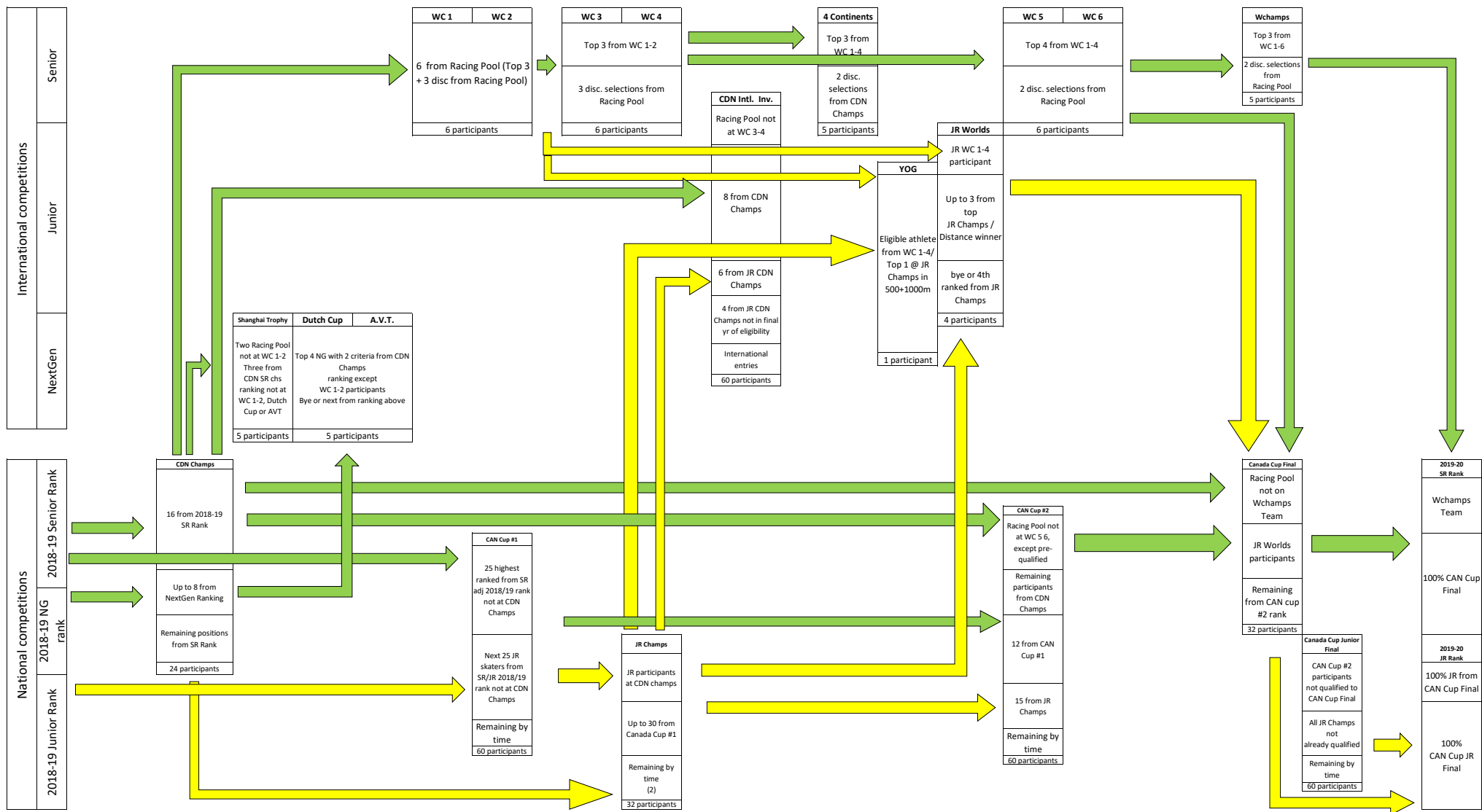
Skaters are required to confirm their intent to participate to Speed Skating Canada **through their branch by:**

Competition	Dates	Location	Posting of list of pre-qualified	Deadline to register online for pre-qualified skaters	Deadline to submit time entries	Posting of the final list	Deadline to register online for skaters qualified by time	Deadline for replacements for late withdrawals
Canadian Short Track Championships	September 20-22	Montreal, QC	September 4	September 11	N/A	N/A	N/A	September 16
Short Track Canada Cup #1	October 18-20	Sherbrooke, QC	September 25	October 2	October 7	October 9	October 11	October 14
Canadian Junior Championships	November 29 - December 1	Calgary, AB	October 28	November 8	November 18	November 20	November 22	November 25
Canadian Short Track International Invitational	December 6-8	Montreal, QC	TBD	TBD	N/A	TBD	N/A	December 2
Short Track Canada Cup #2	February 7-9	Sherbrooke, QC	December 9	December 20	January 27	January 29	January 31	February 3
Short Track Canada Cup Final	March 13-15	Calgary, AB	February 14	February 21	N/A	N/A	N/A	March 9
Short Track Canada Cup Junior Final	March 20-22	Richmond, BC	February 14	February 21	February 24	February 26	March 9	March 16

PLEASE NOTE:

- Participants NOT confirmed by the deadline to confirm will be replaced by the next ranked eligible skater until the deadline for replacements for late withdrawals. After this date, no more changes will be made to the entry list, except in exceptional circumstances which will be decided by the HPCST and will be limited to until 24 hrs prior to the start of the competition.
- Entry submission and confirmation for skaters will ONLY be accepted by the branch - coaches who wish to verify whether their skaters have been submitted must consult the website or communicate with their branch
- Entries should only be submitted for skaters who are intending to compete
- Registration fees will be charged to the skaters who enter and then choose to withdraw without medical reason.

Competition Progression 2019-2020 Season



2019 / 20 International Competition Team Selection Criteria

Racing Pool

Preamble:

In order to represent Canada at ISU World Cups and World Championships for 2019-20, athletes will first need to qualify for the Racing Pool. Athletes in the Racing Pool will be expected to train together at the National Training Centre in Montreal.

Quota: The Racing Pool will be composed of eight (8) men and (8) women.*

Sequence of decisions for inclusion on the Racing Pool per gender

Step 1 Select the **four (4) highest ranked** athletes from the Canadian Short Track Championships, based on ranking of totals of best two distances.

If a tie in points exists, the skater with the highest finish position in their 3rd best distance will be ranked higher. If a tie persists, cumulative seeding points of the 3 distances will be used for breaking the tie.

Step 2 If a request has been made for a **bye**, it will be evaluated according to the Bye Policy (see Bulletin 187).

Step 3 If the athlete requesting the bye is placed among the top 7 positions of the adjusted Canadian Short Track Championships ranking based on best two (2) distances, the athlete will be selected to the Racing Pool between the 5th and 7th positions.

If no request has been made for a bye, or the application of the bye has not resulted in the athlete being placed within the top 7 of the adjusted Canadian Short Track Championships ranking based on best two (2) distances, then the **5th, 6th and 7th highest ranked athletes** from this same ranking will be selected to the Racing Pool.

Step 3 The HPCST, based on the recommendation of the National Team coaches, will confirm **one (1) athlete** to be selected to the Racing Pool according to the guidelines for discretionary selections as specified on page 16.

*The HPC reserves the right to name up to one (1) additional athlete per gender to the Racing Pool at any point during the season, based on either:

- (1) exceptional performances in training or competition; OR
- (2) due to the extended injury of a current member of the Pool

Any addition proposed on this basis will be according to the National team coaches evaluation and pending approval by the committee.

World Cups 1 and 2

Eligibility:

ISU determines the eligibility of Canada to submit entries for the World Cups.

An eligible skater is a skater who has reached the age of 15, by July 1st, 2019. (ISU Rule #108)

Quota: The World Cups teams 2019/20 will be composed of six (6) women and six (6) men.

Sequence of decisions and team selection criteria: World Cups 1-2

Step 1 Select top **three (3) ranked** athletes from the Canadian Short Track Championships, based on ranking of totals of best two distances.

If a tie in points exists, the skater with the highest finish position in their 3rd best distance will be ranked higher. If a tie persists, cumulative points of the 3 distances will be used for breaking the tie.

Step 2 The HPCST, based on the recommendation of the National Team coaches, will confirm **three (3) athletes** from the Racing Pool to be selected according to the guidelines for discretionary selections as specified on page 16.

World Cups 3 and 4

Eligibility:

ISU determines the eligibility of Canada to submit entries for the World Cups.

An eligible skater is a skater who has reached the age of 15, by July 1st, 2019. (ISU Rule #108)

Quota: The World Cups teams 2019/20 will be composed of six (6) women and six (6) men.

Sequence of decisions and team selection criteria: World Cups 3-4

Step 1 Select up to the **top three (3)** athletes based on a ranking of each athlete's highest world cup classification attained in either the 500m, 1000m or 1500m distances after World Cup 1-2, who also skated at least one Final A in an individual distance.

If a tie exists, the skater with the highest points in the distance will be ranked higher. If a tie persists, the athlete with the highest world ranking in their second best distance will be favored.

Step 2 The HPCST, based on the recommendation of the National Team coaches, will approve **athletes** for the remaining positions from the Racing Pool to be selected according to the guidelines for discretionary selections as specified on page 16.

Should the performance of any athlete on the team at the first two World Cups not meet the expectations of the National Team coaches, s/he may be replaced at the sole discretion of the relevant National Team coach for World Cup 3 and 4. The athlete chosen to take this place on the team will be selected according to the criteria listed in point 2 above.

NOTE: Junior athletes who are selected to compete at any of World Cups 1-4 may be pre-selected to represent Canada at the World Junior Championships and thus be exempt from competing at the Canadian Junior Championships.

Four Continents Short Track Speed Skating Championships

Eligibility:

ISU Rule 281 determines the eligibility of Canada to submit entries for this Championship.

An eligible skater is a skater who has reached the age of 15, by July 1st, 2019. (ISU Rule #108)

Quota: The Four Continents team will be composed of five (5) women and five (5) men.

Sequence of decisions and team selection criteria:

Step 1 Select up to the **top three (3) ranked** athletes based on a ranking of each athlete's highest world cup classification attained in either the 500m, 1000m or 1500m distances after World Cup 1-4, who also skated at least one Final A in an individual distance.

If a tie exists, the skater with the highest points in the distance will be ranked higher. If a tie persists, the athlete with the highest world ranking in their second best distance will be favored.

Step 2 The HPCST, in consultation with the National Team coaches, will select the athletes for remaining positions from those qualified to compete at the Canadian Short Track Championships **according to the guidelines for discretionary selections** as specified on page 16.

Individual distances

Canada's quota to skate individual distances at the 2020 Four Continents is three (3) athletes . The top athlete per gender identified in Step 1 (above) will automatically be entered for the individual distances at the competition.

The remaining individual distance entries will be determined at the absolute discretion of the National Team coaches from amongst the remaining team members. This decision may be delayed until the deadline for entries (Wednesday prior to the competition) in order to allow for the greatest training data possible to factor into the decision.

Relay

All five (5) Team members will be eligible to compete in the relay; however, the National Team coach at the Four Continents will determine the composition of the relay Team for each round of competition.

Performance expectation

If an athlete's training performances are clearly inferior to the performances that earned him/her selection to the Four Continents Team, the HPCST may make the decision to replace this athlete with the alternate. Any such replacement will be based on a recommendation from the coach(es) responsible for the team at the Four Continents and confirmed by the HPCST.

World Cups 5 and 6

Eligibility:

ISU determines the eligibility of Canada to submit entries for the World Cups.

An eligible skater is a skater who has reached the age of 15, by July 1st, 2019. (ISU Rule #108)

Quota: The World Cups teams 2019/20 will be composed of six (6) women and six (6) men.

Sequence of decisions and team selection criteria: World Cups 5-6

Step 1 Select up to the **top four (4) ranked** athletes based on a ranking of each athlete's highest world cup classification attained in either the 500m, 1000m or 1500m distances after World Cup 1-4, who also skated at least one Final A in an individual distance.

If a tie exists, the skater with the highest points in the distance will be ranked higher. If a tie persists, the athlete with the highest world ranking in their second best distance will be favored.

Step 2 The HPCST, based on the recommendation of the National Team coaches, will approve athletes for the remaining positions from the Racing Pool to be selected according to the guidelines for **discretionary selections** as specified on page 16.

Should the performance of any athlete on the team at the first four World Cups not meet the expectations of the National Team coaches, s/he may be replaced at the sole discretion of the National Team coaches for World Cup 5 and 6. The athlete chosen to take this place on the team will be selected according to the criteria listed in point 2 above.

World Short Track Championships

Eligibility:

ISU Rule 281 determines the eligibility of Canada to submit entries for this Championship.

An eligible skater is a skater who has reached the age of 15, by July 1st, 2019. (ISU Rule #108)

Quota: If each relay team qualifies in the top eight (8) of the World Cup Relay Classification, then the team will be composed of five (5) women and five (5) men, otherwise it will be composed of three (3) athletes in the gender that did not qualify.

Sequence of decisions and team selection criteria: team quota of five (5)

Step 1 Select up to the **top three (3) ranked** athletes based on a ranking of each athlete's highest world cup classification attained in either the 500m, 1000m or 1500m distances after World Cup 1-6, who also skated at least one Final A in an individual distance.

If a tie exists, the skater with the highest points in the distance will be ranked higher. If a tie persists, the athlete with the highest world ranking in their second best distance will be favored.

Step 2 The HPCST, in consultation with the National Team coaches, will select the athlete(s) from the Racing Pool for the **remaining position(s) according to the guidelines for discretionary selections** as noted on page 16.

Sequence of decisions and team selection criteria: team quota of three (3)

- Step 1 Select **top two (2)** athletes based on a ranking of each athlete's highest world cup classification attained in either the 500m, 1000m or 1500m distances after World Cup 1-6, who also skated at least one Final A in the given distance.
If a tie exists, the skater with the highest points in the distance will be ranked higher. If a tie persists, the athlete with the highest world ranking in their second best distance will be favored.
- Step 2 The HPCST, in consultation with the National Team coaches, will select the athlete(s) from the Racing Pool for the **remaining position(s) according to the guidelines for discretionary** selections on page 16.

Individual distances

Canada's quota to skate individual distances at the 2020 World Short Track Championships is three (3) men and two (2) women. The top athlete per gender identified in Step 1 (above) will automatically be entered for the individual distances at the World Championship competition.

The remaining individual distance entries will be determined at the absolute discretion of the National Team coaches from amongst the remaining team members. This decision may be delayed until the deadline for entries (Wednesday prior to the competition) in order to allow for the greatest training data possible to factor into the decision.

Relay

All five (5) Team members will be eligible to compete in the relay; however, the National Team coach at the World Championships will determine the composition of the relay Team for each round of competition.

Performance expectation

If an athlete's training performances are clearly inferior to the performances that earned him/her selection to the World Short Track Championships Team, the HPCST may make the decision to replace this athlete with the alternate. Any such replacement will be based on a recommendation from the coach(es) responsible for the team at World Championships and confirmed by the HPCST.

World Junior Short Track Championships

Eligibility:

A Junior skater is a skater who has reached the age of 14, but not the age of 19 by July 1st, 2019. (ISU Rule #108)

Quota: The Team will be composed of four (4) women and four (4) men

Sequence of decisions and team selection criteria: World Junior Short Track Championships

Athletes will be selected on the basis of results of the Canadian Junior Short Track Championships , pre-selection and byes as described below.

Step 1 Pre-Selection:

Junior skaters who were selected to any of World Cups 1-4 teams in the 2019-20 season may be pre-selected to the World Junior Short Track Championship Team.

A maximum of **two (2)** athletes per gender may be pre-selected to the World Junior Short Track Championships.

Step 2 Select the highest ranked athletes based on ranking of totals of best two distances of the Canadian Junior Short Track Championships **until three (3) athletes are selected** to the team, including those who were pre-selected in Step 1.

If a tie in points exists, the skater with the highest finish position in their 3rd best distance will be ranked higher. If a tie persists, the skater with the greatest number of total points from the 3 distances will be used for breaking the tie.

Step 3 If a request has been made for a **bye**, it will be evaluated according to the Bye Policy (see Bulletin 187) specific to byes for the World Junior Championships.

If the athlete requesting the bye is placed among the top 3 positions, the athlete will be selected to the Team in the **4th position**.

If no request for a bye has been made, or if a request or requests have been made but have not resulted in placing the athlete on the team, then an athlete that has **won a distance** at the Canadian Junior Short Track Championships but has not been selected in the previous steps will be selected to the Team.

If all distance winners have been selected, the **next ranked athlete** based on ranking of totals of best two distances of the Canadian Junior Short Track Championships will be selected to the Team. If more than one distance winner has not yet been selected to the team, then the one with a better ranking considering best two distances will be selected. If a tie persists, then the one with the higher total of points of the three distances will be selected.

Individual distances:

Canada's quota to skate each distances at the 2020 World Junior Short Track Championships is shown in the table below:

Canada World Junior Championships distance entry quotas per gender			
Gender/Distance	1500m	500m	1000m
Women	3	3	2
Men	2	3	2

If two athletes have been preselected to the team, all individual distance entries will be determined at the absolute discretion of the team coach(es) at the World Junior Championships.

If one or fewer athletes have been preselected to the team, the team member with the best result in each distance at the Canadian Junior Championships will automatically be entered for that distance at World Junior Championships.

The remaining individual distance entries will be determined at the absolute discretion of the team coach(es) at the World Junior Championships from amongst the remaining team members. This decision may be delayed until the deadline for entries (Wednesday prior to the competition) in order to allow for the greatest training data possible to factor into the decision.

2020 Winter Youth Olympic Games

Eligibility:

For eligibility requirements, see the Speed Skating Canada Winter Youth Olympic Games Selection Policy and Procedures – Short Track at https://www.speedskating.ca/sites/speedskating.ca/files/coc-2020_winter_yog_selection_procedures_-_final.pdf

Quota: The Team will be composed of one (1) woman and one (1) man

KPN KNSB Short Track International Invitation Cup and Alta Valtellina Trophy

Quota: The Team will be composed of five (5) women and five (5) men*

Sequence of decisions and team selection criteria: Athletes will be selected on the basis of their inclusion in the NextGen ranking list and their performance at the Canadian Short Track Championships.

Step 1 Select top **4 athletes** per gender from the Canadian Short Track Championships ranking who meet minimum two (2) NextGen criteria who were not selected to the World Cups 1 and 2 Team.

Step 2 If a request has been made for a **bye**, it will be evaluated according to the Bye Policy (see Bulletin 187).

If the athlete requesting the bye is placed among the top 5 positions of athletes who meet at least two (2) NextGen criteria from the adjusted Canadian Championships ranking, the athlete will be selected to the Team in the 5th position.

If no request has been made for a bye, or the application of the bye has not resulted in the athlete being placed on the team, then the **5th athlete based upon the ranking** described in step 1 will be added to the team.

Step 3 If any athletes selected in Step 1 are not available or decline their position on the team, the remaining places will be filled by the next junior aged athletes from the Canadian Short Track Championships ranking who have not been selected to the Racing Pool.*

Athletes selected to participate in either the KPN KNSB Short Track International Invitation Cup (Dutch Cup) and the Alta Valtellina Trophy (A.V.T) will receive partial support from SSC. The amounts allocated to athletes will vary according to their position in the 2018-19 NextGen ranking list. Athletes who have satisfied more criteria will receive greater support. The exact amounts will be communicated to those selected to participate once costs are confirmed.

Individual distances:

All individual distances will be decided by the coach(es) present at the competition.

US Short Track AmCup 1

Eligibility: Athletes wishing to compete under the Canadian Team name must have participated at the 2019 Canadian Short Track Championships.

Exclusion: Athletes cannot not have been selected to World Cup 1/2, the Shanghai Trophy, the KPN KNSB Short Track International Invitation Cup or the Alta Valtellina Trophy.

This competition will be entirely self-funded by the participant athletes.

Shanghai Trophy

Quota: The Team will be composed of five (5) women and five (5) men

Step 1 Select two (2) athletes from the Racing Pool who were not selected to the World Cups 1 and 2 Team.

Step 2 Select three (3) next athletes at the Canadian Short Track Championships, based on ranking of totals of best two distances who have not been selected to compete at the KPN KNSB Short Track International Invitation Cup and Alta Valtellina Trophy.

Individual distances:

All individual distances will be decided by the coach(es) present at the competition.

Though this competition will be entirely self-funded by the participant athletes, there are substantial cash prizes available for participants at the competition.

Guidelines for Discretionary Selections

All discretionary selections will be evaluated according to the same process.

The relevant coach(es) per gender will

1. Set the weighting of criteria listed for the discretionary selection.

These criteria and weighting may differ for men and for women, even for the same category of selection, (example: discretionary selection to the Worlds team) in order to provide a relevant scale for the position being considered, with respect to the athletes already named to the team in previous steps. The present HP Bulletin provides a list of criteria for each team selection that may be referred to by the coach. These criteria may be amended to ensure the most complete evaluation of the athletes under consideration.

2. Decide which athletes they will evaluate via these criteria

A minimum of three athletes should be considered, which are entirely at the discretion of the relevant coach(es). No position in the adjusted selection ranking guarantees a consideration for this evaluation.

3. Evaluate all the athletes on the same criteria and in consideration of the same information available to them.

The coach(es) will give a number value per element, as well as an explanation of their rating.

The High Performance Committee will

1. Receive the relevant coach(es)'s evaluations and proposals prior to the selection conference call.

2. Confirm the fair establishment of weighting for criteria by the relevant coach(es)

If deemed necessary:

- a. Provide clarity on matters of process that are raised during the review
- b. Ask questions to comprehend the ratings per athlete.
- c. Request further details regarding the ratings

3. Ensure that the procedures were properly followed and respect the objectives of High performance

If not satisfied with any of the elements listed above, the HPC may request that the coaches make adjustments to their evaluations in order to properly follow the procedures and intent of the discretionary selection.

4. Confirm the coach(es)'s proposals for selection

Once satisfied the process has been followed fairly and with the principle interest of high performance in mind, confirm the coach(es) proposal for selection.

If there is disagreement among the committee members, the High Performance Director will ultimately be responsible for the final decision.

“International performances” will be defined as performance in ISU World Cup or World Championships (both Junior and Senior) competitions within the past twelve (12) months. When performances from the past twelve (12) months are not sufficient to enable a fair comparison and evaluation between athletes, competitions from beyond this period may be considered at the discretion of the HPCST.

2019 / 20 National Competition Entry Criteria

Canadian Short Track Championships

Location: Montreal, Quebec

Date: September 20-22, 2019 inclusive

Field of entry: Twenty-four (24) skaters per gender

Posting of list of pre-qualified skaters: September 4, 2019

Deadline to confirm/send entry and payment for prequalified skaters: September 11, 2019

Deadline for replacement of late withdrawals: September 16, 2019

Deadline for submission of bye requests due to pre competition circumstances: September 19, 2019 – 5 p.m. EST

Eligibility:

Competitors at the Canadian Short Track Championships must have reached the age of 14 before July 1, 2019 (ISU Rule 108).

Entry to the Canadian Short Track Championships is done through the following priorities up to a maximum number of entries (see below):

1. The top sixteen (16) ranked skaters based on adjusted Canadian senior ranking from the 2018-19 season, not including those who are injured, have retired or decided not to skate this season.
2. Any member of the 2019-2020 National Team or Development Team not already selected above.
3. Remaining positions will be filled by the next ranked skaters based on the 2018-19 Next Gen ranking not already named above who have met at least two criteria.
4. Remaining positions, up to a maximum of two (2), will be filled with the next ranked skaters from the 2018-19 Next Gen ranking not already named above who have met at least one criterium.*
5. Remaining positions will be filled with the next athletes in order of the adjusted Canadian ranking from the 2018-19 season not already included above.

* These would be provisional entries pending a conversation between the coach and the athlete regarding the appropriateness of the competition in consideration of the athlete's current performance level

Any skaters who decline their place in the field of entry will be replaced by the next athlete from the ranking their selection was based on. Should there be no further athletes who qualify by a given criteria, the remaining places will be allocated to the next athletes in order of the

adjusted Canadian ranking from the 2018-19 season not already included in the list.

Competition schedule/Format:

This competition will be a 3 day event, with each distance skated twice (1500m, 500m, 1000m).

Day 1: 1500m, 500m
Day 2: 1000m, 1500m
Day 3: 500m, 1000m

Results for National Ranking:

No ranking points will be allocated for this competition. The purpose of this competition is to qualify for the Racing Pool, and for NextGen/Senior targeted international competitions.

Short Track Canada Cup #1

Location: Sherbrooke, Québec

Date: October 18-20, 2019 inclusive

Field of Entry: Sixty (60) entries per gender

Posting of pre-qualified skaters: September 25, 2019

Deadline to confirm/send entry and payment for pre-qualified skaters: October 2, 2019

Deadline to submit entries by time: October 7, 2019

Posting of final list: October 9, 2019

Deadline to register online for skaters qualified by time: October 11, 2019

Deadline for replacement of late withdrawals: October 14, 2019

Deadline for submission of bye requests: October 17, 2019 – 5 p.m. EST

Eligibility:

Competitors at the Short Track Canada Cup 1 must have reached the age of 14 before July 1, 2019 (ISU Rule 108).

Entry is done through the following priorities up to a maximum number of entries (see below):

1. The 25 highest ranked athletes according to the adjusted 2018-19 Canadian ranking (excluding those who competed at the 2019 Canadian Short Track Championships, or were originally qualified but unable to compete due to injury/illness etc.)
2. The 25 highest ranked athletes according to the adjusted 2018-19 Canadian junior ranking (excluding those who competed at the 2019 Canadian Short Track Championships, or were originally qualified but unable to compete due to injury/illness etc. and excluding those already

entered above).

3. Remaining positions*: Athletes based on their combined 500m + 1500m times as recorded from March 1st 2019 to October 6, 2019 in a SSC sanctioned competition with electronic timing. Please note in special circumstances manual times will be accepted (adjusted upwards by 0.2).

Time Standard*

Women: 3min 36sec based on combined 500m and 1500m times. (ex: 0:52+2:44)

Men: 3min 14sec based on combined 500m and 1500m times. (ex: 0:46+2:28)

*Exception: In the event that the number of entries meeting the time standard exceed the total number of places available, each province will be guaranteed an entry of at least one (1) skater per gender who meet the time standard stated above.

If any of the skaters who qualified for entry by points 1 & 2 above cannot or choose not to compete, they will be replaced by those who submitted their entry by time.

Competition schedule/Format:

This competition will be a 3 day event, with each distance skated once (1500m, 500m, 1000m).

Results for National Ranking:

No national ranking points will be allocated for this competition. The purpose of this competition is to qualify for Canadian Junior Championships and Short Track Canada Cup #2.

Canadian Short Track International Invitational

Location: Montreal, Quebec

Date: December 6-8, 2019 inclusive

Field of entry: Sixty (60) entries per gender

Posting of pre-qualified skaters: TBD

Deadline to confirm/send entry and payment: TBD

Posting of final list: TBD

Deadline for replacement of late withdrawals: December 02, 2020

Eligibility

Competitors at the Canadian Short Track International Invitational must have reached the age of 14 before July 1, 2019 (ISU Rule 108).

Entry to the Canadian Short Track International Invitational is done through the following priorities up to a maximum number of entries (see above):

1. All skaters from the Racing Pool who were not selected to the World Cups 3 and 4 Team.
2. Top eight (8) athletes based on the Canadian Short Track Championships ranking based on best two distances not already included above.
3. Top six (6) athletes based on the Canadian Junior Short Track Championships ranking not already included above.
4. Next four (4) athletes based on the Canadian Junior Short Track Championships ranking not in their final year of junior eligibility and not already included above.
5. Remaining positions will be determined based on the number of international entries.

Competition schedule/Format:

This competition will be a 3 day event, with each distance skated once (1500m, 500m, 1000m,). Exhibition relays for men and women may be held, time permitting.

The exact racing format will be announced in a separate communication.

Results for National Ranking

No national ranking points will be allocated for this competition. The purpose of this competition is to gain additional high level racing experience.

Short Track Canada Cup #2

Location: Sherbrooke, Quebec

Date: February 7-9, 2020 inclusive

Field of Entry: Sixty (60) entries per gender

Posting of pre-qualified skaters: December 9, 2019

Deadline to confirm/send entry and payment for pre-qualified skaters: December 20, 2019

Deadline to submit entries by time: January 27, 2020

Posting of final list: January 29, 2020

Deadline to confirm/send entry and payment for entries by time: January 31, 2020

Deadline for replacement of late withdrawals: February 3, 2020

Deadline for submission of bye requests due to pre-competition circumstances: February 6, 2020 – 5 p.m. EST

Eligibility:

Competitors at the Short Track Canada Cup #2 must have reached the age of 14 before July 1, 2019 (ISU Rule 108).

Entry to the Short Track Canada Cup #2 is done through the following priorities up to a maximum number of entries (see below):

1. All Racing Pool athletes who were not selected to compete at World Cups 5 and 6. Athletes who were pre-selected to World Cups 5 and 6 based on performance at the previous World Cups, but who have elected not to compete at World Cups 5 and 6 are exempt from this competition.
2. All remaining athletes qualified to compete at the Canadian Short Track Championships excluding those mentioned in point 1 above, but including those who were originally qualified yet did not compete.
3. The 12 next highest ranked athletes from the results of the Short Track Canada Cup #1 overall ranking (total of three distances) (excluding those already entered above).
4. The 15 next highest athletes from the 2019 Canadian Junior Championships overall ranking (total of three distances) (excluding those already entered above).
5. Remaining positions*: Athletes who meet the time standard stated below based on their combined 500m + 1500m times as recorded from September 1st 2019 to January 26, 2020 in a SSC sanctioned competition with electronic timing. Please note in special circumstances manual times will be accepted (adjusted upwards by 0.2).

Time Standard*

Women: 3min 36sec based on combined 500m and 1500m times. (ex: 0:52+2:44)

Men: 3min 14sec based on combined 500m and 1500m times. (ex: 0:46+2:28)

*Exception: In the event that the number of entries meeting the time standard exceed the total number of places available, each province will be guaranteed an entry of at least one (1) skater per gender who meet the time standard stated above.

If any of the skaters who qualified for entry by points 1 & 2 above cannot or choose not to compete, they will be replaced by those who submitted their entry by time.

Competition schedule/Format:

This competition will be a 3 day event, with each distance skated once (1500m, 500m, 1000m).

Results for National Ranking:

No national ranking points will be allocated for this competition. The purpose of this competition is to qualify for the Short Track Canada Cup Final or the Short Track Canada Cup Junior Final.

Short Track Canada Cup Final

Location: Calgary, Alberta

Date: March 13-15, 2020

Field of Entry: Thirty-two (32) skaters per gender

Posting of qualified skaters: February 14, 2020

Deadline to confirm/send entry and payment: February 21, 2020

Deadline for replacement of late withdrawals: March 9, 2020

Deadline for submission of bye requests: March 12, 2020– 5 p.m. EST

Eligibility

Competitors at the Short Track Canada Cup Final must have reached the age of 14 before July 1, 2019 (ISU Rule 108).

Entry to the Short Track Canada Cup Final is done through the following priorities up to a maximum number of entries (see above):

1. All members of the Racing Pool who were not selected to the World Short Track Championships team.
2. All members of the World Junior Championships team who were not selected to the World Short Track Championships team.
3. Remaining positions : Next highest ranked athletes from Short Track Canada Cup #2 based on the overall ranking of all three (3) distances.

Competition schedule/Format:

This competition will be a 3 day event, with each distance skated twice (1500m, 500m, 1000m).

Day 1: 1500m, 500m
Day 2: 1000m, 1500m
Day 3: 500m, 1000m

Results for National Ranking:

Canadian ranking

All skaters will receive ranking points beginning at rank 1 and following (per distance).

Canadian Junior ranking

Junior aged skaters will receive ranking points according to their finish with regard to other junior aged skaters. This means that the highest ranked junior in each distance at this competition will earn 1st place for the junior ranking, the next 2nd place and so on (per distance).

The final ranking for this competition will be based on the totals of the best two (2) distances. Ties will be broken by placing the athlete with the better third distance higher in the ranking. Any persisting ties will be broken by favoring the athlete with the most total points (including all three distances).

Nat Sel #2 SR	Name	Status	For CDN ranking	For CDN junior ranking
1	Wendy	Junior	1	1
2	Zara	Senior	2	-
3	Polly	Senior	3	-
4	Christine	Junior	4	2
5	Doris	Senior	5	-
6	Victoria	Junior	6	3

7	Roxanne	Junior	7	4
8	Lainey	Senior	8	-
9	Yao	Senior	9	-
10	Rachel	Senior	10	-
11	Ophelia	Senior	11	-
12	Agathe	Junior	12	5
13	Midge	Senior	13	-
14	Molly	Senior	14	-
15	Johanne	Junior	15	6
16	Petra	Junior	16	7

Canadian Junior Short Track Championships

Location: Calgary, Alberta

Date: November 29 – December 1, 2019 inclusive

Field of entry: Thirty-two (32) skaters per gender

Posting of pre-qualified skaters: October 28, 2019

Deadline to confirm/send entry and payment for pre-qualified skaters: November 8, 2019

Deadline to submit entries by time: November 18, 2019

Posting of final list: November 20, 2019

Deadline to register online for skaters entered by time: November 22, 2019

Deadline for replacement of late withdrawals: November 25, 2019

Deadline for submission of bye requests: November 28, 2019 – 5 p.m. EST

Eligibility:

Competitors at the Canadian Junior Short Track Championships must have reached the age of 14, but not the age of 19 by July 1st, 2019. (ISU Rule 108)

Entry to the Canadian Junior Short Track Championships is done through the following priorities:

1. All Junior athletes who competed at the Canadian Short Track Championships. These include the originally qualified skaters as well as the replacement skaters who participated in the competition.
2. Junior athletes taken from the overall ranking (total of three distances) of the Short Track Canada Cup #1, up to a maximum total of 30, including those who were selected above.
3. Remaining positions: junior athletes based on their combined 500m + 1500m times as recorded from March 1st 2019 to November 17th, 2019 in a SSC sanctioned competition with electronic timing. Please note in special circumstances manual times will be accepted

(adjusted upwards by 0.2).

Competition schedule/Format:

The schedule for this competition will be 3 days as follows:

Day 1: 1500m

Day 2: 500m

Day 3: 1000m, Exhibition relays 3000m women, 3000m men .

Results for National Ranking

No national ranking points will be allocated for this competition. The purpose of this competition is to qualify for the World Junior Championships team and the Short Track Canada Cup Junior Final.

Short Track Canada Cup Junior Final

Location: Richmond, British Columbia

Date: March 20-22, 2020 inclusive

Field of Entry: Sixty (60) skaters per gender

Posting of pre-qualified skaters: February 14, 2020

Deadline to confirm/send entry and payment for pre-qualified skaters: February 21, 2020

Deadline to submit entries by time: February 24, 2020

Posting of final list: February 26, 2020

Deadline to register online for skaters qualified by time: March 9, 2020

Deadline for replacement of late withdrawals: March 16, 2020

Deadline for submission of bye requests: March 19, 2020 – 5 p.m. EST

Eligibility:

Competitors at the Short Track Canada Cup Junior Final must have reached the age of 14, but not the age of 19 by July 1st, 2019. (ISU Rule 108)

Entry to the Short Track Canada Cup Junior Final is done through the following priorities up to a maximum number of entries (see above):

1. All Junior skaters who qualified for the Short Track Canada Cup 2 but did not qualify for Short Track Canada Cup Final.
2. All skaters who qualified for the Canadian Junior Championships but did not qualify for Short Track Canada Cup Final (excluding those already listed above).
3. Remaining positions: Junior athletes who meet the time standard stated below based on their combined 500m + 1500m times as recorded from September 1st 2019 to February 24th 2020 in

a SSC sanctioned competition with electronic timing. Please note in special circumstances manual times will be accepted (adjusted upwards by 0.2).

Time Standard*

Women: 3min 36sec based on combined 500m and 1500m times. (ex: 0:52+2:44)
Men: 3min 14sec based on combined 500m and 1500m times. (ex: 0:46+2:28)

*Exception: In the event that the number of entries meeting the time standard exceed the total number of places available, each province will be guaranteed an entry of at least one (1) skater per gender who meet the time standard stated above.

Competition schedule/Format:

This competition will be a 3 day event, with each distance skated once (1500m, 500m, 1000m).

Results for National Ranking:

Canadian Junior ranking

All junior aged skaters will receive ranking points based on the number of junior skaters who competed at the Short Track Canada Cup Final competition (per distance). This means that if Y junior aged skaters compete at Short Track Canada Cup Final, then the highest ranking points available from Short Track Canada Cup Junior Final begin at Y+1 rank.

The final ranking for this competition will be based on the totals of points from all three (3) distances. Ties will be broken by placing the athlete with the better third distance higher in the ranking. Any persisting ties will be broken by favoring the athlete with the most total points (including all three distances).

2019 / 20 Canadian Rankings

For the purposes of determining a final Canadian Ranking, the athletes selected to the 2020 World Championships Team will be ranked 1 to 5 (or 1 to 3 in the case that a relay team is not qualified to compete) in order of their best individual performance at that competition. Any tie will be broken by favouring the athlete with the better result in their second best distance. Persisting ties will be broken by favouring the third best distance. Athletes who did not skate in individual distances will be ranked after those who did, and according to their order of selection to the team.

If the alternate selected for the Team participates at the World Championships, s/he will be ranked according to the procedure above.

For the remaining athletes, the final Canadian ranking will be determined from the ranking at the Short Track Canada Cup Final based on the total of best two (2) distances.

In the event of a tie, the athlete with the higher rank in their third distance will be placed higher in the ranking. Any persisting tie will be broken by favoring the athlete with the higher total points of the three distances combined.

Individual distance rankings

These rankings will follow a similar order of prioritization above, with the following order within each category:

1. Athletes who were selected to the ISU (Senior) World Championships
Athletes who skated individual distances at the ISU (senior) world championships will receive individual distance rankings which correspond to their relative performance in each distance compared with the other members of the team who skated individual distances.

Athletes who did not skate an individual distance will be ranked either 4th or 5th in each distance based on their head to head performance in each distance at the Canadian Short Track Championships. In this situation, if one of the athletes did not compete in any one of the distances at the Canadian Short Track Championships, s/he will automatically be ranked behind the others.

2. Athletes who competed at the Short Track Canada Cup Final
Individual distance rankings will be based on the total of the athlete's points in the two events of the same distance at the Short Track Canada Cup Final. Any tie will be broken by favoring the athlete with the higher ranking based on best two (2) distances.

2019 / 20 Canadian Junior Rankings

For the purposes of determining a final Canadian Junior Ranking, results from the Short Track Canada Cup Final OR the Short Track Canada Cup Junior Final will be considered in the following priority order.

1. Any juniors who competed at the World Short Track (Senior) Championships, in order of their best individual performance at that competition. Ties will be broken by referring to the performance in the second best.
2. Any juniors who competed at the Short Track Canada Cup Final, in order of their rank at that competition based on the total of best two (2) distances. Ties will be broken by referring to the points earned in each athletes' third distance.
3. All juniors who competed at the Short Track Canada Cup Junior Final, in order of their rank at that competition based on the total points earned in the three (3) distances. Ties will be broken by referring to the athlete with the higher rank based on best two (2) distances.

Individual distance rankings

These rankings will follow a similar order of prioritization above, with the following order within each category

1. Any juniors who competed at the World Short Track Championships
Athletes who skated individual distances at the ISU (senior) World Championships will receive individual distance rankings which correspond to their relative performance in each distance compared with the other junior members of the team who skated individual distances.

Athletes who did not skate an individual distance will be ranked lower in each distance based on their head to head performance in each distance at the Canadian Junior Championships. In this situation, if one of the athletes did not compete in any one of the distances at the Canadian Junior Championships, s/he will automatically be ranked behind the others.

2. Any juniors who competed at the Short Track Canada Cup Final
Individual distance rankings will be based on the total of the athlete's points in the two events of the same distance at the Short Track Canada Cup Final. Any tie will be broken by favoring the athlete with the higher ranking based on best two (2) distances.
3. All juniors who competed at the Short Track Canada Cup Junior Final
Individual distance rankings will be based on the athlete's performance in the distance at the Short Track Canada Cup Junior Final

Ranking Points (500m, 1000m, 1500m)

Rank	Points
1	10000
2	8000
3	6400
4	5120
5	4096
6	3277
7	2949
8	2654
9	2389
10	2150
11	1935
12	1741
13	1567
14	1411
15	1269
16	1143
17	1028
18	925
19	833
20	750
21	675
22	607
23	546
24	492
25	443
26	398
27	359
28	323
29	290
30	261
31	235
32	212
33	191
34	171
35	154
36	139
37	125
38	113

Rank	Points
39	101
40	91
41	82
42	74
43	66
44	60
45	54
46	48
47	44
48	39
49	35
50	32
51	29
52	26
53	23
54	21
55	19
56	17
57	15
58	14
59	12
60	11
61	10
62	9
63	8
64	7
65	7
66	6
67	5
68	5
69	4
70	4
71	3
72	3
73	3
74	3
75	2
76	2

Approved by the High Performance Committee - Short Track on September 12 2019