

SPEED SKATING CANADA
PATINAGE DE VITESSE CANADA



CANADA

HIGH PERFORMANCE BULLETIN 190

Domestic Competition Format

September 2019

High Performance Committee – Long Track

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1. Information

1.1. Purpose and Objective

The objective of the High Performance Bulletin (the “**HP Bulletin**”) for Competition Format is to establish provisions that are designed, ultimately, to provide guidance to competition organizers, coaches and athletes for domestic events (“**Domestic Events**”) where athletes will be racing at a Selection Event (as per HP Bulletin 189) or Canadian Ranking Event (as per HP Bulletin 192).

The objective of High Performance Bulletin 190 (the “**HP Bulletin**”) for Long Track is to organize, in collaboration with Speed Skating Canada (“**SSC**”) membership and partners, competitive opportunities which include races held over two, three or four days, typically falling over a weekend. “**Individual Distances**” shall mean “500m, 1000m, 1500m, 3000m (Ladies), 5000m, 10000m (Men) and Mass Start” and “**Team Events**” shall mean Team Pursuit and Team Sprint.

1.2. HPC-LT Committee

The Committee constituted pursuant to this HP Bulletin will be the High Performance Committee - Long Track which shall consist of three volunteer committee members and one Chairman of the Committee (the “**Chair**”) who shall be an employee of SSC appointed to the position at the sole, full and absolute discretion of the Chief Executive Officer of SSC (collectively, the “**HPC-LT**”) as per the Term of Reference. The Chair will have sole, full and complete authority to apply HP Bulletin 190 contained herein without interference from any additional persons. For the absence of doubt, the volunteer members of the HPC-LT shall have no authority to either apply HP Bulletin 190 or to authorize the content of this HP Bulletin 190.

1.3. High Performance Jury

At all relevant Selection Events, the High Performance Jury (the “**HP Jury**”) will consist of the HPC-LT members in attendance, or in the absence of any members of the HPC-LT, such person or persons the HPC-LT members may appoint, if any, to the HP Jury for such competition, and the Chief Referee.

1.4. Conflict of Interest

In the exercise of the authority granted above, the Chair and the HP Jury as described above, have the obligation to apply SSC’s Conflict of Interest Policy in the exercise of their duties and as found at the following location: <http://www.speedskating.ca/sites/speedskating.ca/files/int400-conflictofinterestpolicy.pdf>

In the case where the Chair or HP Jury is deemed to have or declares a conflict of interest in relation to a specific decision, or when the Chair or HP Jury has advised that such member will be unable to complete her or his duties under this HP Bulletin, a staff member of SSC selected by the remaining members of the HP Jury, will vote in his or her place. If the Chair or HP Jury is unable to vote or if there are two or more of the Chair and a member of the HP Jury are in a conflict of interest, such members will be replaced by an additional SSC staff member.

1.5. Quorum

A quorum for any meeting of the HPC-LT or HP Jury will consist of a majority of the members, then serving, or identified at the time of such meeting or decision. Any members found to be in a conflict of interest according to Section 1.5 above cannot be counted for quorum for voting purposes on the topic(s) in which the member is in a conflict of interest. Voting shall be conducted as necessary in order to determine the final recommendation of the committee.

1.6. Announcements

The HPC-LT will issue HP Bulletins throughout the season informing athletes, coaches, and other relevant SSC Committees and SSC Branches (“**PTSOs**”) of updates and/or changes with respect, but not limited, to selection criteria and/or competitions. All HP Bulletins will be posted on the SSC Website.

As indicated herein, any amendments as per Section 1.7.1 of this HP Bulletin will be communicated through the release of additional Bulletins specific to this change.

1.7. Amendments and Unexpected Circumstances

1.7.1. Changes to This Document

The Chair reserves the right to make changes to this HP Bulletin which, in the Chair's sole, full and absolute discretion, are necessary to ensure optimal operations of each Event. Any changes to this document shall be communicated by sending an electronic communication, and also posting of the changes to the SSC Website. Such changes must be reasonably justifiable in accordance with fundamental principles of natural justice and procedural fairness.

1.7.2. Unexpected Circumstances

Should the Chair determine that unexpected or unusual circumstances have arisen during the process of applying this HP Bulletin, the Chair shall have the sole, full and absolute discretion to resolve the matter as it sees fit, taking into account factors and circumstances that it deems in its sole, full and absolute discretion as relevant.

1.8. International Skating Union Regulations

The International Skating Union (the "ISU") regulations specific to the discipline of Speed Skating (long track) will be used for all Domestic Events outlined in this Bulletin and can be found at: [SPECIAL REGULATIONS & TECHNICAL RULES SPEED SKATING](#) as accepted by the 57th Ordinary Congress June 2018.

For greater certainty, there will be supplemental allowances of fresh starts ("Fresh Starts") outlined in Appendix A at Selection Events only.

2. Domestic Competitions

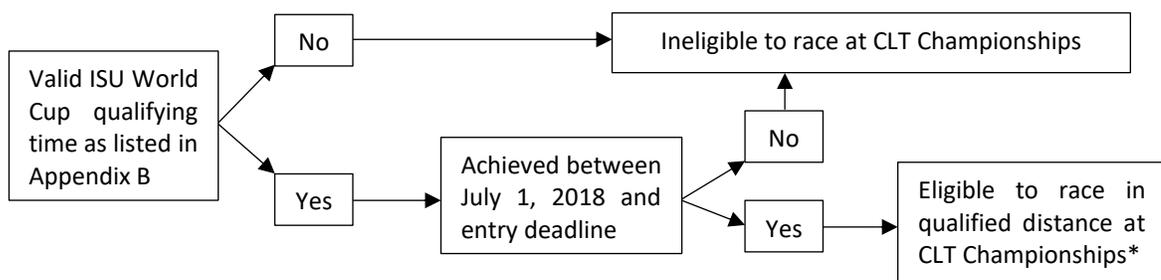
2.1. Canadian Long Track (CLT) Championships, October 17-20, 2019 (Calgary)

2.1.1. Entry Deadline

The entry deadline for Canadian Long Track Championships will be one week prior to the start day of the Event.

2.1.2. Entry Criteria

In order to be eligible to enter the CLT Championships, athletes must have achieved a valid qualifying time as indicated in Appendix B for World Cups. This time must have been achieved in ISU sanctioned event in the period between July 1, 2018 and the entry deadline of the CLT Championships. Other athletes may be added at the sole, full and absolute discretion of the Chair*. All athletes must be registered with a Speed Skating Canada club for the 2019-2020 season and be a member in good standing. Please note that fees paid to a training centre does not include a SSC membership. Skaters registered in the CLT Championships must be eligible to represent Canada at ISU speed skating events for the 2019-2020 season.



2.1.3. Competition Format

Thursday, October 17	Ladies	3000m
	Men	5000m
Friday, October 18	Men	500m
	Ladies	500m
	Men	10000m
	Ladies	5000m
Saturday, October 19	Ladies	1000m
	Men	1000m
Sunday, October 20	Ladies	1500m
	Men	1500m
	Ladies	Mass Start
	Men	Mass Start

2.1.4. Individual Distances

A specified number of athletes will be allowed to enter each Individual Distance as follows:

- A maximum of 20 athletes will be allowed for 500m, 1000m, 1500m ranked on qualifying time.
- A maximum of 12 athletes will be allowed for 3000m/5000m Ladies and 5000m/10000m Men ranked on qualifying time.
- If the maximum number of athletes has not been reached as per above, Neo-Senior athletes may be added up to the maximum number of athletes allowed in that Individual Distance, or to make even pairings. Neo-Senior athletes who may be added, must have achieved the qualifying time for Neo-Senior World Cup as per Appendix B. These athletes will be ranked by qualifying time in each Individual Distance, and may be grouped separately.
- Additional athletes may be approved to be entered at the sole, full and absolute discretion of the Chair. Athletes must submit a request to be added to the CLT Championships the HPC-LT prior to the entry deadline.

2.1.5. Mass Start

For the Mass Start competitions, each competitor must have achieved at least one of the ISU qualifying times in Appendix B achieved in an ISU sanctioned event in the period between July 1, 2018 and the entry deadline of the CLT Championships to be eligible for entry, up to a maximum of 24 athletes. Should there be more than 24 athletes, up to an additional four (4) positions may be added at the sole, full and absolute discretion of the Chair.

Mass Start races will be organized based on ISU Technical Rule 253 and special ISU Communication or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2195. Mass Start races will be 16 laps as per ISU Technical Rule 202.

2.1.6. Pairing and Drawing for 2019 CLT Championships

All competitors will be ranked according to their best achieved qualifying time between July 1, 2018 and the entry deadline at SSC/ISU sanctioned events. The starting order of the pairs shall be opposite to the ranking order of the competitors, so that the competitors with the slowest ranks will start in the first pair, and so on as specified in Appendix D.

CLT Championships Individual Distances will be run as (single) pairs. Mass Start at the CLT Championships will be run as specified in 2.1.5.

In case of withdrawals after the draw, rearrangements of pairs will be done according to ISU Rule 245.

2.1.7. Withdrawals

Withdrawals are to be completed prior to the Team Leaders/Coaches meeting and prior to the first draw.

In case of withdrawals after the draw, a withdrawal form (Appendix E) must be completed and submitted one hour prior to the next race and must be signed off by medical staff. Should a medical staff member not be available, then the respective coach can sign the form. Withdrawals made after the deadline will result in the athlete being disqualified from the next race/Event listed in Bulletin 190 except in the case of a DNS/withdrawal due to medical reasons. Withdrawal forms are to be submitted to the Chief Referee.

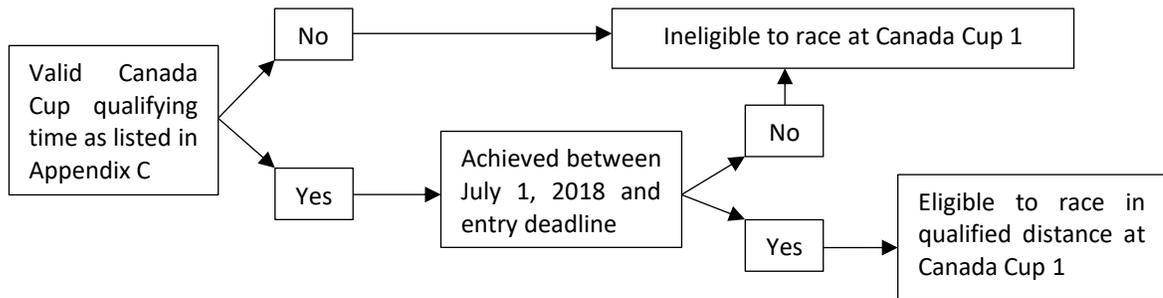
2.2. Canada Cup 1, December 6-8, 2019 (Fort St. John)

2.2.1. Entry Deadline

The entry deadline for Canada Cup 1 will be the Monday prior to the start day of the competition.

2.2.2. Entry Criteria

- Athletes must be minimum C2 Junior in order to be eligible to compete
- In order to be eligible to race in Canada Cup 1, athletes must have achieved a valid qualifying time as listed in Appendix C.
- Provinces that are using the Canada Cup 1 for provincial team selection, and would like to enter athletes who have not met the time standards listed in Appendix C, will be required to submit the name(s), distance(s), and best time(s) in each Individual Distance to the HPC-LT by the entry deadline of the competition. Skaters whose names have been submitted to the HPC-LT by the entry deadline may be added to the entry list of Canada Cup 1 at the sole, full and absolute discretion of the Chair. Should the athlete(s) be added to Canada Cup 1, they will not be included in the official Canada Cup 1 results and as a result will not be included on the Canadian Ranking List.
- Other athletes may be added at the sole, full and absolute discretion of the Chair.



2.2.3. Competition Format

Friday, December 6	Ladies	500m
	Men	500m
	Ladies	1500m
	Men	1500m
Saturday, December 7	Ladies	1000m
	Men	1000m
	Ladies	3000m
	Men	5000m

Sunday, December 8

Men	500m
Ladies	500m
Ladies	1000m
Men	1000m
Ladies	Mass Start
Men	Mass Start

2.2.4. Individual Distances

- 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.

2.2.5. Mass Start

Senior and Junior Mass Start races may be organized based on ISU Technical Rule 253 and special ISU Communication 2195 or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2195. Mass Start races for Seniors will be 16 laps and Mass Start races for Junior will be 10 laps.

2.2.6. Pairings and Drawings

All competitors will be ranked according to their best achieved Qualifying Time from the 2018-2019 season. The starting order of the pairs shall be opposite to the ranking order of the competitors, so that the competitors with the slowest ranks will start in the first pair, and so on as specified in Appendix D. Should the Competitor Steward, Chief Referee and the Chair deem that it is necessary to run quartets, then quartets shall be run as specified in Appendix D.

In case of withdrawals after the draw, rearrangements of pairs will be done according to ISU Rule 245.

2.2.7. Withdrawals

In case of withdrawals after the draw, a withdrawal form must be completed and submitted one hour prior to the next race. Withdrawal made after the deadline will result in the athlete being disqualified from the next race/Event listed in Bulletin 190 except in the case of a DNS/withdrawal due to medical reasons.

2.3. Canada Cup 2/Canadian Junior Long Track Championships/World Single Distance Championships Skate-off (WSD Skate-off), January 3-6, 2020 (Calgary)

2.3.1. Entry Deadline

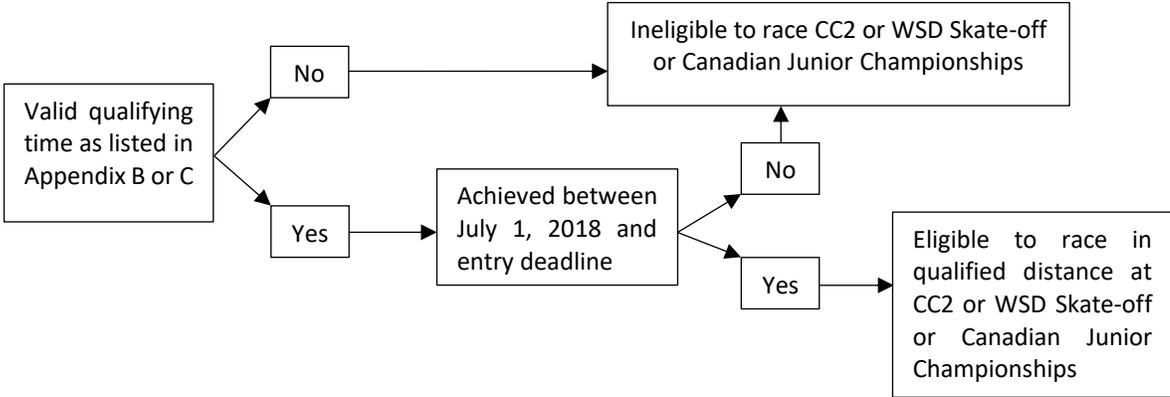
The entry deadline for Canada Cup 2, Canadian Junior Long Track Championships and WSD Skate-off will be one week prior to the start day of the competition.

2.3.2. Entry Criteria

In order to be eligible to race:

- Athletes must be minimum C2 Junior in order to be eligible to compete in Canadian Junior Long Track Championships.
- For entry to Canada Cup 2, Canadian Junior Long Track Championships athletes must have achieved a valid qualifying time as listed in Appendix C for Canada Cups and/or World Junior Championships. This time must have been achieved in an ISU sanctioned event in the period between July 1, 2018 and the entry deadline of the Canada Cup 2/Canadian Junior Long Track Championships/WSD Skate-off.
- For entry to WSD Skate-off, athletes must have achieved a valid qualifying time as listed in Appendix B for World Single Distance Championships. This time must have been achieved in an ISU

sanctioned event in the period between July 1, 2018 and the entry deadline of the Event. Additional athletes may be added to the WSD Skate-off at the sole, full and absolute discretion of the Chair.



2.3.3. Competition Format

Friday, January 3	Ladies 500m
	Men 500m
	Ladies 1500m
	Men 1500m
Saturday, January 4	Ladies 1000m
	Men 1000m
	Ladies 3000m
	Men 5000m
Sunday, January 5	Men 500m (Canadian Ranking only)
	Ladies 500m (Canadian Ranking only)
	Ladies 1000m (Canadian Ranking only)
	Men 1000m (Canadian Ranking only)
	Ladies 5000m
	Men 10000m
Monday, January 6	Ladies Mass Start
	Men Mass Start

2.3.4. Canadian Junior Long Track Championships Event

Junior Canadian Allround Champion will be determined by:

Friday, January 3	Ladies 500m
	Men 500m
	Ladies 1500m
	Men 1500m
Saturday, January 4	Ladies 1000m
	Men 1000m
	Ladies 3000m
	Men 5000m

Note: All junior-aged competitors who qualify to participate in the WSD Skate-off will be grouped above with the other WSD Skate-off competitors and their times from the applicable Individual Distance(s) in the WSD Skate-off will also be used in the Canadian Junior Long Track Championships competition and towards determining the Junior Canadian Allround Champion. Mass start medals will only be awarded to the junior-age competitors who compete in the Canadian Junior Long Track Championship Mass Start Event. The Mass Start Event is not included in the World Junior Championship team nomination.

2.3.5. World Single Distance Championships Skate-off (WSD Skate-off)

Individual Distances considered for the WSD Skate-off will be determined by the number of Canadian quota spots remaining as per HP Bulletin 189, Section 6.3. Races will be scheduled with Canada Cup 2 and Canadian Junior Long Track Championships as per entry criteria.

- The 5000m Ladies and 10000m Men will be run for the WSD Skate-off up to a maximum of twelve (12) entries. Athletes without a 5000m (Ladies) or 10000m (Men) qualifying time may qualify if such athlete achieves the 3000m (Ladies) or 5000m (Men) qualifying time [at the WSD Skate-off].

2.3.6. Mass Start

Depending on number of athletes registered, Senior and Junior Mass Start races may be organized based on ISU Technical Rule 253 and ISU Communication 2195 or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2195. Mass Start races for Seniors will be 16 laps and Mass Start races for Junior will be 10 laps.

Skaters who are eligible to compete in Mass Start at the WSD Skate-off will be grouped together and run separately from Canada Cup 2.

- Should there be more than 24 registered skaters for WSD Skate-off Mass Start, all competitors will be ranked according to their best 1500m Qualifying Time from the 2019-2020 season to determine the field of 24 that will be eligible to race in the WSD Skate-off Mass Start.

2.3.7. Pairings and Drawings

All competitors will be ranked according to their best achieved Qualifying Time from the 2019-2020 season. The starting order of the pairs shall be opposite to the ranking order of the competitors, so that the competitors with the slowest ranks will start in the first pair, and so on as specified in Appendix D. Should the Competitor Steward deem that it is necessary to run quartets, the quartets shall be run as specified in Appendix D with the exception of athletes competing in the WSD Skate-off.

WSD Skate-off individual distances will be run as (single) pairs. Mass Start at the WSD Skate-off will be run as specified in 2.3.6.

- In the case of the 5000m (Ladies) and 10000m (Men), skaters will be paired based on best achieved Qualifying Time from the 2019-2020 season. Skaters will be paired according to the qualifying time ranking and will be assigned their respective lane (inner vs outer). For greater clarity, the first ranked skater will be paired with the second ranked skater and then the third ranked skater will be paired with the fourth ranked skater. The starting order of the pairs shall be opposite to the ranking order of the competitors, so that the competitors with the slowest ranks will start in the first pair.
 - Should a skater not have a 5000m (ladies)/10000m (men) time, skaters will be paired based on best achieved Qualifying Time in the 3000m (ladies)/5000m (men) from the 2019-2020 season and will be ranked after those who have achieved the 5000m (ladies)/10000m (men) Qualifying Time.

Table 1. WSD Skate-off 5000m (L) and 10000m (M) pairings and drawings

RANKING ORDER (Draw based on seeding times)			DRAW - REVERSE ORDER SLOWEST TO FASTEST	STARTING ORDER (of races per distance)
PAIR 1	Fastest 2 1 st ranked = 2 nd ranked			PAIR 4
PAIR 2	Next Fastest 2 3 rd ranked = 4 th ranked		PAIR 3	6 th ranked 5 th ranked
PAIR 3	Next Fastest 2 5 th ranked = 6 th ranked		PAIR 2	4 th ranked 3 rd ranked
PAIR 4	Next Fastest 2 & so on		PAIR 1	2 nd ranked 1 st ranked

In case of withdrawals after the draw, rearrangements of pairs will be done according to ISU Rule 245.

2.3.8. Withdrawals

2.3.8.1. Athletes part of Canada Cup 2 and Canadian Junior Long Track Championships

In case of withdrawals after the draw, a withdrawal form must be completed and submitted one hour prior to the next race. Withdrawals made after the deadline will result in the athlete being disqualified from the next race/Event listed in Bulletin 190 except in the case of a DNS/withdrawal due to medical reasons.

2.3.8.2. Athletes part of WSD Skate-off

Withdrawals are to be completed prior to the Team Leaders/Coaches meeting and prior to the first draw.

In case of withdrawals after the draw, a withdrawal form (Appendix E) must be completed and submitted one hour prior to the next race and must be signed off by medical staff. Should a medical staff member not be available, then the respective coach can sign the form. Withdrawals made after the deadline will result in the athlete being disqualified from the next race/Event listed in Bulletin 190 except in the case of a DNS/withdrawal due to medical reasons. Withdrawal forms are to be submitted to Chief Referee.

2.4. Canada Cup 3, January 17-19, 2020 (Lake Placid, USA) – TBC

2.4.1. Entry Deadline

The entry deadline for Canada Cup 3 will be one week prior to the start day of the competition.

2.4.2. Entry Criteria

In order to be eligible to race:

- Athletes must be minimum C2 Junior in order to be eligible to compete
- In order to be eligible to race in Canada Cup 3, athletes must have achieved a valid qualifying time as listed in Appendix C for Canada Cups.
- Provinces that are using the Canada Cup 3 for provincial team selection, and would like to enter athletes who have not met the time standards listed in Appendix C, will be required to submit the name(s), distance(s), and best time(s) in each distance to the HPC-LT by the entry deadline

of the competition. Skaters submitted to the HPC-LT by the entry deadline may be added at the sole, full and absolute discretion of the HPC-LT. Should the athlete(s) be added to Canada Cup 1, they will not be included in the official Canada Cup 1 results and as a result will not be included on the Canadian Ranking List.

2.4.3. Competition Format

Friday, January 17	Ladies	500m
	Men	500m
Saturday, January 18	Ladies	1500m
	Men	1500m
	Ladies	1000m
	Men	1000m
Sunday, January 19	Ladies	3000m
	Men	5000m
	Men	500m
	Ladies	500m
	Ladies	1000m
	Men	1000m
	Ladies	Mass Start
	Men	Mass Start

2.4.4. Mass Start

Senior and Junior Mass Start races may be organized based on ISU Technical Rule 253 and special ISU Communication 2195 or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2195. Mass Start races for Seniors will be 16 laps and Mass Start races for Junior will be 10 laps.

All competitors for the Mass Start will be ranked according to their 1500m qualifying time. Qualifying times are those achieved prior to the entry deadline.

2.4.5. Pairings and Drawings

All competitors will be ranked according to their best achieved Qualifying Time from the 2019-2020 season that was achieved in an ISU or International Event or Domestic Event prior to the competition entry deadline. The starting order of the pairs shall be in the ranking order of the competitors, so that competitors with the fastest ranks will start in the first pair, and so on as specified in Appendix D. Should the Competitor Steward deem that it is necessary to run quartets, the quartets shall be run as specified in Appendix D.

In case of withdrawals after the draw, rearrangements of pairs will be done according to ISU Rule 245.

2.4.6. Withdrawals

In case of withdrawals after the draw, a withdrawal form must be completed and submitted one hour prior to the next race. Withdrawals made after the deadline will result in the athlete being disqualified from the next race/Event listed in Bulletin 190 except in the case of a DNS/withdrawal due to medical reasons.

2.5. Canada Cup 4, March 19-22, 2020 (Calgary)

2.5.1. Entry Deadline

The entry deadline for Canada Cup 4 will be one week prior to the start day of the competition.

2.5.2. Entry Criteria

In order to be eligible to race in Canada Cup 4, athletes must have achieved a valid qualifying time as listed in Appendix C for Canada Cups.

2.5.3. Competition Format

The format will be determined by the Olympic Oval Finale Organizing Committee and Competition Organizer. The 2020 Olympic Oval Finale/Canada Cup 4 will be held in accordance with the 2018 International Skating Union Regulations and is open to all skaters who belong to an ISU member country.

2.5.4. Pairings and Drawings

Drawing, Composition of Pairs and Starting Order of Pairs can be found in the 2020 Olympic Oval Finale – Canada Cup #4 Announcement [here](#). The drawings will be carried out in accordance with Rule 244 of the 2018 Regulations of the International Skating Union where applicable. Groupings and pairings may be based on season best times for 2019/20 season submitted for specific distances.

2.5.5. Mass Start

Senior and Junior Mass Start races may be organized based on ISU Technical Rule 253 and special ISU Communication 2195 or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2195. Mass Start races for Seniors will be 16 laps and Mass Start races from Junior will be 10 laps.

For the Mass Start race, skaters will be grouped according to their best 1500m times from the 2019/20 season. All safety equipment (ISU requirement) is mandatory.

In case of withdrawals after the draw, rearrangements of pairs will be done according to ISU Rule 245.

APPENDIX A – Fresh Starts

Allowance of Fresh Starts

Fresh Starts may be allowed as per ISU Rule 262. In addition, fresh starts outside the guidelines of ISU Rule 262 will be permitted by the HPC-LT for Team Selection purposes only, that is for the World Cup teams, World Single Distance Championship team and the World Junior Championship team. For fresh starts permitted outside the guidelines of ISU Rule 262 the time recorded in the fresh start will only be used for the purposes of Nomination, with the exception of Section 1.9.1. For greater clarity, fresh starts will not be used for Canadian Ranking purposes and will not be included the official event results.

No fresh starts will be allowed from a race that is itself a fresh start unless:

- the first fresh start has been allowed pursuant to ISU Rule 262; or
- the second fresh start would be allowed pursuant to ISU Rule 262 (ie the athlete has been interfered with through no fault of his own).

Conditions for Allowance of Fresh Starts

Disqualification

- If an athlete is disqualified at the start, he/she will be given a fresh start immediately following the final pair of the group.
- After a disqualification for an incident during a race the time from the re-skate race will be used for the purposes of Nomination as stated above in Allowance of Fresh Starts. The athlete may be given a fresh start allowance at the completion of the races for that specific distance at the sole, full and absolute discretion of the HPC-LT.
- In the case of a non-advantageous disqualification, the HPC-LT shall have the sole, full and absolute discretion to resolve the matter as it sees fit. Please note that an athlete is entitled to a minimum rest of 30 minutes between his/her race and the fresh start, however they may elect to complete their fresh start within this minimum 30 minute allowance.

Equipment failure

- If an athlete has equipment failure prior to the start of the race and it is brought to the Referee's attention, the athlete will have 30 minutes prior to the fresh start. This will be classified as the original start. If an athlete has equipment failure during the race, the athlete will have a minimum of 30 minutes before their fresh start.

Fall

- If an athlete falls during the race, the fresh start will take place no sooner than 30 minutes after the fall.

Finish of races

- If an athlete finishes a race, he or she may not ask for a fresh start, unless the accompanying athlete in the pair is disqualified for interference as per the ISU Rule 262. The exception is if the athlete falls across the finish line.

Discretion of the Chair

- A fresh start may be granted at the sole, full and absolute discretion of the Chair should they determine that unexpected or unusual circumstances have arisen which require a fresh start to be granted.

Exceptions

Exceptions may apply in the following situations:

- For fresh starts permitted outside the guidelines of ISU Rule 262, the time recorded in the fresh start will be used for the purposes of Team selection.
- For fresh starts permitted outside the guidelines of ISU Rule 262, the athlete/s will be drawn separately from any other athletes who have been granted a fresh start based on ISU Rule 262.

For the purpose of clarification with respect to fresh starts as outlined above:

- Scheduling of fresh starts awarded pursuant to ISU rule 262 will be at the sole, full and absolute discretion of the HP Jury.

APPENDIX B – ISU Qualifying Times

As per ISU Communications, in order for a result to be a valid Qualifying Time, it must have been achieved in an ISU sanctioned event in the period between July 1, 2018 and the entry deadline for the ISU World Cup or World Championship Event concerned. For the Mass Start and Team Events, any of the listed Qualifying Times will apply.

The ISU Speed Skating Technical Committee has determined Qualifying times required for participation in ISU Speed Skating Championships. For all ISU Championships, except for the ISU World Junior Speed Skating Championships, two alternative sets of Qualifying times have been defined. The slower Qualifying time, listed in (brackets), applies for results achieved outside the high altitude ice rinks in Calgary (Olympic Oval), Salt Lake City (Utah Olympic Oval) and Ürümqi (Xinjiang Ice Sports Center). The following Qualifying time limits apply for ISU Speed Skating Championships:

ISU World Cup Qualifying Times

ISU World Cup

To be entered, a skater must have achieved the following Qualifying Time.

	Ladies	Men
500m	39.50 (40.00)	35.70 (36.20)
1000m	1.19.00 (1.20.00)	1.11.20 (1.12.00)
1500m	2.00.50 (2.02.00)	1.49.00 (1.50.50)
3000m	4.19.00 (4.22.00)	---
5000m	4.11.00 or 7.23.00 (4.14.00 or 7.33.00)	6.40.00 (6.45.00)
10000m	---	13.30.00 or 6.28.00 (13.40.00 or 6.33.00)

ISU Neo-Senior World Cup

To be entered, a skater must have achieved the following Qualifying Time.

	Ladies	Men
500m	42.50	38.50
1000m	1.25.00	1.16.00
1500m	2.12.00	1.58.00
3000m	4.45.00	4.05.00

ISU World Championships Qualifying Times (to be updated upon release of ISU Communication)

World Single Distance Championships

To be entered, a skater must have achieved the Qualifying Time in all Individual Distance entered.

	Ladies	Men
500m		
1000m		
1500m		
3000m		
5000m		
10000m		

World Junior Championships

To be entered, Allround skaters must have achieved the Qualifying Time in all Individual Distance entered.

	Ladies	Men
500m		
1000m		
1500m		
3000m		
5000m		

World Sprint Championships

To be entered, a skater must have achieved the following Qualifying Time in either the 500m or 1000m.

	Ladies	Men
500m		
1000m		

World Allround Championships

To be entered, a skater must have achieved the following Qualifying Time

	Ladies	Men
3000m		
5000m		

APPENDIX C – Canada Cup Qualifying Times

The HPC-LT has determined qualifying times required for participation in Canada Cups. The following qualifying time limits apply for all Canada Cups and SSC Events:

		Senior Inside	Senior Outside	Junior Inside	Junior Outside
Women	500	0:44.0	0:46.9	0:46.2	0:50.6
	1000	1:27.2	1:33.0	1:31.6	1:40.3
	1500	2:15.3	2:24.2	2:22.0	2:35.4
	3000	4:44.7	5:03.3	4:58.7	5:26.7
Men	500	0:40.2	0:42.9	0:42.2	0:46.3
	1000	1:19.0	1:24.4	1:23.0	1:31.0
	1500	2:01.2	2:09.3	2:07.3	2:19.4
	3000			4:35.9	5:02.0
	5000	7:19.6	7:48.7	7:45.0	8:28.6

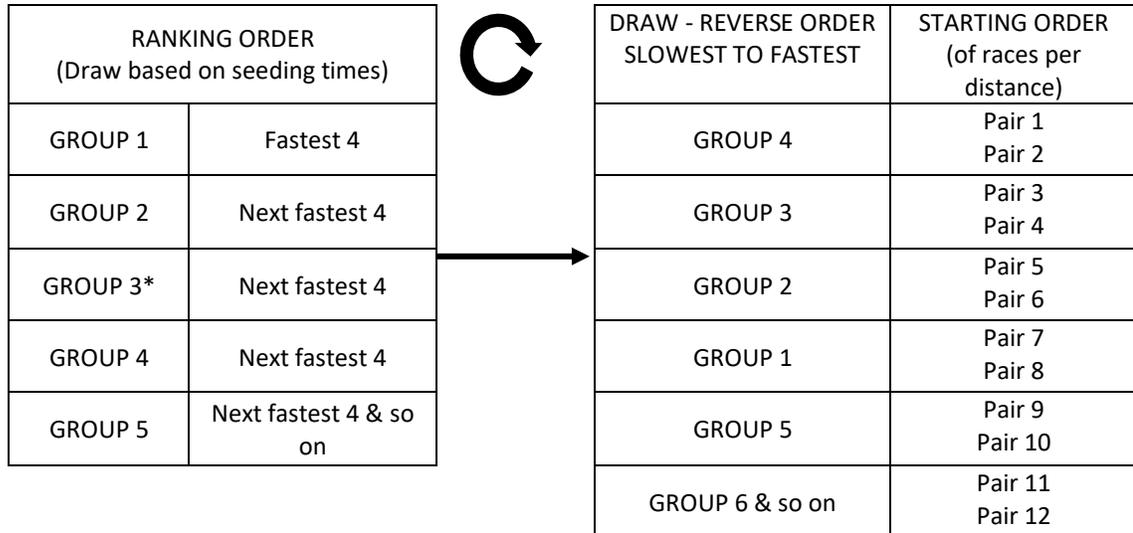
Ladies must have the time standard from the 1500m or 3000m to be eligible to compete in the 3000m. Ladies with a standard in any distance are eligible to compete in the 500, 1000, and 1500m.

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.

In order for a result to be a valid Qualifying Time, it must have been achieved in ISU or SSC Events and National Championships in the period between July 1, 2018 and the entry deadline for the Event. For the Mass Start and Team Events, any of the listed Qualifying Times will apply.

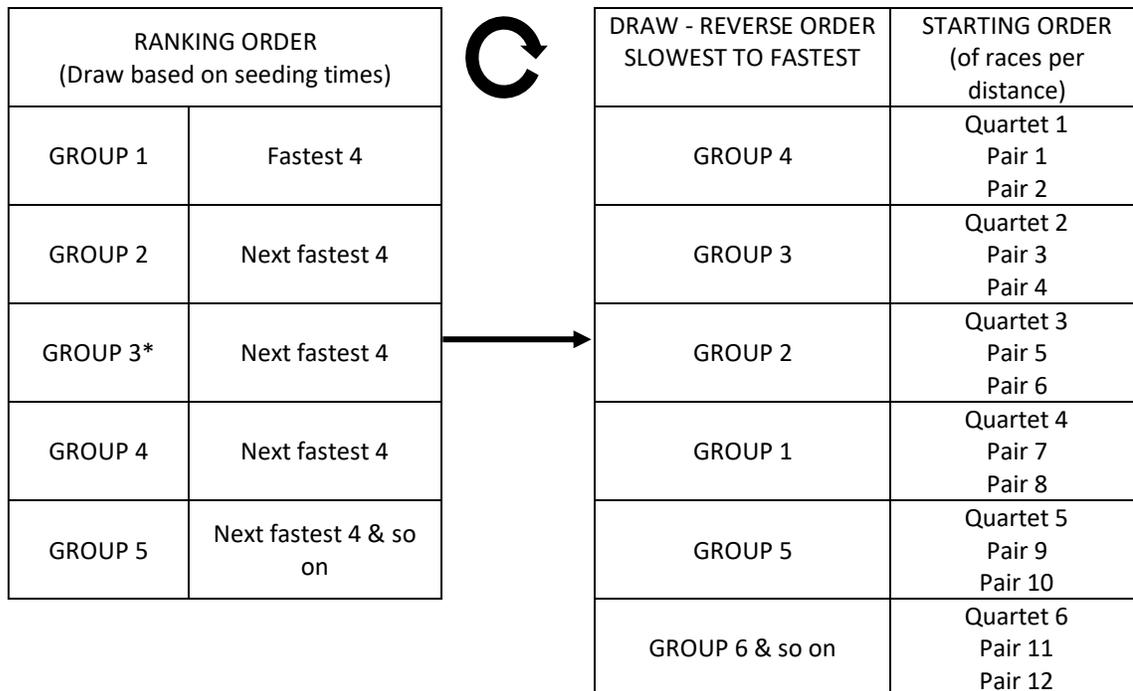
APPENDIX D – Pairing and Drawing Format

Indoor Competition Pairing and Drawing Format



*In the case of long distance races (3000m Ladies, 5000m, and 10000m Men), reverse order will begin with Group 3

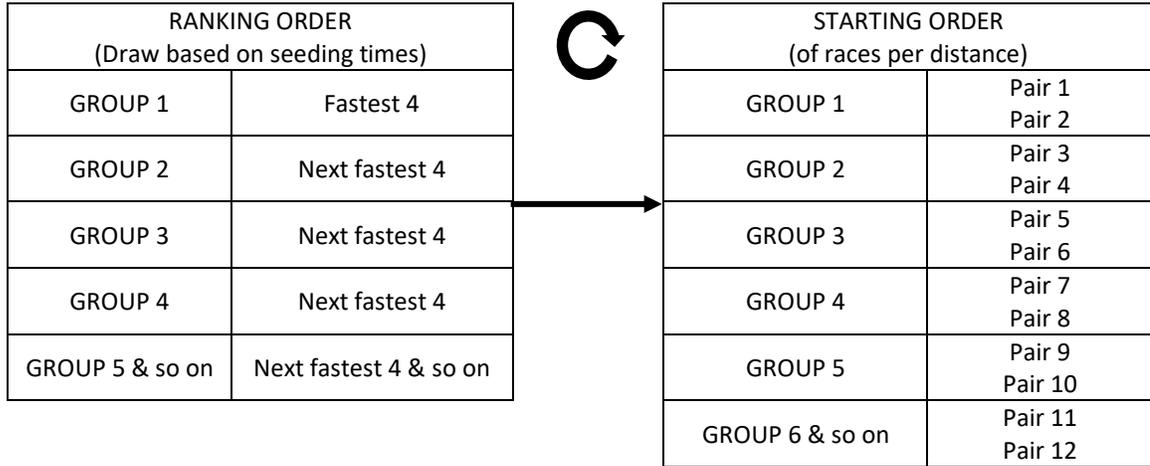
Indoor Competition Pairing and Drawing Format for Quartets



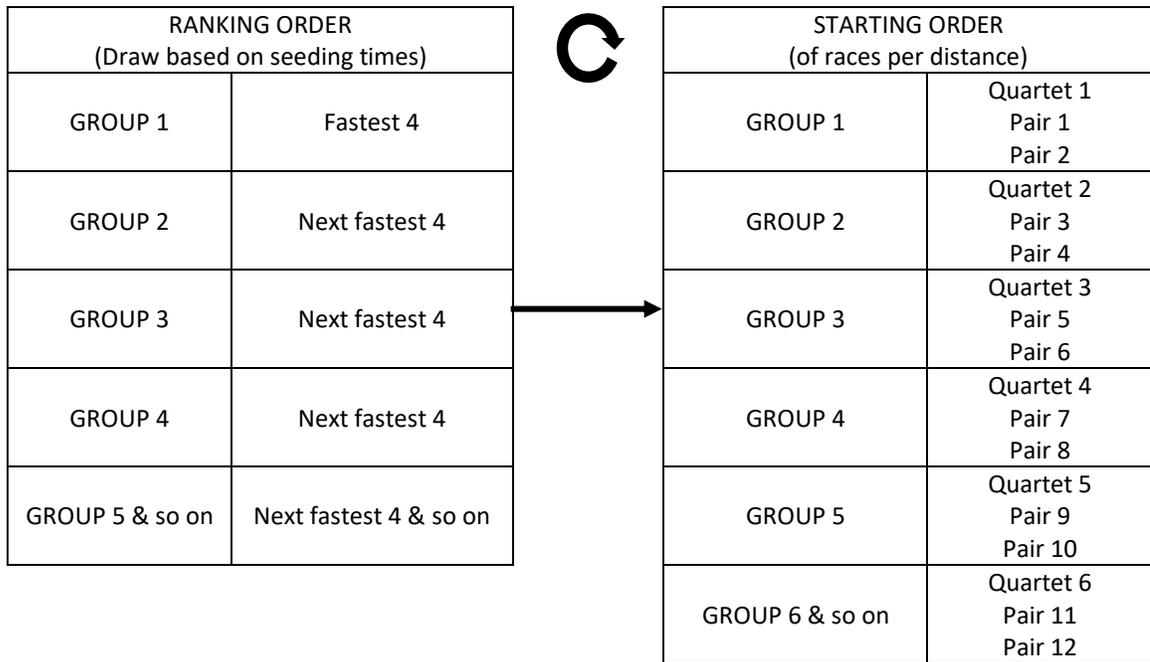
*In the case of long distance races (3000m Ladies, 5000m, and 10000m Men), reverse order will begin with Group 3

**Should there be an uneven number, the first quartet will be run as a pair, where then the remaining pairs will be run in quartets.

Outdoor Competition Pairing and Drawing Format



Outdoor Competition Pairing and Drawing Format for Quartets



*Should there be an uneven number, the first quartet will be run as a pair, where then the remaining pairs will be run in quartets.

APPENDIX E – Withdrawals Form

Competition

Date: _____

Distance: _____

Athlete

Name: _____

Athlete

Signature: _____

Official reason for withdrawal

Med or

Coach

Name: _____

Med or

Coach

Signature: _____