



SPEED  
SKATING  
CANADA

# High Performance Bulletin 202

Domestic Competition Format


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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 201) or Canadian Ranking Event (as per HP Bulletin 204).

The objective of High Performance Bulletin 202 (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, four or more days, typically falling over a weekend. “**Individual Distances**” shall mean “500m, 1000m, 1500m, 3000m (Women), 5000m, 10000m (Men) and Mass Start” and “**Team Events**” shall mean Team Pursuit and Team Sprint.

## 1.2. HPAC-LT

The High Performance Advisory Council – Long Track (HPAC-LT) constituted pursuant to this HP Bulletin will be the HPAC-LT which shall consist of three volunteer committee members and one Chairperson 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 “**HPAC-LT**”) as per the Term of Reference. The Chair will have sole, full and complete authority to apply HP Bulletin 202 contained herein without interference from any additional persons. For the absence of doubt, the volunteer members of the HPAC-LT shall have no authority to either apply HP Bulletin 202 or to authorize the content of this HP Bulletin 202.

## 1.3. High Performance Jury

At all relevant Selection Events, the High Performance Jury (the “**HP Jury**”) will consist of the HPAC-LT members in attendance, or in the absence of any members of the HPAC-LT, such person or persons the Chair 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: [https://speedskating.ca/wp-content/uploads/2022/01/Conflict-of-Interest-Policy-V4\\_EN\\_2022.pdf](https://speedskating.ca/wp-content/uploads/2022/01/Conflict-of-Interest-Policy-V4_EN_2022.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 HPAC-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.

## 1.6. Announcements

The HPAC-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) can be found at: [SPECIAL REGULATIONS & TECHNICAL RULES SPEED SKATING](#) as accepted by a vote June 2022 which will determine the allocation process for quota positions available for each Event, Individual Distance and/or Team Event to each Member Federation.

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 13-16, 2022 (Quebec City)

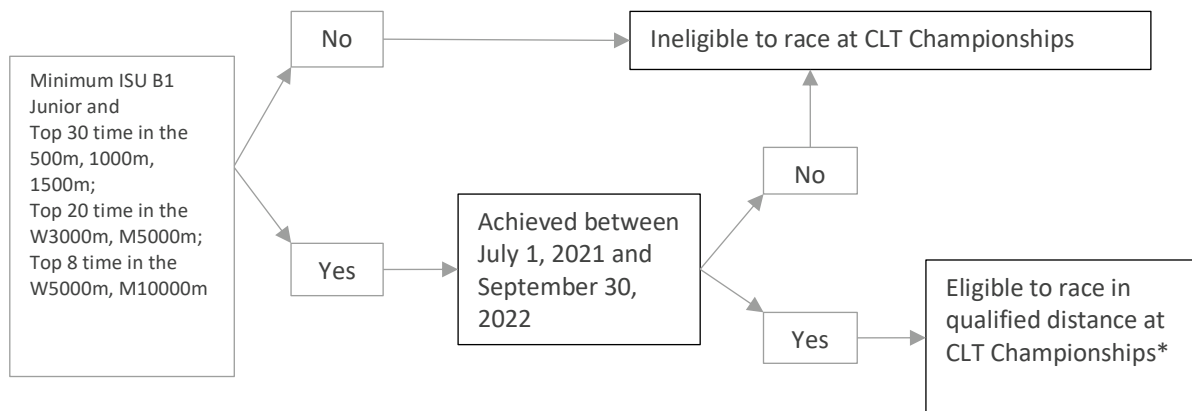
### 2.1.1. Entry Deadline

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

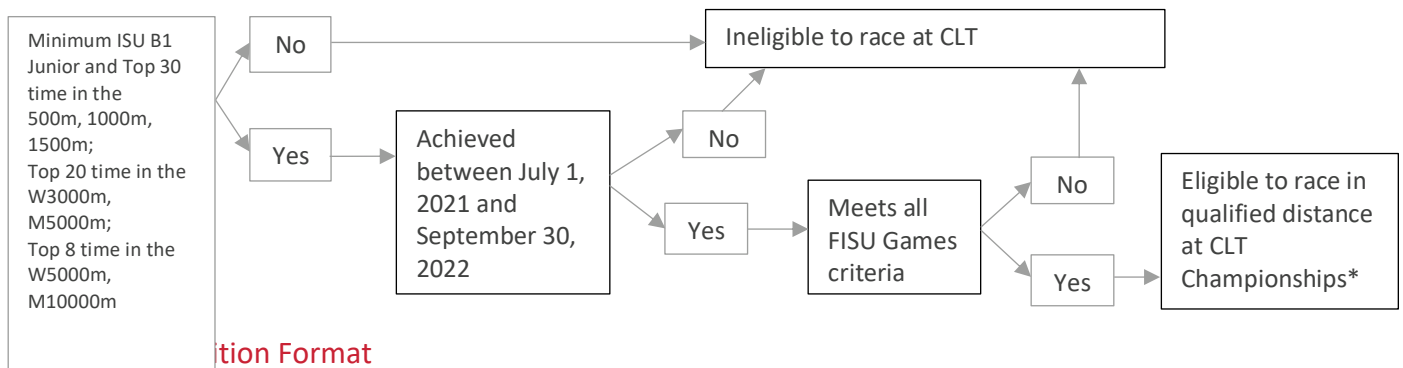
### 2.1.2 Entry Criteria

In order to be eligible to enter the CLT Championships, athletes must be minimum B1 Junior and be ranked within the top times 30 times skated in the 500m, 1000m and 1500m or within the top 20 times in the women's 3000m or men's 5000m or the top 8 times in the women's 5000m or men's 10000m in an ISU sanctioned event skated in the period between July 1, 2021 and September 30, 2022 in the distance they are entering. 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 2022-23 season and be a member in good standing. Please note that fees paid to a training centre does not include an SSC membership. Skaters registered in the CLT Championships must be eligible to represent Canada at ISU speed skating events for the 2022-2023 season.

#### Priority 1: 2022-2023 World Cup Team Selection



#### Priority 2: FISU Winter World University Games 2023 Team Selection



tion Format

		<u>Women</u>	<u>Men</u>
Thursday, October 13	DAY 1	500m 3000m	500m 5000m
Friday, October 14	DAY 2	1000m 5000m	1000m 10000m
Saturday, October 15	DAY 3	1500m	1500m
Sunday, October 16	DAY 4	Mass Start	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 30 athletes will be allowed for 500m, 1000m, 1500m ranked on qualifying time.
- A maximum of 20 athletes will be allowed for 3000m Women and 5000m Men ranked on qualifying time.
- A maximum of 8 athletes will be allowed for 5000m Women and 10000m Men ranked on qualifying time
  - The 5000m Women and 10000m Men will be run for the Canadian Long Track Championships up to a maximum of eight (8) entries. Athletes without a 5000m (Women) or 10000m (Men) qualifying time may qualify if such athlete achieves the 3000m (Women) or 5000m (Men) qualifying time at the Canadian Long Track Championships
- If the maximum number of athletes has not been reached as per above, FISU Winter Games eligible athletes may be added up to the maximum number of athletes allowed in that Individual Distance, or to make even pairings. FISU Games eligible athletes who may be added, must have achieved the qualifying time for ISU Four Continents Championships 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 written request to be added to the CLT Championships to the HPAC-LT one week prior to the entry deadline.

#### 2.1.5. Mass Start

For the Mass Start competitions, up to a maximum of 24 athletes will be eligible to race the Mass Start event based on the criteria below in the following order of priority:

- Pre-selected skaters as per HP Bulletin 201 section 4.4.1;
- Skaters who have achieved both Mass Start Profile A standards (in order of their best percentage of either A standard) as per HP Bulletin 201 section 3.3.2;
- Skaters who have achieved one Mass Start Profile A and one Mass Start Profile B standard, which athletes will be further ranked in order of their best percentage of the Mass Start Profile A standard in accordance with HP Bulletin 201 section 3.3.2;
- Skaters who have achieved one of either Mass Start Profile A standards or the Mass Start Profile B standards (which athletes will be further ranked in order of their best percentage of the standard they achieved) in accordance with HP Bulletin 201 3.3.2;
- Skaters who have achieved the ISU World Cup Time Standard in the 1500m or W3000m/M5000m; and
- Remaining skaters who will be ranked based on their best time in the 1500m or W3000m/M5000m based on their percentage to the ISU World Cup Time Standard in such distance.



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 257 and special ISU Communication or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No.2477. Mass Start races will be 16 laps as per ISU Technical Rule 202.

#### 2.1.6. Pairing and Drawing for 2022 CLT Championships

All competitors will be ranked according to their best achieved qualifying time between July 1, 2021 and September 30, 2022.

- 500m, 1000m, 1500m: First 10 pairs will be composed from the top 20 seed times with the slowest ranks starting in the first pair. The remaining 5 pairs will be composed from competitors ranked 21-30 and will be paired from fastest to slowest.
- Women's 3000m, Men's 5000m: First 6 pairs will be composed from the top 12 seed times with the slowest ranks starting in the first pair. The remaining 4 pairs will be composed from competitors ranked 13-20 and will be paired from fastest to slowest.
- Women's 5000m, Men's 10000m: Starting order of pairs shall be opposite to the ranking order of the top 8 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 202 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 9-11, 2022 (Fort St. John)

### 2.2.1. Entry Deadline

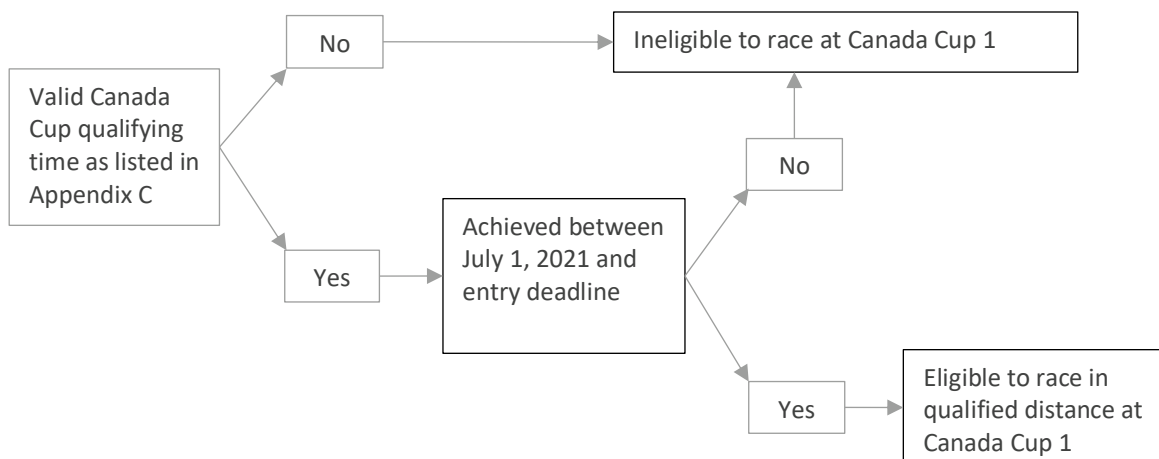
The entry deadline for Canada Cup 1 will be the Monday prior to the start day of the competition.

### 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 HPAC-LT minimum of one week prior to the entry deadline of the competition. Skaters whose names have been submitted

to the HPAC-LT one week prior to 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

		<u>Women</u>	<u>Men</u>
Friday, December 9	DAY 1	500m	500m
		1500m	1500m
Saturday, December 10	DAY 2	1000m	1000m
		3000m	5000m
Sunday, December 11	DAY 3	500m-2	500m-2
		1000m-2	1000m-2
		Mass Start	Mass Start
		Team Pursuit <sup>1</sup>	Team Pursuit

### 2.2.4. Individual Distances

- Women must have the time standard from the 1500m or 3000m to be eligible to compete in the 3000m. Women 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 257 and special ISU Communication No. 2477 or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2477. 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

<sup>1</sup> Team Pursuit will be an out of competition event if time permits. The focus of the Team Pursuit will be in preparation for the Canada Winter Games. Team Pursuit can be raced on a different day if required for scheduling purposes as determined by the organizing committee in consultation with SSC HP representative.

All competitors will be ranked according to their best achieved Qualifying Time between July 1, 2021 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. Should the event organizer, Chief Referee and the Chair deem that it is necessary to run quartets, then quartets shall be run as specified in Appendix D.

Specific to 500m-2 and 1000m-2: Lane assignments will be opposite to the lane assigned in 500m-1 and 1000m-1. For greater clarity if a skater races in the inner lane in 500m-1 or 1000m-1 will be assigned the outer lane for 500m-2 or 1000m-2. Skaters will be ranked in their race lanes from race #1 to establish pairings for race #2

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 202 except in the case of a DNS/withdrawal due to medical reasons.

## 2.3 Canada Cup 2/Canadian Junior Long Track Championships/~~World Speed Skating Championships~~ Skate-off, January 5-8th 2023 (Quebec City)

### 2.3.1. Entry Deadline

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

### 2.3.2. Entry Criteria

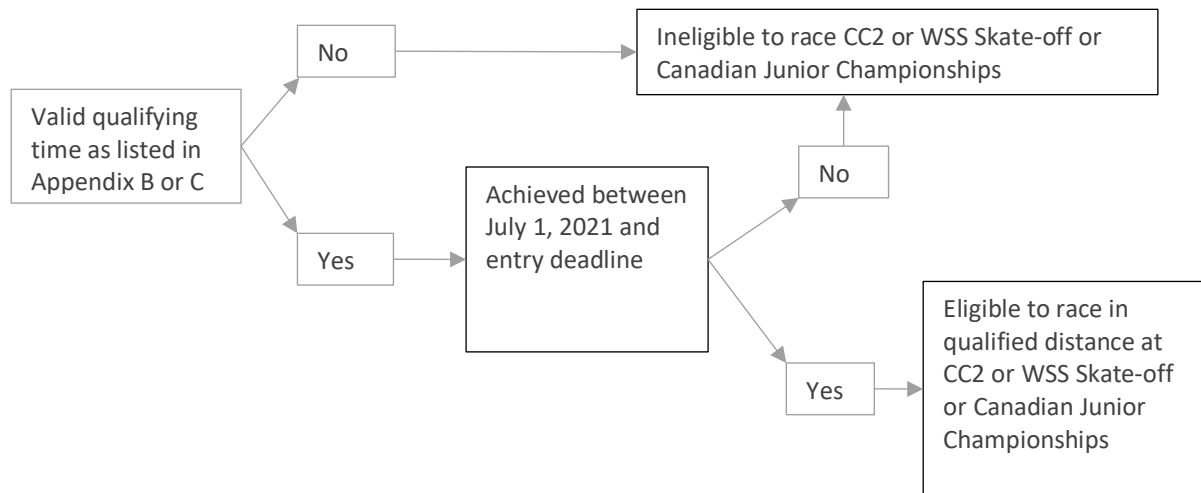
In order to be eligible to race:

- Athletes must be minimum B1 Junior in order to be eligible to compete in Canadian Junior Long Track Championships and must have achieved a valid Qualifying Time as listed in Appendix C. This time must have been achieved in an ISU/SSC sanctioned event between July 1, 2021<sup>2</sup> and the entry deadline of the Canadian Junior Long Track Championships/~~World Speed Skating Championships~~ Skate-off.
- For entry to Canada Cup 2 athletes must be minimum C2 Junior in order to be eligible to compete and must have achieved a valid qualifying time as listed in Appendix C for Canada Cups. This time must have been achieved in an ISU sanctioned event in the period between July 1, 2021 and the entry deadline of the Canada Cup 2/Canadian Junior Long Track Championships/~~World Speed Skating Championships~~ Skate-off.
- For entry to ~~World Speed Skating Championships~~ Skate-off, athletes must be minimum B1 Junior have achieved a valid qualifying time as listed in Appendix B for ISU World Speed Skating Championships Qualifying Time. This time must have been achieved in an ISU sanctioned event in the period between July 1, 2021, and the entry deadline of the Event.

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<sup>2</sup> Junior skaters will be permitted to participate in Canadian Junior Championships should they have achieved an eligible time since July 1, 2021 (Appendix C). However, as per ISU Communication 2426, to qualify for participation in World Junior Championships, athletes must have achieved valid Qualifying Time (listed in Appendix C) since July 1, 2020. In order to be eligible for Team Nomination (Bulletin 201), athletes will need to have achieved the Qualifying Time since July 1, 2021 and by the last date of entry for the World Junior Championships.

- Additional athletes may be added to the ~~World Speed Skating Championships~~ Skate-off at the sole, full and absolute discretion of the Chair.
- Provinces that are using the Canada Cup 2 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 HPAC-LT minimum of one week prior to the entry deadline of the competition. Skaters whose names have been submitted to the HPAC-LT one week prior to the entry deadline may be added to the entry list of Canada Cup 2 at the sole, full and absolute discretion of the HPAC-LT. Should the athlete(s) be added to Canada Cup 2, they will not be included in the official Canada Cup 2 results and as a result will not be included on the Canadian Ranking List



### 2.3.3. ~~World Speed Skating Championships~~ Skate Off – Competition Format

		<u>Women</u>	<u>Men</u>
Thursday, January 5	DAY 1	500m	500m
		1500m	1500m
Friday, January 6	DAY 2	3000m	5000m
Saturday, January 7	DAY 3	1000m	1000m
		<del>Mass Start</del>	<del>Mass Start</del>
Sunday, January 8	DAY 4	<del>5000m</del>	<del>10000m</del>

### 2.3.4. Canada Cup #2 – Competition Format

		<u>Women</u>	<u>Men</u>
Thursday, January 5	DAY 1	500m	500m
		1500m	1500m
Friday, January 6	DAY 2	500m-2	500m-2
		3000m	5000m
Saturday, January 7	DAY 3	1000m	1000m
		Mass Start	Mass Start
		Jr Mass Start	Jr Mass Start
Sunday, January 8	DAY 4	1000m-2	1000m-2

### 2.3.5. Canadian Junior Long Track Championships Event

The Canadian Junior Long Track Championships is run as a single distance event. According to ISU communication 2426, section 3.2.1, the Junior Canadian Allround Champion will be determined by:

		<u>Women</u>	<u>Men</u>
Thursday, January 5	DAY 1	500m 1500m	500m 1500m
Friday, January 6	DAY 2	1000m 3000m	1000m 5000m

Note: All junior-aged competitors who qualify to participate in the ~~World Speed Skating Championships~~ Skate-off will be grouped above with the other ~~World Speed Skating Championships~~ Skate-off competitors and their times from the applicable Individual Distance(s) in the ~~World Speed Skating Championships~~ 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.

#### 2.3.6. ~~World Speed Skating Championships~~ Skate-off

Individual Distances considered for the ~~World Speed Skating Championships~~ Skate-off will be determined by the number of Canadian quota spots remaining as per the SQRL. Races will be scheduled with Canada Cup 2 and Canadian Junior Long Track Championships as per entry criteria.

- ~~The 5000m Women and 10000m Men will be run for the World Speed Skating Championships Skate-off up to a maximum of eight (8) entries. Athletes without a 5000m (Women) or 10000m (Men) qualifying time may qualify if such athlete achieves the 3000m (Women) or 5000m (Men) qualifying time at the World Speed Skating Championships Skate-off.~~

#### 2.3.7. Mass Start

Depending on number of athletes registered, Senior and Junior Mass Start races may be organized based on ISU Technical Rule 257 and ISU Communication 2477 or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2477. Mass Start races for Seniors will be 16 laps and Mass Start races for Junior will be 10 laps.

~~Skaters who are eligible will compete in either the Junior Mass Start or the Canada Cup 2 Mass Start, which will be run separately, who are eligible to compete in Mass Start at the World Speed Skating Championships Skate-off will be grouped together and run separately from the Mass Start (JR) from Canada Cup 2.~~

- Should there be more than 24 registered skaters for a ~~World Speed Skating Championships Skate-off~~ Mass Start, all competitors will be ranked according to their best 1500m Qualifying Time since July 1, 2022 to determine the field of 24 that will be eligible to race in the ~~World Speed Skating Championships Skate-off~~ Mass Start.

#### 2.3.8. Pairings and Drawings



All competitors in the Canadian Junior Championships will be ranked according to their best achieved Qualifying Time between July 1, 2022 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. Should the event

organizer, Chief Referee and Chair 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 World Speed Skating Championships Skate-off.~~

~~World Speed Skating Championships~~ Skate-off individual distances will be run as (single) pairs or quartets as necessary determined by the Chair and the Chief Referee and will be ranked according to their best achieved Qualifying Time between July 1, 2021 and the entry deadline at SSC/ISU sanctioned events. Mass Start at the ~~World Speed Skating Championships~~ Skate-off will be run as specified in 2.3.6.

- ~~• In the case of the 5000m (Women) and 10000m (Men), skaters will be paired based on best achieved Qualifying Time between July 1, 2022 and the entry deadline at SSC/ISU sanctioned events. 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 (women)/10000m (men) time but has the 3000m (women)/5000m (men) time, skaters will be paired based on best achieved Qualifying Time in the 3000m (women)/5000m (men) between July 1, 2022 and the entry deadline at SSC/ISU sanctioned events and will be ranked after those who have achieved the 5000m (women)/10000m (men) Qualifying Time.~~

*Table 1. World Speed Skating Championships Skate-off 5000m (W) 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 1st ranked = 2nd ranked			PAIR 4
PAIR 2	Next Fastest 2 3rd ranked = 4th ranked	PAIR 3		6th ranked 5th ranked
PAIR 3	Next Fastest 2 5th ranked = 6th ranked	PAIR 2		4th ranked 3rd ranked
PAIR 4	Next Fastest 2 & so on	PAIR 1		2nd ranked 1st ranked

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

For Canada Cup #2 specific to 500m-2 and 1000m-2: Lane assignments will be opposite to the lane assigned in 500m-1 and 1000m-1. For greater clarity if a skater races in the inner lane in 500m-1 or 1000m-1 will be assigned the outer lane for 500m-2 or 1000m-2. Skaters will be ranked in their race lanes from race #1 to establish pairings for race #2

### 2.3.9. Withdrawals

#### 2.3.9.1 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 202 except in the case of a DNS/withdrawal due to medical reasons.

#### 2.3.9.2 Athletes part of ~~World Speed Skating Championships 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 202 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 27-29, 2023 (Winnipeg, MB)

### 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:

- ~~Canada Cup 3 NeoJr athletes (14-15yr, ISU C2 and B1) will compete in a separate category up to a maximum of 40 athletes per gender. Entry into the CC3 NeoJr category must be indicated on the entry form.~~
- Canada Cup 3 athletes must be minimum C2 Junior in order to be eligible to compete in Canada Cup 3. Juniors must have achieved at least one valid qualifying time as listed in Appendix C for Canada Cups in order to be eligible to race all four distances (500m, 1000m, 1500m, 3000m (women) / 5000m (men)).
- In order to be eligible to race in the 3000m (women) / 5000m (men) at Canada Cup 3, athletes must have achieved a valid qualifying time as listed in Appendix C in either the 1500m or 3000m (women) / 5000m (men). The qualifying time must have been achieved in an ISU/SSC sanctioned event between July 1, 2021 and the entry deadline of Canada Cup 3.
- 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 HPAC-LT minimum of one week prior to the entry deadline of the competition. Skaters submitted to the HPAC-LT by the entry deadline may be added at the sole, full and absolute discretion of the HPAC-LT. Should the athlete(s) be added to Canada Cup 3, they will not be included in the official Canada Cup 3 results and as a result will not be included on the Canadian Ranking List.

## 2.4.3. Competition Format

		<u>CC#3 Women</u>	<u>CC#3 Men</u>	<u><del>14-15 M/F</del></u>
Friday, January 27	DAY 1	1000m	1000m	
		3000m	5000m	
Saturday, January 28	DAY 2	500m	500m	<del>500m</del>
		1500m	1500m	<del>1500m</del>
		<del>TP<sup>3</sup></del>	<del>TP</del>	<del>TP</del>
Sunday, January 29	DAY 3	500m	500m	<del>1000m</del>
		1000m	1000m	<del>3000m(TBD)</del>
		Mass Start	Mass Start	<del>Mass Start</del>

## 2.4.4. Individual Distances

- All athletes are eligible to compete in the 500m, 1000m and/or 1500m
- Women must have the qualifying time from the 1500m or 3000m to be eligible to compete in the 3000m (Appendix C).
- Men must have the qualifying time from the 1500m, 3000m or 5000m to be eligible to compete in the 5000m (Appendix C).
- Junior athletes (minimum C2) must have a minimum of one time standard to be eligible to compete in all four distances (500m, 1000m, 1500m and 3000m (women) / 5000m (men)).

## 2.4.5. Mass Start

Senior and Junior Mass Start races may be organized based on ISU Technical Rule 257 and special ISU Communication No.2477 or other documents issued by the ISU Speed Skating Technical Committee.

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<sup>3</sup> Team Pursuit will be focused on Canada Winter Games eligible athlete for PTSO's



Safety measures are specified in ISU Communication No. 2477. Mass Start races for Seniors will be 16 laps and Mass Start races for Junior will be 10 laps.

For the Mass Start race, skaters will be grouped according to their best 1500m times from the 2022-23 season. All safety equipment (ISU requirement) is mandatory.

#### 2.4.6. Pairings and Drawings

All competitors will be ranked according to their best achieved Qualifying Time from the 2022-2023 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 event organizer, Chief Referee and Chair 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.

Specific to 500m-2 and 1000m-2: Lane assignments will be opposite to the lane assigned in 500m-1 and 1000m-1. For greater clarity if a skater races in the inner lane in 500m-1 or 1000m-1 will be assigned the outer lane for 500m-2 or 1000m-2. Skaters will be ranked in their race lanes from race #1 to establish pairings for race #2

#### 2.4.7. 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 202 except in the case of a DNS/withdrawal due to medical reasons.

## 2.5. Canada Cup 4, March 10-12, 2023 (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 be minimum C2 Junior and must have achieved a valid qualifying time as listed in the Announcement for Canada Cup 4.

### 2.5.3. Competition Format

		<u>Women</u>	<u>Men</u>
Friday, March 10	DAY 1	500m 1500m	500m 1500m
Saturday, March 11	DAY 2	1000m 3000m	1000m 5000m
Sunday, March 12	DAY 3	500m-2 1000m-2 Mass Start	500m-2 1000m-2 Mass Start

### 2.5.4. Individual Distances

- Women must have the time standard from the 1500m or 3000m to be eligible to compete in the 3000m. Women 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.
- Athletes without a 5000m (Women) or 10000m (Men) qualifying time may qualify if such athlete achieves the 3000m (Women) or 5000m (Men) qualifying time at Canada Cup 4.
- Oval Grand Prix/CC4 time standards will be listed in the Announcement for all distances.

### 2.5.5. Mass Start

Senior and Junior Mass Start races may be organized based on ISU Technical Rule 257 and special ISU Communication 2477 or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2477. 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 2022-23 season. All safety equipment (ISU requirement) is mandatory.

### 2.5.6. Pairings and Drawings

All competitors will be ranked according to their best achieved Qualifying Time from the 2022-2023 season in accordance with ISU Rule 244. 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 event organizer, 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.

Specific to 500m-2 and 1000m-2: Lane assignments will be opposite to the lane assigned in 500m-1 and 1000m-1. For greater clarity if a skater races in the inner lane in 500m-1 or 1000m-1 will be assigned the outer lane for 500m-2 or 1000m-2. Skaters will be ranked in their race lanes from race #1 to establish pairings for race #2

### 2.5.7. 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 202 except in the case of a DNS/withdrawal due to medical reasons.

## 2.6. Canada Cup 5, March 16-19, 2023 (Calgary)

### 2.6.1. Entry Deadline

The entry deadline for Canada Cup 5 will be one week prior to the start day of the competition.

### 2.6.2. Entry Criteria

In order to be eligible to race in Canada Cup 5, athletes must be minimum C2 Junior and must have achieved a valid qualifying time as listed in the Announcement for Finale/Canada Cup 5.

In the case of Team Pursuit, each Province/Territory is eligible to enter 1 team of a maximum of 4 athletes per gender. Athletes must be a registered member of the respective province/territory they are representing at Canada Cup 5. All athletes participating in the Team Pursuit must have either a 1500m or 3000m (women)/5000m (men) qualifying time as listed in the Announcement for Finale/Canada Cup 5.

### 2.6.3. Competition Format\*

		<u>Women</u>	<u>Men</u>
Thursday, March 17	DAY 1	500m 1000m	500m 1000m
Friday, March 18	DAY 2	500m-2 3000m	5000m
Saturday, March 19	DAY 3	1000m-2 5000m	500m-2 1000m-2 10000m
Sunday, March 20	DAY 4	1500m Mass Start Team Pursuit <sup>4</sup>	1500m Mass Start Team Pursuit

\* Race schedule will be organized in consultation with HP representative and the organizing committee

### 2.6.4. Individual Distances

- Women must have the time standard from the 1500m or 3000m to be eligible to compete in the 3000m. Women 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.
- A maximum of 16 skaters can enter the W-5000m and M-10000m, with priority entry based off the W-5000m and M-10000m Qualifying time. Remaining spots up to a maximum of 16 can be

<sup>4</sup> Team Pursuit will be an out of competition event

filled based on qualifying time in the W-3000m and M-5000m if such athlete has achieved the Canada Cup time standard in that distance.

- Athletes without a 5000m (Women) or 10000m (Men) qualifying time may qualify if such athlete achieves the 3000m (Women) or 5000m (Men) qualifying time at Canada Cup 5.
- Oval Finale/Canada Cup 5 time standards will be listed in the Announcement for all distances.

#### 2.6.5. Mass Start

Senior and Junior Mass Start races may be organized based on ISU Technical Rule 257 and special ISU Communication No.2477 or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2477. 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 2022-23 season. All safety equipment (ISU requirement) is mandatory.

#### 2.6.6. Team Pursuit

Teams entered must be composed of a minimum of three skaters up to a maximum of four skaters per gender. Team Pursuit will be skated as per the ISU rules (women – 6 laps and men – 8 laps).

The finishing time of the Provincial/Territorial team will be determined as the finish time of the third skater on the team to cross the finish line. If less than three skaters on the team finish the race, the team is considered not to have completed the race and shall be disqualified.

#### 2.6.7. Pairings and Drawings

All competitors will be ranked according to their best achieved Qualifying Time from the 2022-2023 season in accordance with ISU Rule 244. 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 event organizer, 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.

Specific to 500m-2 and 1000m-2: Lane assignments will be opposite to the lane assigned in 500m-1 and 1000m-1. For greater clarity if a skater races in the inner lane in 500m-1 or 1000m-1 will be assigned the outer lane for 500m-2 or 1000m-2. Skaters will be ranked in their race lanes from race #1 to establish pairings for race #2

#### 2.6.8. 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 202 except in the case of a DNS/withdrawal due to medical reasons.



# APPENDICES

# APPENDIX A: FRESH STARTS

## Allowance of Fresh Starts

Fresh Starts may be allowed as per ISU Rule 260. In addition, fresh starts outside the guidelines of ISU Rule 260 will be permitted by the HPAC-LT for Team Selection purposes only, that is for the World Cup teams, Olympic Games team and the World Junior Championship team. For fresh starts permitted outside the guidelines of ISU Rule 260 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 260; or
- the second fresh start would be allowed pursuant to ISU Rule 260 (i.e. 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 HPAC-LT.

In the case of a non-advantageous disqualification, the HPAC-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 260. 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 260, 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 260, the athlete/s will be drawn separately from any other athletes who have been granted a fresh start based on ISU Rule 260.

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

- Scheduling of fresh starts awarded pursuant to ISU rule 260 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, 2021 (Championships) 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:

## Canadian Long Track Championships Entry Times

In order to be eligible to enter the CLT Championships, athletes must be ranked within the top times 30 times skated in the 500m, 1000m and 1500m or within the top 20 times in the women's 3000m or men's 5000m or the top 8 times in the women's 5000m or men's 10000m in a ISU sanctioned event skated in the period between July 1, 2021 and September 30, 2022 in the distance they are entering. 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 2022-23 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 2022-2023 season.

## ISU World Cup Qualifying Times

### ISU World Cup

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

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

## ISU World Championships Qualifying Times



#### 4 Continents Championships

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

	<b>Women</b>	<b>Men</b>
<b>500m</b>	40.00 (40.50)	36.20 (36.60)
<b>1000m</b>	1.20.00 (1.21.00)	1.11.90 (1.12.80)
<b>1500m</b>	2.03.00 (2.05.00)	1.51.00 (1.52.50)
<b>3000m</b>	4.24.00 (4.28.00)	---
<b>5000m</b>	---	6.48.00 (6.52.00)

#### World Speed Skating Championships – Single Distance Format

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

	<b>Women</b>	<b>Men</b>
<b>500m</b>	40.00 (40.50)	36.20 (36.60)
<b>1000m</b>	1.20.00 (1.21.00)	1.11.90 (1.12.80)
<b>1500m</b>	2.03.00 (2.05.00)	1.51.00 (1.52.50)
<b>3000m</b>	4.24.00 (4.28.00)	---
<b>5000m</b>	7.25.00 or 4.15.00 (7.32.00 or 4.20.00)	6.48.00 (6.52.00)
<b>10000m</b>	---	13.40.00 or 6.35.00 (13.50.00 or 6.40.00)

#### World Junior Championships

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

	<b>Women</b>	<b>Men</b>
500m	42.50	38.50
1000m	1.25.00	1.16.00
1500m	2.12.00	1.58.00
3000m	4.45.00	---
5000m	---	7.05.00 or 4.05.00

# APPENDIX C – CANADA CUP QUALIFYING TIMES

The HPAC-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 Inside (low land)	Senior Outside	Junior Inside	Junior Inside (low land)	Junior Outside
Women	500	0:44.00	0:44.75	0:46.90	0:46.20	0:46.95	0:50.60
	1000	1:27.20	1:28.70	1:33.00	1:31.60	1:33.10	1:40.30
	1500	2:15.30	2:17.55	2:24.20	2:22.00	2:24.25	2:35.40
	3000	4:44.70	4:49.20	5:03.30	4:58.70	5:03.20	5:26.70
	5000	7:30.00	7:37.50				
Men	500	0:40.20	0:40.95	0:42.90	0:42.20	0:42.95	0:46.30
	1000	1:19.00	1:20.50	1:24.40	1:23.00	1:24.50	1:31.00
	1500	2:01.20	2:03.45	2:09.30	2:07.30	2:09.55	2:19.40
	3000				4:35.90	4:40.40	5:02.00
	5000	7:19.60	7:27.10	7:48.70	7:45.00	7:52.50	8:28.60
	10000	14:00.00	14:15.00				

Women must have the time standard from the 1500m or 3000m to be eligible to compete in the 3000m. Women 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, 2021 (CLT Championships, CC1, CC2, Canadian Junior Championships, CC3, CC4, CC5) / July 1, 2022 (World Speed Skating Championships Skate-off) and the entry deadline for the Event. For the Mass Start and Team Events, any of the listed Qualifying Times will apply.

Inside times include all times achieved in a covered Oval. Outside times include all times achieved in an outdoor, uncovered Oval. The slower qualifying time (low land) applies for results achieved outside the high altitude Ovals in Calgary (Olympic Oval), Salt Lake City (Utah Olympic Oval) and Urumqi (Xinjiang Ice Sports Center).

# APPENDIX D – PAIRING AND DRAWING FORMAT

This appendix outlines the general pairing and drawing format for indoor and outdoor events. The reverse order draw of the slowest to fastest skaters may be adjusted should the HP Jury, sport expert/event organizer, ice maker(s), and/or referees determine it necessary (e.g., safety, ice conditions, weather, entry times, number of entries).

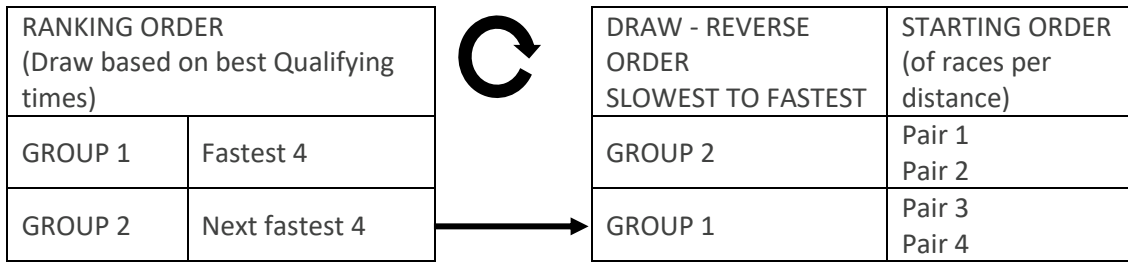
## CLT Championships 500m, 1000m, 1500m Pairing and Drawing Format

RANKING ORDER (Draw based on best Qualifying times)		↻	DRAW - REVERSE ORDER SLOWEST TO FASTEST	STARTING ORDER (of races per distance)
GROUP 1	Fastest 4		→	GROUP 5
GROUP 2	Next fastest 4	GROUP 4		Pair 3 Pair 4
GROUP 3*	Next fastest 4	GROUP 3		Pair 5 Pair 6
GROUP 4	Next fastest 4	GROUP 2		Pair 7 Pair 8
GROUP 5	Next fastest 4 & so on	GROUP 1		Pair 9 Pair 10
			GROUP 6 & so on	Pair 11 Pair 12

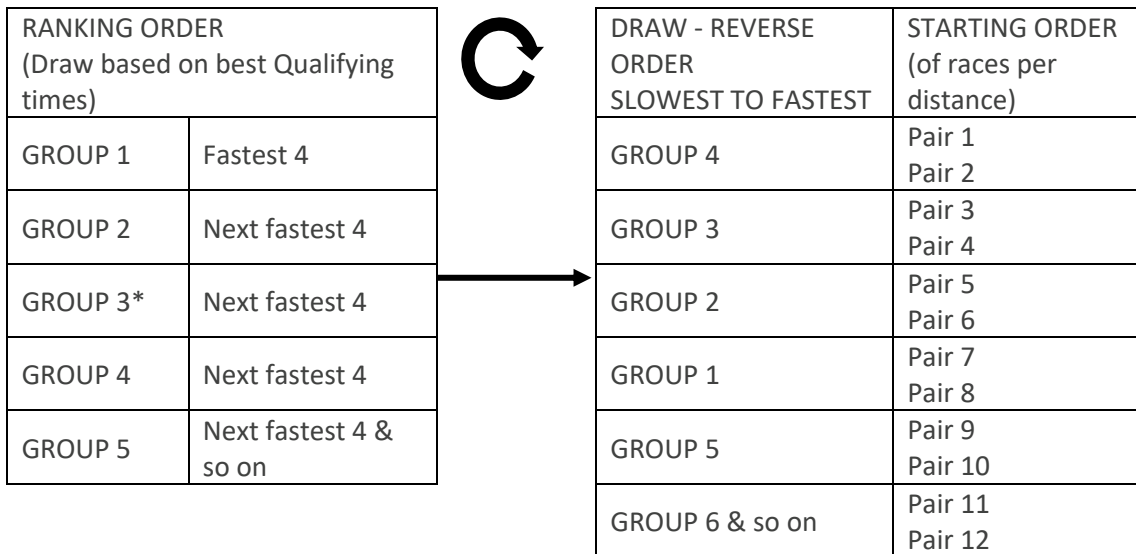
## CLT Championships Women's 3000m and Men's 5000m

RANKING ORDER (Draw based on best Qualifying times)		↻	DRAW - REVERSE ORDER SLOWEST TO FASTEST	STARTING ORDER (of races per distance)
GROUP 1	Fastest 4		→	GROUP 3
GROUP 2	Next fastest 4	GROUP 2		Pair 3 Pair 4
GROUP 3*	Next fastest 4	GROUP 1		Pair 5 Pair 6
GROUP 4	Next fastest 4	GROUP 4		Pair 7 Pair 8
GROUP 5	Next fastest 4 & so on	GROUP 5		Pair 9 Pair 10

## CLT Championships Women's 5000m and Men's 10000m

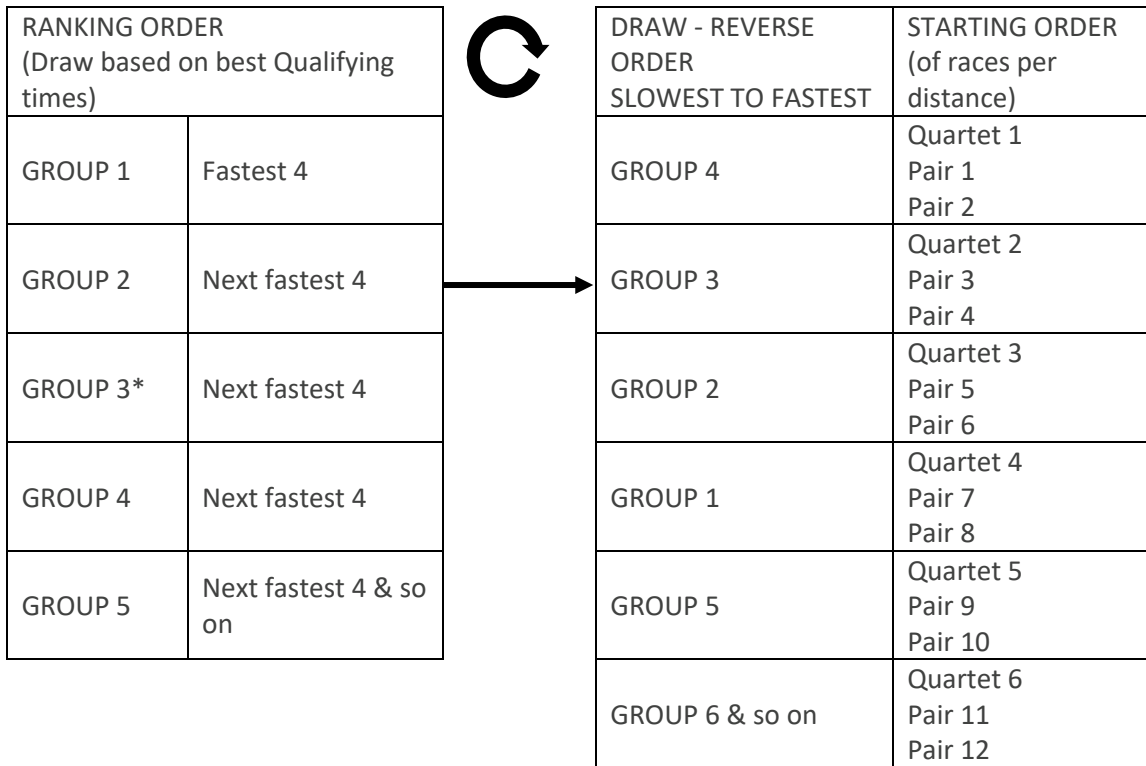


## Indoor Competition Pairing and Drawing Format



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

## Indoor Competition Pairing and Drawing Format for Quartets



\*In the case of long distance races (3000m Women, 5000m, and 10000m Men), reverse order may 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

RANKING ORDER (Draw based on best Qualifying times)		➔	STARTING ORDER (of races per distance)	
GROUP 1	Fastest 4		GROUP 1	Pair 1 Pair 2
GROUP 2	Next fastest 4	GROUP 2	Pair 3 Pair 4	
GROUP 3	Next fastest 4	GROUP 3	Pair 5 Pair 6	
GROUP 4	Next fastest 4	GROUP 4	Pair 7 Pair 8	
GROUP 5 & so on	Next fastest 4 & so on	GROUP 5	Pair 9 Pair 10	
		GROUP 6 & so on	Pair 11 Pair 12	

## Outdoor Competition Pairing and Drawing Format for Quartets

RANKING ORDER (Draw based on best Qualifying times)		➔	STARTING ORDER (of races per distance)	
GROUP 1	Fastest 4		GROUP 1	Quartet 1 Pair 1 Pair 2
GROUP 2	Next fastest 4	GROUP 2	Quartet 2 Pair 3 Pair 4	
GROUP 3	Next fastest 4	GROUP 3	Quartet 3 Pair 5 Pair 6	
GROUP 4	Next fastest 4	GROUP 4	Quartet 4 Pair 7 Pair 8	
GROUP 5 & so on	Next fastest 4 & so on	GROUP 5	Quartet 5 Pair 9 Pair 10	
		GROUP 6 & so on	Quartet 6 Pair 11 Pair 12	

\*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 – SPEED SKATING CANADA WITHDRAWALS FORM

Competition Date: \_\_\_\_\_

Withdrawal Distance: \_\_\_\_\_

Time of Event on Race Schedule: \_\_\_\_\_

500m     1000m     1500m  
 3000m     5000m     10000m  
 Mass Start  
 500m \_\_\_\_\_ AM/PM  
 1000m \_\_\_\_\_ AM/PM  
 1500m \_\_\_\_\_ AM/PM  
 3000m \_\_\_\_\_ AM/PM  
 5000m \_\_\_\_\_ AM/PM  
 10000m \_\_\_\_\_ AM/PM  
 Mass Start \_\_\_\_\_ AM/PM

Athlete Name: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Official reason for withdrawal

Med or Coach Name: \_\_\_\_\_

Med or Coach Signature: \_\_\_\_\_

FOR CHIEF REFEREE USE ONLY:

Date Received: \_\_\_\_\_

Time Received: \_\_\_\_\_

Chief Referee Signature: \_\_\_\_\_