



Canadian neo-junior Long Track Championships

*January 8-10, 2026
Quebec City, QC*

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1. INFORMATION

1.1. Purpose

The purpose of the Canadian Neo-Junior Long Track Championships Bulletin is to identify the technical regulations, eligibility criteria and competition formats related to the Canadian Neo-Junior Long Track Championships.

1.2. Objectives

The Neo-Junior Championship event is a transition step for skaters between the Youth Championship format and the Junior Championship event. As skaters are developing from the Train to Train stage of Long Term Development (LTD) to the Learn/Train to Compete stage, competition formats start to look more like international racing events. Activities and events evolve to meet the needs of 14 and 15 year old participants in their social, intellectual and physical development.

1.3. Amendments

Changes to this document may be necessary to ensure the objectives of the competition are being met and the safety of the participants is being upheld. Any changes to this document will be communicated electronically to all PTSO's and posted to SSC's website. Such changes must be reasonably justifiable in accordance with fundamental principles of natural justice and procedural fairness.

2. ENTRY REQUIREMENTS

2.1. Entry Deadlines

Entries Submitted by - December 22, 2025, 23:59 (ET)

- The PTSO Entry Forms are received by SSC. Entry forms can be found on the SSC event webpage and will be sent to the PTSO Technical Representatives.
- Performance Criteria: 500m entry time
 - 500m entry times are eligible from July 1st, 2024.
 - There is no minimum time standard for this competition.
 - 500m entry time is used as the entry requirement because most skaters should have experience in this event from the previous season (for example, Youth Championships or regional events).
- PTSO's are required to include all eligible entries for skaters who intend to participate if qualified through the original entry list or through the replacement skater list. This will facilitate the reallocation of entries should additional positions become available to the PTSO.
- PTSO's who know prior to the Preliminary Entry deadline of available positions (quota the PTSO will not be used) are asked to advise SSC of the release of those positions as soon as possible.

Registration Opens / Participant List Notification – December 23, 2025

Registration Closes – December 25, 2025, 23:59 (ET)

- Registration opens on IceReg for all **qualified skaters** and **replacement skaters**.
- **Qualified Skaters**
 - Register and pay on IceReg by December 25, 2025 to confirm participation
- **Replacement Skaters**
 - Sign up for the Waitlist on IceReg by December 25, 2025 to maintain eligibility until the Final Registration Deadline
- Unused guaranteed entry positions shall be reallocated to the next fastest eligible skater from any PTSO, using 500m entry times. Replacements will be notified as positions become available and invited to register and pay for the event, until the final registration deadline.

Final Registration Deadline – January 5, 2026

- Registration deadline on IceReg for all replacements from the event waitlist.
- No skaters, replacement or otherwise, will be accepted after the final registration deadline.

Summary of Deadlines

Entries are due by:

- **December 22, 2025**

Notification will be sent by/Registration & Waitlist sign up open:

- **December 23, 2025**

First Deadline for registration and waitlist sign up:

- **December 26, 2025**

Final Registration Deadline (IceReg):

- **January 5, 2026**

2.2. Eligibility Criteria

To be eligible to enter the Neo-Junior Championships, athletes must be age category Neo-Junior 14 (C2) or Neo-Junior 15 (B1).

- Two (2) PTSO entries per gender category are guaranteed. Unused entries will be allocated based on the next fastest skater using their 500m seed time on the entry list.
- An eligible skater is defined as any skater who has met the entry requirements and intends to accept a position on the PTSO's team if selected by their PTSO. A PTSO may impose additional eligibility criteria on its skaters.
- Regarding participants gender category, refer to [SSC's Equity, Diversity and Inclusion Policy](#), Section 5
- Time entries are eligible from any sanctioned speed skating event (SSC, PTSO, or other NSO, for example US Speedskating). Competition protocols are required to confirm entry times.

3. COMPETITION FORMAT

3.1. Categories

Girls gender category: 40 skaters

Boys gender category: 40 skaters

3.2. Program & Events List

Category	Day 1	Day 2	Day 3
Girls 14-15 Boys 14-15	500m Olympic Style (OS) 1500m Olympic Style (OS)	1000m Olympic Style (OS) 3000m Olympic Style (OS)	ISU Junior 10 Lap Mass Start 6 Lap Team Pursuit ISU Jr Mixed Relay

3.3. Olympic Style Events: (500m, 1000m, 1500m, 3000m)

- 500m entry times will be used for seeding the 500m OS.
- 1500m OS will be seeded using best available 1500m OS time since July 1st 2024.
- The 1000m OS will be seeded from the results of the 500m OS.
- The 3000m OS will be seeded from the results of the 1500m OS. Fresh Start times will be used as needed (see Fresh Starts in Appendix A). If no seed time is achieved in competition, discretionary seeding can be decided by the Sport Expert (Competitor Steward) in consultation with the Chief Referee and SSC Technical Representative.
- 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. Quartets may be used, if necessary, as determined by the Sport Expert/Competitor Steward, in consultation with the Chief Referee and SSC Technical Representative.
- 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, except in the case of a DNS/withdrawal due to medical reasons.
- Safety equipment for this event is the same as the mass start events. Note relevant regulations: [SSC D3-200](#), ISU Communication [2721](#) and ISU Communication [2584](#).

3.4. ISU Junior Mass Start (10 lap)

- The mass start seeding and racing pairs will be based upon the 1500m OS results. (Including Fresh Starts as per Appendix A). If no seed time is achieved in competition, discretionary seeding can be decided by the Sport Expert/Competitor Steward in consultation with the Chief Referee and SSC Technical Representative.
- Composition of the finals will be dependent on the number of skaters in the event.

Total	Final A	Final B
40	24	16
39	24	15
38	24	14
37	24	13
36	24	12
35	24	11
34	24	10
33	23	10
32	22	10
31	21	10
30	20	10
29	19	10
28	18	10
27	17	10
26	16	10
25	15	10
24 or less	24 or less	no race

- Racing lane will be determined at the discretion of the chief referee in consultation with the SSC Technical Representative.
- The format for the race will be organized based on ISU Technical Regulations, Rule 257, 265 and ISU Communication 2572.
- Safety equipment for this event is the same as the mass start events. Note relevant regulations: [SSC D3-300](#), ISU Communication [2721](#) and ISU Communication [2584](#).
- Venue specific safety concerns will be addressed at the discretion of the Chief Referee in consultation with SSC's Technical Representative.

3.5. Team Pursuit (6 Lap)

- Team Pursuits shall be skated on the inner racing lane.
- Safety equipment for this event is the same as the mass start events. Note relevant regulations: [SSC D3-300](#), ISU Communication [2721](#) and ISU Communication [2584](#).
- Team Pursuit teams will be formed based upon ability using the skaters 1500m times. Categories as follows with all skaters being eligible to participate:

Girls	14 - 15
Boys	14 - 15

- The 1500m results will be compiled into 1 list per gender. Teams will be compiled using groups of 3-5 skaters based on entry numbers. Ideally, teams will be formed with 4 skaters.
- All skaters must complete the 6 lap team pursuit, and the time of the final skater will be used as the finishing time.
- Using a predicted performance measure (See below), the 1500m times of the skaters will be combined to create a predicted time. As a result, the winners of this event will be the team that best executes the team pursuit rather than the team who has the fastest time.
- This ability-based format of Team Pursuit will train skaters to execute a team pursuit with relative ability skaters, by limiting discrepancies in ability, the skaters in each team will be closer together and should therefore be able to implement a more effective strategy.
- No skater may be a member of more than one Team Pursuit team.
- Team Pursuit race pairings will be seeded upon the average 1500m seed times of all skaters listed on the team. The fastest team facing off against the next fastest team, so on and so forth.
- All Team Pursuits will be conducted as a final.
- Any withdrawals from the Team Pursuit event should be submitted to the Sport Expert/Competitor Steward or Host Organizing Committee the evening before the event with changes accepted up to the end of the warm-up on the day of the event.
- A minimum of three (3) skaters to a maximum of five (5) skaters may take part in the Team Pursuit.
- Two Team Pursuit teams will race at a time. In the case of an odd number of teams, the team with the slowest average combined time will race without a pair.
- A coach will be assigned to each team for guidance and strategic planning
- Format:
 - The 1500m times will be added together and divided by the number of skaters to create an average.
 - The average time will be multiplied by a factor of 1.6 and this will give a projected finishing time.
 - The race finishing time will be calculated as a percentage of the projected finish time.
 - Teams will be ranked based on their percentage time. The team with the lowest percentage calculation is the winner.

Ex. 1500m Times of the 4 Skaters: 1:58.47 (118.47), 1:59.32 (119.32), 1:59.77 (119.77), 2:00.49 (120.49)

- Total Time: 518.05
- Average: $518.05 / 4 = 129.51$
- Projected $129.51 \times 1.6 = 3:27.22$ (207.22 seconds)
- Time Skated: 3:30.10 (210.10 seconds)
- Percentage using projected time: $(210.10 / 207.22) \times 100 = 101.39\%$

3.6. ISU Junior Mixed Relay (6 laps)

- Mixed relay team composition: 2 Races. Final A and Final B only. 4 Teams per final. 8 teams composed of 1 girl and 1 boy per team, as per the table below. The mixed relay seeding, and teams will be based upon the 1500m OS results. (Including Fresh Starts as per Appendix A). If no seed time is achieved in competition, discretionary seeding can be decided by the Sport Expert/Competitor Steward in consultation with the Chief Referee and SSC Technical Representative.
- The six (6) laps are to be skated in the following order:
 - Girl 1 lap, Boy 2 laps, Girl 2 laps, Boy 1 lap.

Race	Team #: Girl (ranking) + Boy (ranking)
Final A	Team 1: Girl 1 + Boy 1 Team 2: Girl 2 + Boy 2 Team 3: Girl 3 + Boy 3 Team 4: Girl 4 + Boy 4
Final B	Team 5: Girl 5 + Boy 5 Team 6: Girl 6 + Boy 6 Team 7: Girl 7 + Boy 7 Team 8: Girl 8 + Boy 8

4. RESULTS & AWARDS

- Individual distance champions and medalists will be awarded for the 500m, 1000m 1500m, 3000m and Mass Start events. An overall champion per gender category will be awarded.



APPENDICES

APPENDIX A – FRESH STARTS

Allowance of Fresh Starts in Olympic Style Events at Canadian Neo-Junior Long Track Championships

Fresh Starts for the Neo-Junior Championships are adapted to ensure participation and development of each skater throughout the event. While preparing skaters for future National Junior and Senior level events, we want to ensure skaters do not miss opportunities to participate for unnecessary reasons. Skaters will be provided the allowance of a Fresh Start under the conditions identified below.

A. Under the following circumstances, skaters will be granted a fresh start and are still eligible for medals and national ranking:

- The athlete has been interfered with through no fault of their own (Ex. Cross Over Issue)
- Equipment failure prior to the race in which the Chief Referee has been notified.
- Discretion of the Chief Referee

B. Under the following circumstances, skaters are eligible for a Fresh Start for seed times only:

- The athlete does not finish the race on account of a fall or disqualification.
- If an athlete is disqualified at the start (double false start), they will be given a Fresh Start immediately, with their current race pair.
- Unintentional Did Not Start (DNS).
- If an athlete fails to change lanes.
- Discretion of the Chief Referee

APPENDIX C – SPEED SKATING CANADA WITHDRAWALS FORM

Competition Date: _____	Withdrawal Distance: _____	<input type="checkbox"/> 500m <input type="checkbox"/> 1000m <input type="checkbox"/> 1500m <input type="checkbox"/> 3000m <input type="checkbox"/> 10 Lap Mass Start <input type="checkbox"/> Team Pursuit
	Time of Event on Race Schedule: _____	
Athlete Name: _____	Athlete Signature: _____	

Official reason for withdrawal

Med or Coach Name: _____	Med or Coach Signature: _____
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FOR CHIEF REFEREE USE ONLY:	
Date Received: _____	Time Received: _____
Chief Referee Signature: _____	