



Canadian Youth Long Track Championships

*February 6-8, 2026
Calgary, AB*

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1. INFORMATION

1.1. Purpose

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

1.2. Objectives

The Canadian Youth Championships are intended to be the focal point of athlete preparation for skaters in the LTD Training to Train stage of development. These Championships provide meaningful, high profile and developmentally appropriate racing and an opportunity for recognition as some of the best developing skaters in Canada. This event will serve as a primary introduction to national competitions where skaters represent their Provincial or Territorial Sport Organization (PTSO).

The events raced are a combination of championship and ability based formats. Events consider a holistic approach to skating and strive to develop individuals socially, intellectually and physically. The philosophy behind this structure is to create competition environments which engage the athletes through social connections, challenge them to learn about their sport and to practice competing at the national level.

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 - January 19, 2026, 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.
- 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 – January 20, 2026

Registration Closes – January 22, 2026, 23:59 (ET)

- Registration opens on IceReg for all **qualified skaters** and **replacement skaters**.
- **Qualified Skaters**
 - Register and pay on IceReg by January 22, 2026 to confirm participation
- **Replacement Skaters**
 - Sign up for the Waitlist on IceReg by January 22, 2026 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 – February 2, 2026, 23:59 (ET)

- 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:

- **January 19, 2026**

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

- **January 20, 2026**

First Deadline for registration and waitlist sign up:

- **January 22, 2026**

Final Registration Deadline (IceReg):

- **February 2, 2026**

2.2. Eligibility Criteria

To be eligible to enter the CYLT Championships, athletes must be age category Youth 11, Youth 12, or Youth 13.

- 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.
- PTSO entries are detailed in the chart below (based on provincial/territorial registration numbers). Unused entries into each division will be allocated based on the next fastest skater using their 500m seed time on the entry list.

| | | | |
|------------------|---|---------|---|
| Alberta | 2 | Nunavut | 2 |
| British Columbia | 2 | Ontario | 2 |

| | | | |
|-------------------------|---|----------------------|---|
| Manitoba | 2 | Prince Edward Island | 2 |
| New Brunswick | 2 | Quebec | 2 |
| Newfoundland & Labrador | 0 | Saskatchewan | 2 |
| Northwest Territories | 2 | Yukon | 2 |
| Nova Scotia | 2 | | |

3. COMPETITION FORMAT

3.1. Categories

There will be a maximum of 24 skaters in each age/gender category for a total of 144 skaters.

Girls: Youth 11, Youth 12, Youth 13

Boys: Youth 11, Youth 12, Youth 13

3.2. Program & Events List

| Division | Day 1 | Day 2 |
|--------------------------------|---|---|
| Boys / Girls 11 12 13 | Olympic Style 500m OS ISU Mass Start 7 Lap Final Mass Start 1000m Ability Super Final | Mass Start 300m Mass Start 1500m Super Final 4 Lap Team Pursuit |

Notes:

Canadian Mass Start races (300m, 1000m, 1500m) will be contested on the inner racing lane. 7 Lap ISU Mass Start (see 3.5).

3.3. Safety Equipment

- Safety equipment for all events, including the 500m OS distance, is the same as for Mass Start events. Note relevant regulations [SSC D3-300](#), ISU Communication [2721](#) and ISU Communication [2584](#).

3.4. Olympic Style Event – 500m

- Seeding will be based upon the submitted season best 500m Olympic Style times.
- See Appendix A for Fresh Start allowance.

3.5. ISU Mass Start Event – 7 Lap

- For the 7 Lap ISU Mass Start event, a maximum of 24 skaters will start the race, with a maximum of 6 skaters in each row. The start positions will be based on the rankings from the 500m OS event.
 - Contested on inner racing lane in Fort St. John
 - Contested on warm up lane in Calgary & Quebec City
- The race will be conducted in the following manner.

Lap 0

- The start takes place in the middle of the finishing straight (1000m finishing line). The finish of the race will be at the finishing line at the end of the finishing straight (500m finishing line).
- At the start of the race at the finish line 7 laps indicated to go.

Lap 1

- Formation lap, no one shall increase speed to gain a racing advantage. At the end of the lap a gun will sound to signal the start of the racing laps. At the finish line 6 laps indicated to go.

Lap 2

- Race lap, at finish line 5 laps indicated to go.

Lap 3

- Race lap, at the end of the lap a bell signals the start of a sprint lap. At finish line 4 laps indicated to go.

Lap 4

- Race lap, intermediate sprint points awarded to the first 3 skaters at the finish line. At finish line 3 laps indicated to go.

Lap 5

- Race lap, at finish line 2 laps indicated to go.

Lap 6

- Race lap, at the end of the lap a bell signals the start of the final sprint lap. At finish line 1 lap indicated to go.

Lap 7

- Race lap, points given to first 6 skaters at the finish line.

Allocation of sprint points:

- Intermediate Sprint: The first three (3) skaters will earn 9-3-1 sprint points.
- Final Sprint: The first six (6) will earn 30-20-10-6-4-2 sprint points.

Race results

- a) The first two skaters of the final sprint are guaranteed to rank 1st and 2nd.
- b) All competitors will be ranked according to their accumulated sprint points in the intermediate and final sprints.
- c) For competitors with the same total of sprint points, final time at the finish will break the tie.
- d) Competitors without sprint points will be ranked according to their final time at the finish.
- e) Competitors not finishing the race will be ranked according to the number of laps they have completed before being lapped or otherwise having abandoned the race. If two or more competitors abandon the race for any reason (e.g., fall, injury, broken skates) on the same lap, they will be ranked according to their last intermediate time.

- f) For competitors that do not finish the race, points earned by the competitor in the intermediate sprints will not be considered for the final race result, these intermediate sprint points will not be reallocated to other competitors.

Mass Start Racing Rules

- a) General racing rules shall conform with ISU Rule 253, paragraph 4b (Special Regulations and Technical Rules, Speed Skating)
- b) The race will be conducted under the principles of “Fair Play”.
 - i. No competitor shall cause the obstruction of other competitors.
 - ii. Competitors shall take care during racing to avoid causing dangerous situations.
 - iii. Any conduct deemed unsporting can lead to disqualification. The referee has the authority to disqualify the competitor(s) concerned.
 - iv. An obstructed competitor may be advanced to the next round at the sole discretion of the referee.
- c) Competitors overtaken with one full lap by the leading Skater must abandon the race immediately.
 - i. Lapped competitors and other competitors abandoning the race must move to the outer part of the track and enter the coaches' box on the crossing straight as soon as possible after they have been overtaken or abandoned the race and shall remain in the coaches' box until the race is over.
 - ii. Technical equipment may be used for signalling overtaken competitors.
- d) The referee is empowered to stop the race (ISU Rule 216, paragraph 2g) if there are safety concerns in the case of a fallen or injured competitor(s)
 - i. The race will then be stopped by a gunshot or whistle from the starter or by the referee. Technical equipment may be used for signalling a stop of the race.
 - ii. The referee decides if and when a fresh start of the race will be held.
 - iii. The full distance of the race will be re-skated if the race is stopped for safety concerns and a fresh start will be held.
 - iv. No fresh start will be allowed for competitors who were disqualified for rule violations, who were lapped or abandoned the race before the incident happened that caused the stop of the race.
 - v. If a “crash” occurs during the first lap with a large group of (6 or more) skaters involved, the race will be stopped, and a fresh start will then follow immediately.
- e) Disqualifications
 - i. During the starting procedure competitors moving forward and out of their starting row before the shot is fired will be disqualified.
 - ii. The first lap must be skated “in one group” without fast accelerations. Breach of this rule will lead to a disqualification.

- iii. Serious obstructions or other unsporting behaviour against other competitor(s) will lead to a disqualification.

3.6. Ability Based Super Final – 1000m

- This event is **ability** based, not age based.
- Skaters will be ranked in each respective gender using their 500m time from Day 1 of the event (including Fresh Starts, see Appendix A). If no seed time is achieved in competition, discretionary seeding, with correction, can be decided by the Sport Expert (Competitor Steward) in consultation with the Chief Referee and SSC Technical Representative.
- Finals will be composed of 8 skaters. All skaters will be included in a Super Final.
- Starting position will be based on rank. (1st ranked skater will be 1st on the start line). The Chief Referee has discretion to determine the number of skaters on the primary start line. If skaters are placed on the secondary start line, they will line up from the outer lane positions towards the inner lane, in descending helmet cover number order, 1 meter behind the primary start line. See example below.

| | | | | | | |
|----------------------|---|---|---|---|---|---|
| Primary Start Line | 1 | 2 | 3 | 4 | 5 | 6 |
| Secondary Start Line | | | | | 7 | 8 |

3.7. Canadian Mass Start Event – 300m

The 300m Canadian Mass Start will be seeded using these steps, in order as required:

- 500m Olympic Style results at the CYLTC. If no seed time is achieved in competition, discretionary seeding, with correction, can be decided by the Sport Expert (Competitor Steward) in consultation with the Chief Referee and SSC Technical Representative.

A maximum of 6 skaters will be placed on the line for this event.

300m: Heats (6 skaters on the line)

| A | B | C | D |
|----|----|----|----|
| 1 | 2 | 3 | 4 |
| 8 | 7 | 6 | 5 |
| 9 | 10 | 11 | 12 |
| 16 | 15 | 14 | 13 |
| 17 | 18 | 19 | 20 |
| 24 | 23 | 22 | 21 |

300m: Finals (6 skaters on the line)

| | |
|----------------|--|
| Final A | 1 st plus next two fastest seconds from the Heats |
| Final B | Remaining seconds, plus next four fastest 3rds |
| Final C | Remaining 3rds, plus next four fastest 4ths |
| Final D | All remaining skaters |

3.8. Canadian Mass Start Super Final – 1500m

- Ranking for the 1500m Canadian Mass Start event will be based on points earned (see Appendix C) from the 300m, 500m and 7 Lap events. There will be a maximum of 8 skaters per final.

3.9. Team Pursuit (4 Lap) Event

- Team Pursuits shall be skated on the inner racing lane.
- Team Pursuit teams will be formed based upon **ability** using the skaters 500m times. Categories as follows with all skaters being eligible to participate:

| | |
|-----------------------|---------|
| Boys Category | 11 – 13 |
| Girls Category | 11 – 13 |

- The 500m results will be compiled into 1 list per gender. Teams will be compiled using groups of 4 skaters, except for the final groupings in which teams may be composed of 3-5 skaters in the event that there are uneven numbers.
- All skaters must complete the team pursuit and the time of the final skater will be used as the finishing time.
- Using a projected performance measure (See below), the 500m times of the skaters will be combined to create a time projection. 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 representative strategy of this event.
- No skater may be a member of more than one Team Pursuit team.
- Team Pursuit pairings will be seeded upon the average 500m 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 / Competitors Steward or Host Organizing Committee of 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.
- Format:
 - The 500m times from day 1 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 3.2 and this will give a projected finishing time.
 - The 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.

Example. 500m Times of the 4 Skaters: 40.15, 40.27, 40.33, 40.49



Total Time: 161.24

Average: $161.24/4 = 40.31$

Projected: $40.31 \times 3.2 = 2:08.99$ (128.99 seconds)

Time Skated: 2:15.10 (135.10 seconds)

Percentage of projected time: $(135.10/128.99) \times 100 = 104.74\%$

3.10. False Starts

To support the development of young athletes and maintain a fair competitive environment, the following principles guide the application of false start rules:

1. **Promote Learning**

False starts should be treated as learning opportunities. Skaters are encouraged to improve their starting technique through constructive feedback rather than punitive measures.

2. **Ensure a Fair Racing Environment**

The integrity of the race must be preserved. False starts that provide a competitive advantage may warrant intervention, but fairness should be balanced with developmental goals.

3. **Increase Participation**

Ensure skaters are able to participate in their races, even if they make minor errors due to inexperience. False start rules should be applied in a way that prioritizes inclusion and learning. Skaters should not be excluded from a race for unintentional or non-advantageous false starts, especially when these are part of the natural learning process. The goal is to keep young athletes engaged and supported as they develop their skills.

Starters may use discretion to restart races when necessary to uphold the principles above. Feedback to skaters and coaches is encouraged to help athletes understand and adapt to high-performance starting procedures.

3.10.1 Olympic Style False Starts

If a skater is responsible for a second false start, they will be awarded a Fresh Start, as outlined in Appendix A. This approach ensures that youth skaters are still able to participate in their race, even when errors occur due to inexperience.

While false start rules remain in effect, their application in Olympic Style youth events should reflect a more flexible threshold for infractions. This recognizes the developmental stage of younger athletes and supports their continued growth and engagement in the sport.

3.10.2 Mass Start False Starts

When a false start is issued, the entire race will receive a notice:

“This race has one false start.”

The skater responsible for the false start will be allowed to continue in the race but will be repositioned behind the other competitors. Their new starting position will be **approximately 2 meters behind the last occupied starting lane.**

A starter or referee will guide the skater to this adjusted position to ensure clarity and consistency in the procedure.

Example 1

First Start: *False start of skater lane-2.

| | | | | | |
|---|----|---|---|---|---|
| 1 | *2 | 3 | 4 | 5 | 6 |
| | | | | 7 | 8 |

Second Start:

| | | | | | |
|---|---|---|---|---|----|
| 1 | 3 | 4 | 5 | 6 | 7 |
| | | | | | 8 |
| | | | | | *2 |

Example 2, with fewer skaters. In this case, the skater with the false start must go behind the last position.

First Start: *False start of skater lane-2.

| | | | | | |
|---|----|---|---|---|--------------|
| 1 | *2 | 3 | 4 | 5 | <i>empty</i> |
|---|----|---|---|---|--------------|

Second Start:

| | | | | | |
|---|---|---|----|--------------|--------------|
| 1 | 3 | 4 | 5 | <i>empty</i> | <i>empty</i> |
| | | | *2 | | |

3.10.3 Team Pursuit False Starts

Due to the unique nature of team pursuit races, where teams start on opposite sides of the oval, false start procedures require careful consideration. In these events:

- **Starters are encouraged to restart races primarily when a false start results in an unfair advantage.**
- A false start penalty affects the **entire team**, not just the individual skater, making discretion especially important.
- With a focus on **ensuring participation**, the objective is to allow all skaters the opportunity to begin the race—even if minor infractions occur due to inexperience or nervousness.

This approach supports athlete development and maintains the integrity of the race while recognizing the collaborative nature of team pursuit.

4. RESULTS & AWARDS

Individual distance champions and medalists will be awarded for the 300m, 500m, 7 Lap ISU Mass Start & 1500m. No overall champion will be awarded.

5. CAMP DAY INFORMATION

The Camp Day on February 6, 2026, is an important part of the overall experience for skaters. Activities are designed to connect the participants socially, have fun, and to help them learn about the sport. The Camp Day is optional but highly recommended!

Social

Fun games and group challenges are designed to help the skaters get to know each other before the competition starts. There will also be information about Safe Sport initiatives for skaters to learn about available tools and resources designed to keep them safe and provide support.

Intellectual

Video sessions with coaches and officials will be run to help the skaters gain new perspectives on racing skills and the rules of competition. Connecting with the officials is intended to help skaters learn how calls are made and better understand what is expected for a fair and safe competition.

Physical

Training within age categories will help the skaters to prepare for competition, experience a collaborative coaching session and be exposed to new coaching feedback, while skating with new friends.



APPENDICES

APPENDIX A – FRESH STARTS

Allowance of Fresh Starts in 500m Olympic Style Event at CYLT Championships

As the primary objective of CYLT Championships is skater development and the 500m event is used for subsequent event seeding at the CYLT Championships, skaters will be provided the allowance of a fresh start under the following conditions.

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 B – PAIRING AND DRAWING FORMAT

This appendix outlines the pairing and drawing format for CYLT Championships. The reverse order may be applied if the Chief Referee with the sport expert/event organizer, and/or referees determine it necessary (e.g., safety, ice conditions, weather, entry times, number of entries).

500m Olympic Style Event Pairing and Drawing Format

| RANKING ORDER (Draw based on best Qualifying times) | | STARTING ORDER |
|--|----------------|--------------------|
| GROUP 1 | Fastest 4 | Pair 1 Pair 2 |
| GROUP 2 | Next fastest 4 | Pair 3 Pair 4 |
| GROUP 3 | Next fastest 4 | Pair 5 Pair 6 |
| GROUP 4 | Next fastest 4 | Pair 7 Pair 8 |
| GROUP 5 | Next fastest 4 | Pair 9 Pair 10 |
| GROUP 6 | Next fastest 4 | Pair 11 Pair 12 |

APPENDIX C – RANKING POINTS

Championships points will be used to determine the 1500m Super Final race composition. The points shall be awarded based on final placing in each individual event as follows:

| Rank | Points | Rank | Points | Rank | Points |
|------|--------|------|--------|------|--------|
| 1 | 1000 | 11 | 130 | 21 | 15 |
| 2 | 816 | 12 | 106 | 22 | 12 |
| 3 | 666 | 13 | 86 | 23 | 9 |
| 4 | 543 | 14 | 70 | 24 | 7 |
| 5 | 443 | 15 | 57 | 25 | 5 |
| 6 | 362 | 16 | 46 | 26 | 4 |
| 7 | 295 | 17 | 37 | 27 | 3 |
| 8 | 241 | 18 | 30 | 28 | 2 |
| 9 | 196 | 19 | 24 | 29 | 1.5 |
| 10 | 160 | 20 | 19 | 30 | 1 |

A tie for 1st 1000 points each, the next skater 666 points
A tie for 2nd 816 points each, the next skater 543 points
A tie for 3rd 666 points each, the next skater 443 points
A tie for 4th 543 points each, the next skater 362 points etc.

If there are skaters advanced into a Final the points the last place skater(s) will receive are the points of the 1st place, 2nd place, etc. of the following final. The rest of the points will be adjusted accordingly.

APPENDIX D – WITHDRAWALS FORM

| | | |
|----------------------------|--|--|
| Competition Date: _____ | Withdrawal Distance: _____ | <input type="checkbox"/> 300m <input type="checkbox"/> 500m OS <input type="checkbox"/> 1000m <input type="checkbox"/> 1500m <input type="checkbox"/> 7 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: _____ |
|--------------------------------|-------------------------------------|

FOR CHIEF REFEREE USE ONLY:

Date
Received: _____

Time
Received: _____

Chief
Referee
Signature: _____