

SPEED SKATING CANADA

COMPETITIONS BULLETIN 2015-16

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Competitions Bulletins

The Competitions Development Committee (CDC) will issue bulletins periodically throughout the season informing competition organisers, skaters, coaches, officials, Branches and training centres of the format(s) to be used for Speed Skating Canada (SSC) Championships, criteria concerning skater and Branch eligibility and any modifications to SSC regulations.

The CDC reserves the right to modify or change the enclosed policies in the event that exceptional circumstances arise and that any such changes are clearly in the best interest of the long term development of participants and SSC. In these situations all competition organizers, skaters, coaches, officials, Branches and training centres will be advised as soon as they are confirmed by the CDC

GENERAL INFORMATION

The following bulletin outlines all specific technical regulations, eligibility criteria and competition formats for the following events:

- Canada West and Canada East Short Track Championships
- Canadian Age Class Long Track Championships

Sanction

- All events listed shall be sanctioned as SSC Championships and will run in accordance with all SSC Policies, Procedures and Regulations.
- The Racing Rules of SSC, and where applicable, the ISU shall be used.
- Programs and entry forms for SSC sanctioned meets must contain the following notice, "Sanctioned by Speed Skating Canada".
- Participants in all events listed within this bulletin must be deemed to be in good standing with SSC according to the By-Laws of the Corporation and be registered as Elite Skaters.

Facility Requirements

- International ice surface (30m x 60m) is preferred for the Canada West and Canada East Championships. An NHL (26m x 60m) ice surface will be considered.

Announcements

Entry forms and announcements must be sent electronically to the SSC Head Office a minimum of sixty (60) days prior to the date of the Championships for approval.

The announcement and entry form for each SSC Championship event will be available on the SSC website and distributed electronically to all Branches and training centers a minimum of forty-five (45) days prior to the event.

Entries

Preliminary Entries - 19 days prior

- SSC Championships Release Form and Preliminary Branch Entry Forms are received by SSC.
- Includes all **eligible** skaters' information (Name, Gender, SSC#, Birth Date, Age Class, Club/Branch).
- An eligible skater is defined as any skater who has met the entry requirements and **intends to accept a position on the Branch's team if selected by his or her Branch**. A Branch may impose additional eligibility criteria on its skaters.
- Does not require seed times.
- SSC sends the Preliminary Entries to the Competitors Steward / Meet Coordinator for verification of eligibility and entry into Meet Manager.
- Branches who know prior to the Preliminary Entry Deadline of available positions are asked to advise SSC of the release of those positions as soon as possible.

- Forms will be sent to the Branches and will be available on the SSC website.

Preliminary Entries are due in the SSC Head office by:

- **January 18, 2016** - Canadian Age Class Long Track Championships (February 6-7, 2016)
- **February 29, 2016** - Canada West Short Track Championships (March 19-20, 2016)
- **March 7, 2016** - Canada East Short Track Championships (March 26-27, 2016)

Notification – 14 days prior

- Where the SSC Championships Release Form indicates a Branch's guaranteed positions that will not be filled, released positions shall be reallocated as per the order of the Branch ranking list until all positions are filled. Branches will be notified of additional positions available at least fourteen (14) days prior to the competition start date.

Final Entries - 10 days prior

- Final entries are to be confirmed and submitted to the SSC office on the Branch Entry Form.
- Includes all qualified and confirmed skaters' information including all personal information listed above **and all required seed times**.
- Branches are advised of any available positions (as per the process identified in the upcoming sections). Final entries are sent to the Competitors Steward / Meet Coordinator for verification of seed times and meet setup.

Final Entries are due in the SSC Head office by:

- **January 27, 2016** - Canadian Age Class Long Track Championships
- **March 9, 2016** - Canada West Short Track Championships
- **March 16, 2016** - Canada East Short Track Championships

ALL SEED TIMES MUST HAVE BEEN SKATED ON THE 100M TRACK FOR CANADA EAST AND CANADA WEST SHORT TRACK CHAMPIONSHIPS

Citizenship requirements are outlined in the ISU Constitution and General Regulations 2012, Rule 109.

Skater's Equipment

Each skater is responsible for ensuring that he or she is wearing all required equipment as stated in section D3-100 of the SSC Red Book. It is the shared responsibility of the Branch and the skater to ensure that all equipment meets these minimum specifications. Failure to wear any piece of required equipment shall result in disqualification.

Medical

Medical guidelines and minimum requirements defined in Section D5-100 and D5-200 of the SSC Red Book must be adhered to. It is the responsibility of the Chief Referee to ensure that this occurs.

Training Sessions

Training ice will be made available to all participants on the day prior to the competition and will be indicated in the official announcement. Competition medical requirements must be met during the official training sessions.

Coaching

Branches will be allowed to accredit a maximum of four (4) coaches and one (1) team manager. Coaches must hold one of the following NCCP levels of certification in speed skating (as per B5-1002 in the SSC Red Book):

- Introduction to Competition
- Level 3
- Level 4/5

Exceptions are defined in section B5-1004 of the SSC Red Book Canada.

CANADA WEST SHORT TRACK CHAMPIONSHIPS (MARCH 19-20, 2016 EDMONTON, AB)

CANADA EAST SHORT TRACK CHAMPIONSHIPS (MARCH 26-27, 2016 CHARLOTTETOWN, PEI)

The Canada West and Canada East Short Track Championships are intended to be the focal point of athlete preparation for skaters in the LTPAD Training to Train stage of development. These Championships provide meaningful, high profile and developmentally appropriate end of season events which are a source of motivation and opportunity for recognition of the best developing skaters in Canada. These events will serve as a primary introduction to national competitions where skaters represent their Branch in competition.

The events raced at the Canada West and Canada East Championships focus on providing a positive learning environment which reinforces the training objectives for skaters in the Training to Train stage of development.

Eligibility

1. Each Branch will be allowed to enter a minimum of two (2) skaters per age category. Skaters participating in the Canadian Junior Open Selections #2 will not be eligible to participate in the Canada West and Canada East Short Track Championships.
2. Additional entries into each category will be determined by Branch based on earned positions. Up to the maximum number of entries. Maximum number of entries/age category:

Age Category	Male	Female
Boys 12, Girls 11	16	16
Boys 13, Girls 12	16	16
Boys 14, Girls 13	16	16
Boys 15, Girls 14	16	16

Earned Positions for 2016 Canada West and Canada East Short Track Championships

Earned positions will be awarded in sequential order by Branch ranking until the maximum number of skaters per age category has been filled.

The priority for receiving additional Branch positions was determined based on participation and overall Branch performance at the 2015 Canada West and Canada East Short Track Championships.

The total points earned by the top two male and female skaters in each age category at the 2015 Canada West and Canada East Short Track Championships were used to rank the Branches. This ranking determines the priority order for Branches to earn additional positions.

Branch earned positions are as follows for the 2016 Canada West and Canada East Short Track Championships:

East	Min Entry	Earned	West	Min Entry	Earned
1. Quebec	2	1	1. Alberta	2	1
2. New Brunswick	2	1	2. British Columbia	2	1
3. Ontario	2		3. Saskatchewan	2	1
4. PEI	2		4. Manitoba	2	1
5. Nova Scotia	2		5. Northwest Territories	2	
6. Nunavut	2		6. Yukon	2	
7. Newfoundland & Labrador	2				

Branches who know in advance that they will not have sufficient skaters to fill all positions allocated are asked to formally release these positions to other Branches by way of the SSC Championship Branch Position Release Form as early as possible in the season so that these positions may be re-allocated to skaters in other Branches.

Events

The following events shall be raced as part of the Canada West and Canada East Short Track Championships:

Age Category	Distance	Skaters on Line
Boys 12 & 13, Girls 11 & 12	200m Pursuit Qualifier	1/side
	200m Mass Start Final	3
	400m	4
	1500m	6
	2000m Points Race	8
	3000m Relay	4
Boys 14 & 15, Girls 13 & 14	200m Pursuit Qualifier	1/side
	200m Mass Start Final	3
	400m	4
	1500m	6
	3000m Points Race	8
	3000m Relay	4

Program

The Canada West and Canada East Short Track Championships will take place over a two (2) day period.

	Boys 12 & 13, Girls 11 & 12	Boys 14 & 15, Girls 13 & 14
Day 1	1500m 200m Pursuit / Mass Start Final Relay Heats (Time Permitting)	1500m 200m Pursuit / Mass Start Final Relay Heats (Time Permitting)
Day 2	400m 2000m Point Race Relay Final	400m 3000m Point Race Relay Final

Information on round progressions and the composition of heats can be found in Appendix A and details pertaining to the allocation of points can be found in Appendix D.

Seeding

All 200m pursuit, 400m, and 1500m events are seeded individually based on season best times in each event. Seed times must be completed on a 100m track at a sanctioned competition in the current season. If there isn't one available, times in an unsanctioned competition will be accepted. A time from the previous season can also be accepted.

Racing Formats and Special Regulations - General

1. Skaters who earn a position in the 1500m, 200m or 400m final and subsequently do not start (DNS), do not finish (DNF) or are penalized (PEN) in the final will receive final ranking points for the final but are not eligible to receive a medal. Medals may be awarded to skaters in the B final where applicable.
2. Skaters who earn a position in the super finals (i.e. 2000m or 3000m Points Race) and subsequently DNS in the final are not eligible to receive final points nor a medal. Skaters who DNF or PEN are eligible to receive final points but not a medal.

Racing Formats and Special Regulations – 200m Pursuit / 200m Mass Start

1. A 200m Pursuit will be skated as the qualifying round for the 200m Mass Start Final.
2. Skaters will be seeded into 8 pairs based on the seed times submitted. The pairs will skate from slowest to fastest pairs. In the case of an odd number of skaters, the lowest ranked skater will skate alone in Pair 1. Details pertaining to the composition of pairs can be found in Appendix A.
3. Skaters will be seeded into the 200m Mass Start Final on the results of the Pursuit. The 200m Mass Start will be limited to 3 skaters per race.
4. The higher seeded skater in a pair shall start on the side of the Start/Finish line used for all other events and wear the red/blue arm band. The other skater wears the white/yellow armband.
5. Skaters will be marshalled on and off the ice in groups of 16 (8 pairs), with skaters not racing waiting on the ice with an official.
6. Use only the 3 center tracks

Best Practices for running the 200m Pursuit can be found in Appendix F.

Racing Formats and Special Regulations – 3000m Points Race

1. The 3000m Points Race will be the last individual event on the program. Skaters are to be seeded into this event based on the cumulative points earned in the 200m, 400m and 1500m distances. A maximum of eight (8) skaters will be allowed to start in each race. Each skater will be identified by their own helmet cover number. In the event of a tie for the final position in a final, the tie shall be broken by the skater's result in the 1500m.
2. Skaters will score points when they cross the line with 21, 14 and 7 laps remaining, as well as the finishing lap. Points are assigned as follows: 34, 21, 13, 8, 5, 3, 2 and 1 point. Double points will be awarded for the final lap.

3. The gun shall be fired when the lead skater has 7 laps remaining. Skaters who are lapped prior to the lead skater having 7 laps remaining must go to the centre of the ice. They will earn 0 points for the remainder of the race. A skater is deemed to be lapped once overtaken by the lead skater. These lapped skaters shall retain all points earned earlier in the race. Skaters who are lapped following 7 laps remaining will continue to race and score points on the finishing lap.
4. If a skater eliminates the entire field the race will be declared over and that skater will earn 1st place points for all remaining point laps.
5. Final placing in the event will be determined by the total number of points earned by each skater in the race. Skaters who do not complete the final lap and are tied in points shall remain tied. Should skaters who complete the final lap finish with an equal number of points, the result on the final lap will be used to break the tie. A skater who completes the final lap and is tied in points with a skater who did not complete the final lap shall be placed ahead of the skater who did not complete the final lap. Skaters in the A final will receive Final Points for positions 1 through 8, skaters in the B final will receive Final Points for positions 9 through 16 and so on and so forth.
6. Penalized skaters shall receive no points for the race; however points earned by other skaters during the race will not be re-distributed. They will receive last place Final Points.
7. During the 3000m points races there will be a bell rung with 22, 15, 8 and 1 lap to go to indicate that the next lap is a points lap.
8. Should the referee be required to stop a race for any reason and a restart is required, the number of laps to be completed shall be at the discretion of the referee, however the referee must allow skaters to complete at least three (3) laps prior to points being awarded. In the case of a stoppage, skaters will retain all points earned up to that point, unless the laps remaining require the last points earned to be raced for again. For example, if a race were stopped after 7 laps remaining and restarted with 11 laps to skate, the skaters would lose the last points earned in the first start (7 to go) and race for them again. Skaters who were removed from the race or penalized will not take part in the restart.

Racing Formats and Special Regulations – 2000m Points Race

9. The 2000m Points Race will run similar to a criterium race in cycling and will be the last individual event on the program. Skaters are to be seeded into this event based on the cumulative points earned in the 200m, 400m and 1500m distances. A maximum of eight (8) skaters will be allowed to start in each race. Each skater will be identified by their own helmet cover number. In the event of a tie for the final position in a final, the tie shall be broken by the skater's result in the 1500m.
10. Skaters will score points when they cross the line with 14 and 7 laps remaining, as well as the finishing lap. Points are assigned as follows: 21, 13, 8, 5, 3, 2 and 1 point. Double points will be awarded for the final lap.
11. The gun shall be fired when the lead skater has 7 laps remaining. Skaters who are lapped prior to the lead skater having 7 laps remaining must go to the centre of the ice. They will earn 0 points for the remainder of the race. A skater is deemed to be lapped once overtaken by the lead skater. These lapped skaters shall retain all points earned earlier in the race. Skaters who are lapped following 7 laps remaining will continue to race and score points on the finishing lap.
12. If a skater eliminates the entire field the race will be declared over and that skater will earn 1st place points for all remaining point laps.

13. Final placing in the event will be determined by the total number of points earned by each skater in the race. Skaters who do not complete the final lap and are tied in points shall remain tied. Should skaters who complete the final lap finish with an equal number of points, the result on the final lap will be used to break the tie. A skater who completes the final lap and is tied in points with a skater who did not complete the final lap shall be placed ahead of the skater who did not complete the final lap. Skaters in the A final will receive Final Points for positions 1 through 8, skaters in the B final will receive Final Points for positions 9 through 16 and so on and so forth. If the last Final has been combined with the prior Final, the race shall be officiated as if it is two separate races with regards to the lapping rules and points allocation.
14. Penalized skaters shall receive no points for the race; however points earned by other skaters during the race will not be re-distributed. They will receive last place Final Points.
15. During the 2000m points race there will be a bell rung with 15, 8 and 1 lap to go to indicate that the next lap is a points lap.
16. Should the referee be required to stop a race for any reason and a restart is required, the number of laps to be completed shall be at the discretion of the referee, however the referee must allow skaters to complete at least three (3) laps prior to points being awarded. In the case of a stoppage, skaters will retain all points earned up to that point, unless the laps remaining require the last points earned to be raced for again. For example, if a race were stopped after 7 laps remaining and restarted with 11 laps to skate, the skaters would lose the last points earned in the first start (7 to go) and race for them again. Skaters who were removed from the race or penalized will not take part in the restart.

Racing Formats and Special Regulations – Relay

1. All skaters are eligible to skate the relay.
2. Relay teams will be formed from within age categories as follows::

Male	12 & 13	14 & 15
Female	11 & 12	13 & 14
3. Teams may be comprised of three (3) or four (4) skaters. Branches may elect to name five (5) skaters to a team and race four (4). Only those skaters who participate in a heat or final are eligible for a medal.
4. Branches with sufficient skaters must enter their respective Branch teams. Branches with insufficient skaters and those with extra skaters are encouraged to combine them with skaters of another Branch to form a team with the goal that all skaters be provided an opportunity to skate the relay. Mixed teams are eligible for medals.
5. No skater may be a member of more than one (1) relay team.
6. Teams must be submitted by the Branch Coach or Team Leader to the Host Organizing Committee the evening before the event with changes accepted up to the end of warm-up on the day of the relay event.
7. Teams will be seeded into heats based upon the cumulative 400m seed times of all skaters listed on the team. The cumulative time will then be divided by the number of skaters on the team. That shall constitute the Team Seed time. Relays will be reseeded if a team changes before the first round.

8. Teams will advance directly from heats to finals. Only the top eight (8) teams plus advancements will skate in the finals. Time permitting, heats and finals will not be held on the same day. If necessary, heats and finals will both run on Sunday. At the referee's discretion, and time permitting, remaining teams may skate finals.
9. Final ranking for teams not skating finals will be determined by their placing in heats.

Results and Awards

Overall, relay and individual distance results and awards shall be awarded in accordance with the guidelines for SSC Championships.

All individual and relay awards shall be awarded at the venue immediately following each day of racing.

Individual distance medals will be provided by SSC.

Overall Champion awards are to be purchased by the Host Organizing Committee.

The top Ranked province/territory and most improved Branch will be recognized at the conclusion of the competition.

Branch Rankings

Throughout the competition each Branch will earn points based on the results of their skaters or teams in each event. Points will be allocated based on the Final Points system (see page 25), and added together as follows to produce a final ranking:

Individual Events: Total overall points earned by the top two finishers from each Branch, in each category.

Relay: Branch ranking points will be awarded to teams comprised of a single Branch. At the conclusion of the race all teams are ranked. Only the points awarded to the best placed team from each Branch count towards the Branch rankings. (Example: Branch A finishes 1st, 2nd and 3rd, they receive 1000 points; Branch B finishes 4th, they receive 543 points.

Social Activities

A banquet/reception is to be held on the Friday evening.

CANADIAN AGE CLASS LONG TRACK CHAMPIONSHIPS FEBRUARY 6-7, 2016 – ST-FOY, QC

The Canadian Age Class Long Track Championships is intended to be the focal point of athlete preparation for skaters in the Training to Train stage of development. The Age Class Championships provide a meaningful, high profile and developmentally appropriate event which is a source of motivation and opportunity for recognition of the best developing long track skaters in Canada. This event will serve as a primary introduction to national competitions where skaters represent their Branch in competition.

The events at the Canadian Age Class Long Track Championships focus on providing a positive learning environment which reinforces the training objectives for skaters in the Training to Train stage of development.

This competition is also intended for skaters at the Learning to Compete stage of development who have not met Canada Cup time standards as well as those who have participated in Canada Cups and are at a level appropriate for this competition at the recommendation of their coach. Please refer to the Canada Cup time standards found in the SSC High Performance Long Track Bulletin.

Events will include a combination of mass start, Olympic style and team events.

Duration

The event shall take place over two (2) days, preceded by one (1) day available for practice.

Equipment

Required equipment for Mass Start races at this competition shall conform to Rule D3-300/D3-301 “Long Track Mass Start Competition”.

Required equipment for Olympic Style races at this competition shall conform to Rule D3-200 “Long Track Olympic Style Training and Competition”.

The Team Pursuit is considered an Olympic style event.

The Dave Thompson Memorial Race safety equipment requirements shall conform to Rule D3-300/D3-301. Please note that all skaters, including those aged 15 and over will be required to wear a helmet as per D3-301.

Eligibility

1. Each Branch is entitled to enter a maximum of five (5) skaters in a category. The Competitions Development Committee in consultation with the Host Committee has the discretion to increase or decrease this number based on overall participation numbers.
2. Masters are ineligible for this competition.

Program/Events

The program shall include the following events:

Age Category	Day 1	Day2
Girls 11, Boys 12	Olympic Style 100m & 500m 3 Lap Relay	Mass Start 300m Mass Start 3000m Super Final
Girls 12, Boys 13	Olympic Style 100m & 500m 3 Lap Relay	Mass Start 300m Mass Start 3000m Super Final
Girls 13, Boys 14	Olympic Style 100m & 500m 5 lap Team Pursuit	Mass Start 300m Olympic Style 3000m
Girls 14, Boys 15	Olympic Style 100m & 500m 5 lap Team Pursuit	Mass Start 300m Olympic Style 3000m
Open Female 15-29 Open Male 15-29	Olympic Style 500m & 1500m Olympic Style 500m & 1500m	Olympic Style 1000m & 3000m Olympic Style 1000m & 3000m

At the conclusion of Day 2, all skaters will have the option of participating in the Open Mass Start 5000m Dave Thompson Memorial Race.

Racing Formats – 300m Mass Start Event

Seed Times for the 300m mass start must be submitted on the official SSC entry form.

The heat composition and round progression shall be the same as used in Short Track. Skaters will be seeded into heats based on their season best times.

If the racing lane is less than or equal to 6 metres wide, a maximum of 6 skaters will be placed on the line for any given race. If the track is greater than 6 metres wide a maximum of 7 skaters will be allowed.

Racing Formats - Olympic Style Events

Seed Times for the 100m/500m/1000m/1500m/3000m Olympic Style must be submitted on the official SSC entry form.

All ISU racing rules apply. Seeding for each distance will be based upon submitted season best times. In the instance where no times are submitted, skaters will be seeded last. Quartets may be conducted for all distances of 1000m or greater.

Racing Formats - 3000m Mass Start Event and Dave Thompson Memorial Race

1. For the 3000m mass start event, a maximum of 24 skaters will start the race, with a maximum of 6 skaters in each row. The positions at the start are determined by a random draw.
2. For the Dave Thompson Memorial Race there will be no limit on the number of skaters allowed to start the race.

Racing Formats - Relays and Pursuits

1. All Relays and Pursuits shall be skated on the inner racing lane except at the relay exchange area. See below – Relays Only #4.
2. Relay teams and pursuit teams will be formed from within age categories as follows with all skaters being eligible to participate in the relay:

Male	12 & 13	14 & 15	16 to 29
Female	11 & 12	13 & 14	15 to 29
3. Branches with sufficient skaters must enter Branch teams (2 or 3 members for Relay and 3 or 4 members for the Pursuit). Branches with insufficient skaters or with extra skaters have the option of combining with skaters of another Branch to form a team and are eligible for medals.
4. No skater may be a member of more than one Relay or Pursuit team.
5. All Pursuits and Relays will be conducted as a final.
6. Teams must be submitted by the Branch Coach or Team Leader to the Host Organizing Committee the evening before the event with changes accepted up to the end of the warm-up the day of the event.
7. A minimum of three (3) skaters to a maximum of four (4) skaters may take part in a Pursuit.

PURSUIITS ONLY

1. In the case of the Pursuit, the third skater on the team to complete the distance will determine the finishing time for the team.
2. Two pursuit teams will race at a time.

RELAYS ONLY

1. Three (3) relay teams may compete at a time.
2. Relays are considered a mass start race and safety equipment shall conform to Rule D3-300/D3-301. Please note that all skaters, including those aged 15 and over will be required to wear a helmet as per D3-301.
3. Relay teams will include 3 skaters with each team member completing at least one (1) lap of the designated track.
4. Pylons will be set up on the outer lane at the start/finish line for the racing skater to cross. Pylons will be set up to direct the skaters to the outside lane coming out of the last corner before the exchange.
5. The first skater starts at the start line. Subsequent skaters start from the 5m pre-finish line of the 1000m finish on the inner Olympic Style (OS) racing lane. A skater's lap is deemed to have finished when they cross the 1000m finish line on the outer OS racing lane.
6. After the first skater, skaters can only start once the skater before them crosses the finish line. This provides a 5m offset between start and finish lines and gives the 2nd and 3rd skaters on each team a much better view to determine when a preceding member has passed the finish line, thus signalling when they can start. No touch or tag is required. A team whose skater starts before the previous skater has crossed the finish line shall be penalized.

Results and Awards

Overall and individual distance results and awards shall be awarded in accordance with the guidelines for SSC Championships. Final points will be awarded for both Mass Start and Olympic Style events to determine the overall results of skaters.

All individual, pursuits and relay awards shall be awarded at the venue immediately following each day of racing.

Individual distance medals will be provided by SSC.

Overall Champion awards are to be purchased by the Host Organizing Committee.

The top Ranked province/territory and most improved Branch will be recognized at the conclusion of the competition.

Branch Rankings

Throughout the competition each Branch will earn points based on the results of their skaters or teams in each event. Points will be allocated based on the Final Points (Appendix D) and added together as follows to produce a final ranking:

Individual Events: Total overall points earned by the top two finishers from each Branch, in each category.

Relay: Branch ranking points will be awarded to teams comprised of a single Branch. At the conclusion of the race all teams are ranked. Only the points awarded to the best placed team from each Branch count towards the Branch rankings. (Example: Branch A finishes 1st, 2nd and 3rd, they receive 1000 points; Branch B finishes 4th, they receive 543 points.)

These points will also be recognized for the Doreen Ryan Shield.

Social Activities

A banquet/reception shall be held on Friday evening.

APPENDIX A – COMPOSITION OF RACES

Applicable to the following meets:

- Canada West / Canada East Short Track Championships
- Mass Start Long Track events

All skaters shall be seeded in order of their seed time for each individual distance unless otherwise specified. Entry times must have been skated during the current skating season at a sanctioned competition.

Lane positions will be determined as per ISU rule 296. For the first qualifying round of the first distance lane positions will be drawn by the Competitor Steward through a random computer draw.

For each subsequent round the lane position will be decided by the times skated in the preceding qualifying round. Skaters will be assigned lane positions from the inside of the track to the outside in the order of their times commencing with the fastest time.

PLEASE NOTE, if starting numbers are reduced from thirty-two (32), twenty-four (24) or sixteen (16), the Technical Representative, Chief Referee, Competitor Steward and Competition/Event Coordinator will determine the most suitable number of heats to ensure fair racing conditions.

Seeding for Quarter-finals and Semi-finals

Seeding for the semi-finals in events where six (6) skaters start on the line (i.e. 1500m), and for the quarter-finals and semi-finals in events where four (4) skaters start on the line (i.e. 500m, 1000m) will be done on the basis of a ranking derived from seeding points awarded in the heats (for events with six (6) skaters on the line) and heats and quarter-finals (for events with four (4) skaters on the line) as described below.

Ties in seeding points will be broken by referring to the placing and then times skated in the previous round of racing; the highest placing and then the fastest time among those tied in seeding points will be seeded highest and so on.

If there is still a tie then the skater with the highest original seeding for the distance will be seeded highest and so on. Any further ties will be broken by a coin toss.

Placing in previous round:	1st	2nd	3rd	4th	5th	6th	7th	8th
Seeding points:	34	21	13	8	5	3	2	1

Composition of the Heats (6 skaters on the line) if 32

A	B	C	D	E	F
1	2	3	4	5	6
12	11	10	9	8	7
13	14	15	16	17	18
24	23	22	21	20	19
25	26	27	28	29	30
				32	31

Composition of the Semi-Finals (6 skaters on the line) if 32

Top Bracket			Bottom Bracket	
A	B	C	D	E
1	2	3	19	20
6	5	4	22	21
7	8	9	23	24
12	11	10	26	25
13	14	15	27	28
18	17	16	30	29
			31	32

Top Bracket

The top three (3) skaters from each of the six (6) Heats will be placed into the top bracket (final ranks 1-18) and seeded into three (3) Semi-Finals (A, B, C) as described above.

Bottom Bracket

The remaining skaters from each of the six (6) Heats will be placed into the bottom bracket (final ranks 19-32) and seeded into two (2) Semi-Finals (D, E) as described above.

In the case of 7 skaters moving to the D and E Semis, the D and E Semis will be eliminated and the 7 skaters will move directly to the D Final.

Composition of Finals (6 skaters on the line) if 32

Final A	1 st and 2 nd from Semis A, B and C
Final B	3 rd and 4 th from Semis A, B and C
Final C	Remaining skaters from Semis A, B and C
Final D	1 st , 2 nd and 3 rd + Fastest 4 th from Semis D and E (7 skaters)
Final E	Remaining skaters from Semis D and E

Composition of the Heats (6 skaters on the line) if 16

A	B	C
1	2	3
6	5	4
7	8	9
12	11	10
13	14	15
		16

Composition of Finals (6 skaters on the line) if 16

Final A	1 st and 2 nd from the Heats
Final B	3 rd and 4 th from the Heats
Final C	Remaining skaters from the Heats

Composition of Heats (4 skaters on the line) if 16

A	B	C	D
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13

Composition of Semi-Finals (4 skaters on the line) if 16

Top Bracket		Bottom Bracket	
A	B	C	D
1	2	9	10
4	3	12	11
5	6	13	14
8	7	16	15

Top Bracket

The top two (2) skaters from each of the four (4) Heats will be placed into the top two (2) Semi-Finals (A, B; final rank 1-8 or lower depending on the number of advancements in the 1st round).

Bottom Bracket

All other skaters (final rank 9–16) will be placed into the Semi-Finals C and D.

In the case of five (5) skaters moving to the C and D Semis, the C and D Semis will be eliminated and the five (5) skaters will move directly to the C Final.

Composition of Finals (4 skaters on the line) if 16

Final A	1 st and 2 nd from Semis A and B
Final B	Remaining skaters from Semis A and B
Final C	1 st and 2 nd from Semis C and D
Final D	Remaining skaters from Semis C and D

Composition of Pursuit Pairings

Pair	Skaters	
1	15	16
2	13	14
3	11	12
4	9	10
5	7	8
6	5	6
7	3	4
8	1	2

Composition of 200m Mass Start Finals (3 skaters on the line) if 16

Final A	1 st , 2 nd and 3 rd fastest from the Pursuits
Final B	Next 3 from the Pursuits
Final C	Next 3 from the Pursuits
Final D	Next 3 from the Pursuits
Final E	Remaining skaters from the Pursuits

In the case of a tie in the Pursuit, the tied skaters will advance to the same final and all remaining skaters will be moved up one position. E.g. In the case of a tie for 6th place, both 6th place skaters will advance to Final B.

Composition of Relay Heats with 20 Teams

A	B	C	D	E
1	2	3	4	5
10	9	8	7	6
11	12	13	14	15
20	19	18	17	16

Should fewer than twenty (20) teams start, the composition of relay heats may be modified by the Chief Referee in consultation with the SSC Technical Representative, Competition/Event Coordinator and Competitors Steward. Should sixteen (16) or fewer teams start, no Semi-Finals will be skated.

Composition of Relay Semi-Finals with 20 Teams

The top team from each of the five (5) Heats plus the three (3) fastest 2nd place teams will be placed in Semi-Finals.

A	B
1	2
4	3
5	6
8	7

Composition of Relay Finals with 20 Teams

Final A	1 st and 2 nd from Semis A and B
Final B	Remaining Teams from Semis A and B
Final C	Rank 9-12 after Heats
Final D	Rank 13-16 after Heats
Final E	Rank 17-20 after Heats

Teams penalized in the Heats or Semi-Finals will not be allowed to skate in the Finals. Should penalties occur in the Semi-Finals, the top ranked teams from the Heats will be advanced to complete the Finals.

Should the total number of entries, team withdrawals or penalties result in the bottom final being comprised of only one (1) or two (2) teams, the bottom finals (C & D) are to be re-seeded so as to be comprised of up to five (5) teams.

Composition of Relay Heats with 12 Teams

A	B	C
1	2	3
6	5	4
7	8	9
12	11	10

Composition of Relay Heats with 16 Teams

A	B	C	D
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13

Composition of Relay Finals with 16 Teams or less

Final A	Rank 1 – 4 after Heats
Final B	Rank 5 – 8 after Heats
Final C	Rank 9 – 12 after Heats
Final D	Remaining Teams

Teams penalized in the Heat will not be allowed to skate in the Finals.

Should the total number of entries, team withdrawals or penalties result in the bottom final being comprised of only one (1) or two (2) teams, the bottom finals (B & C or C & D) are to be re-seeded so as to be comprised of up to five (5) teams.

Special Racing Rules:

Penalties, failure to finish, scratches:

In case of penalty, failure to finish due to infraction, or scratches, the following rules will apply:

1. Penalized skaters will receive the last place rank and seeding points in that race and be placed directly into the lowest bracket/race in the next round.
2. Skaters who drop out before a race will receive the last place position, behind any skaters who might subsequently fail to finish or be penalized and receive the seeding points according to the final order in that distance.
3. Skaters who withdraw before the distance will receive no ranking points for that distance and the distance will be re-seeded.
4. Skaters who withdraw from a distance are permitted to continue in the competition for any subsequent distances.
5. A skater who does not finish the race will receive their position ahead of any penalized skaters.
6. Advancement will be in accordance with the ISU World Cup procedures. In brief, advanced skaters will receive seeding points as per their finish in the race from which they were advanced, and will be seeded into the next round of racing on the basis of these seeding points. Advanced skaters will not be seeded in any specified order; instead, their ranking after the previous round will determine which race they are seeded into for the subsequent round.

APPENDIX B – MATRICES – CANADA WEST / CANADA EAST SHORT TRACK CHAMPIONSHIPS

4 skaters on the line							
** Eliminate the round and go straight to 1 Final if 5 skaters in the round							# of Races
# of Skaters	Heats		Semis		Finals		
		Advance		Advance			
9 - 12	3	2 + 2	2	2 + 0	3	A B C	8
13 - 16	4	2 + 0	2	2 + 0	4	A B C D**	12

6 skaters on the line							
** Eliminate the round and go straight to 1 Final if 5 skaters in the round							# of Races
# of Skaters	Heats		Semis		Finals		
		Advance		Advance			
7 - 12	2	3 + 0		2	A B		4
13 - 16	3	2 + 0		2	A B C		5

200m Pursuits (2 skaters on the line) / 200m Mass Start (3 skaters on the line)							
* 4 skaters on the line							# of Races
# of Skaters	Pursuits		Semis		Finals		
		Advance		Advance			
16	8	3 + 0		5	A B C D E*		13

Relays							
** Eliminate the round and go straight to 1 Final if 5 skaters in the round							# of Races
# of Teams	Heats		Semis		Finals		
		Advance		Advance			
5 - 8	2	2 + 0		2	A B		4

APPENDIX C – MATRICES – CANADIAN AGE CLASS LONG TRACK CHAMPIONSHIPS

6 skaters on the line							# of Races		
* 7 on the line ** Eliminate the round and go straight to 1 Final if 7 skaters in the round									
# of Skaters	Heats		Semis		Finals				
	Advance	Advance	Advance	Advance					
7 - 12	2	3 + 0			2	A B			4
13 - 18	3	2 + 0			3	A B C			6
19 - 24	4	3 + 0	2	3 + 0	4	A B			12
			2	3 + 0**		C D**			
25 - 30	5	3 + 3	3	2 + 0	5	A B C			15
			2	3 + 0**		D E**			
31 - 32	6	3 + 0	3	2 + 0	5	A B C			16
			2	3 + 1		D* E*			

7 skaters on the line							# of Races		
# of Skaters	Heats		Semis		Finals				
	Advance	Advance	Advance	Advance					
8 - 14	2	3 + 1			2	A B			4
15 - 21	3	2 + 1			3	A B C			6
22 - 28	4	3 + 2	2	3 + 1	4	A B			12
			2	3 + 1		C D			
29 - 32	5	4 + 1	3	2 + 1	5	A B C			15
			2	3 + 1		D E			

APPENDIX D - FINAL POINTS – SHORT TRACK AND LONG TRACK CHAMPIONSHIPS

Championships will be decided on the basis of points accumulated in the individual events. The points shall be awarded based on final placing in each individual event as follows:

Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	15	31	0.5
2	816	12	106	22	12	32	0
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 E - OVERVIEW OF DEVELOPMENTAL OBJECTIVES ASSOCIATED WITH CANADA WEST / CANADA EAST SHORT TRACK CHAMPIONSHIPS AND CANADIAN AGE CLASS LONG TRACK CHAMPIONSHIPS

100m Track

The purpose of the 100m track is to provide skaters with a track which is proportional to both the size of skaters (*Racing on Skates, Table V*) and their speed (*Racing on Skates, Table W*). In the straightaway skaters should be able to replicate stride frequency of elite speed skaters, while in corners the angle of lean resulting from the tighter radius is comparable to the lean required of elite international skaters. Both variables aim to increase the specificity of learning and emphasize technical proficiency when racing.

The smaller track also aims to increase room for passing and enhance safety by increasing the deceleration zone for skaters falling. The deceleration zone is most significantly increased between the 3rd & 5th blocks.

SSC has chosen to use the 100m track for the Canada East / Canada West Championships as it is considered developmentally appropriate for the majority of skaters based on the size and speed of skaters. Under ideal conditions the transition from 100m to 111.12m track would be determined exclusively based on the size and speed of each individual skater.

Coaching Tips:

- Ensure that each skater's bend and rocker are adjusted for a 7m corner radius, taking into account the strength and maximal speed of skaters.
- Emphasize skating technique in training as tighter corners require and shorter straightaways require a much greater level of technical proficiency to execute successfully.
- Increased angles of lean in the corners will require skaters to have greater strength, ensure off-ice training provides for appropriate strength development to account for these demands.
- Make use of the additional space to practice different track patterns & passing techniques.
- Vary track sizes in training based on the training objective. Varying tracks will increase skater's special awareness and ability to adapt to varying conditions in race situations.

200m Pursuit

The purpose of the 200m Pursuit is to reinforce the development of a skater's maximal speed and acceleration during the window of trainability for speed. This event was initially introduced as a 100m pursuit event; however it was noted that many skaters were "running" on the ice and not achieving efficient technique. Rapid acceleration and maintenance of speed is the primary objective of this event. There are two key determinants to athlete performance which can be measured and tracked as part of this event – skater acceleration, measured by recording the split time for either the 1st 50m or 100m, and a skater's maximum speed which can be recorded by using the time over the final 100m of this event.

Coaching Tips:

- Train speed at the start of practice sessions when the body is rested so as to elicit an appropriate neurological response.
- Recent trends in training indicate that speed training should be incorporated in small doses into every training session as part of the warm-up.
- Practice starting from different positions on the starting line to develop an optimal trajectory for starting.
- A "board-to-board" track pattern which requires little or no pivot will allow skaters to carry the most speed around the corner in this event.

2000m and 3000m Points Race

The 2000m and 3000m Points Race is an event designed to focus on the development of skaters' aerobic power and tactical skills. The regular sprint intervals provide skaters with repeated opportunities to attempt specific tactics within a single event providing real time feedback on the effectiveness of strategies with an opportunity to adapt prior to the next sprint. In this event skaters develop spatial awareness relative to other skaters and must also work on acceleration skills when preparing for 'attacks'.

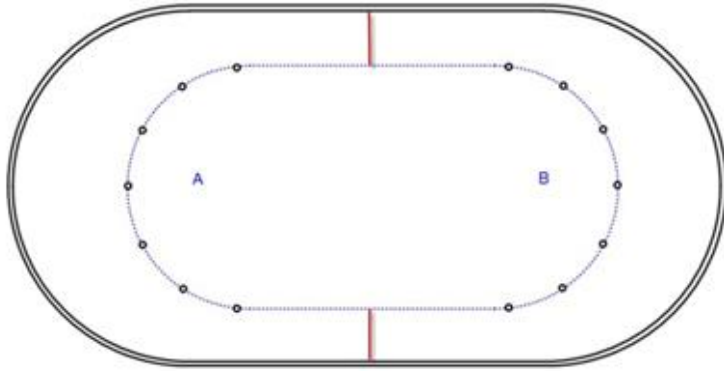
Coaching Tips:

- Develop signals for skaters to provide direction within this race.
- Experiment with different strategies to manage the pace of the race, use lap and split times as a means to measure an athlete's capacity and develop specific race strategies.
- Ensure that skaters are comfortable skating in large packs and changing positions in training for this event.
- Develop different track patterns based on what a skater's objective is in this race.
- Train skaters on how to initiate 'attacks' from both within the pack and from the front.

APPENDIX F – BEST PRACTICES FOR THE 200M PURSUIT

200m Pursuit Race

1. Use only the three (3) center tracks.
2. When skaters arrive on the ice they report to the referee at the blue line at the center of the rink (skaters would be behind the start). When they finish they report to the referee standing at the other side of the ice center). These locations keep the skaters clear of the start and finish and out of the way of the three (3) other referees.



3. If an adequate sound system is not available, the Starter will move onto the ice surface for the 200m Pursuits. As with all on ice Officials he/she must wear a helmet.
4. Three (3) Timers will be positioned on each side of the rink and will be assigned the skater on their side. One of the three (3) shall be designated the Chief Timer.
5. Two Line Judges and a Recorder will be recruited to assist with the communication of times and position to the Announcer. One shall be on the far side of the rink next to the Timers.
6. As soon as the official time is recorded on the side of the rink across from the Announcer, it shall be communicated to the Line Judge who shall communicate the time to the Recorder on the far side of the rink and next to the Announcer.
7. The second Line Judge will also receive the official time from the Timers and communicate it to the Recorder.
8. The Recorder shall record both times and relay them to the Announcer along with the position in which each skater has moved and the time that the remaining skaters must now beat to move into first place.
9. After the final skaters have raced, the Recorder shall provide the Announcer with the final placings to be announced before the skaters leave the ice.