

SPEED SKATE NOVA SCOTIA

COMPETITIONS BULLETIN 2016-2017

Bulletin No. SSNS2016.01



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GENERAL INFORMATION

The Competitions Bulletin is an annual technical document produced by Speed Skate Nova Scotia (SSNS) to outline the qualifying standards, selection criteria and funding criteria for national competitions for Nova Scotia skaters.

The SSNS qualifying standards in this bulletin are relevant to national competitions for which Speed Skating Canada has no minimum time standard or a branch quota of skaters that SSNS can send to the specific event. In the 2016-17 season, the Canadian Age Class Long Track Championships, the Canada East Short Track Championships and Canadian Junior Open Team Selections #2 are the events that require branch selection.

The Competitions Development Committee (CDC) of Speed Skating Canada (SSC) is responsible for the rules and regulations governing national-level competitions. The national-level competitions for the 2016-17 season include:

SHORT TRACK: (SSC Bulletins: 2016.01, 171(a), 171(b), and 173) for events including:

- Canadian Open National Qualifier - Chicoutimi, QC. November 24-27, 2016
- Canadian Junior Championships - Calgary, AB. December 16-18, 2016
- Canadian Senior Championships - Montreal, QC. January 13-15, 2017
- Canadian Senior Open National Team Selections #2 - Calgary, AB. March 9-12, 2017
- Canadian Junior Open Team Selections #2 - Trois-Rivières, QC. March 16-19, 2017
- Canada East Short Track Championships – Ottawa, ON. March 25-26, 2017

LONG TRACK: (SSC Bulletins: 2016.01, 178 and 179) for events including:

- Canada Cup #1 - Ste. Foy, QC. December 9-11, 2016
- Canadian Single Distance Championships - Calgary, AB. January 3-6, 2017
- Canada Cup #2 - Calgary, AB. January 3-6, 2017
- Canadian Junior Long Track Championships - Saskatoon, SK. January 27-29, 2017
- Canada Cup #3 - Saskatoon, SK. January 27-29, 2017
- Canadian Age Class LT Championship - Edmonton, AB. February 4-5, 2017
- Canada Cup #4 - Calgary, AB. March 16-19, 2017

In the above-mentioned speed skating national events, skaters from Nova Scotia will represent the province of Nova Scotia. In any other qualifying events (club, provincial or regional), skaters will be representing their respective clubs.

Speed Skate Nova Scotia reserves the right to modify or change the enclosed guidelines in the event that there is clear evidence that any such changes are clearly in the best interest of the long term development of participants and the growth of the sport. In the case of a change, competition organizers, skaters, coaches, officials and clubs will be advised as soon as possible. Any change to process or applicable criteria will be announced in a publication of a SSNS Technical Memorandum.

ELIGIBILITY CRITERIA FOR SELECTION

Skaters must be members of a SSNS member club and be in good standing with Speed Skate Nova Scotia in order to be considered for selection.

Skater's age category for the 2016-2017 season is their age as of June 30, 2016.

Skaters must maintain a regular training program, attend regular club practices, show continuous improvement, and adhere to the SSNS code of conduct to be considered for selection.

EVENTS SSNS WILL CONSIDER FOR PERFORMANCE STANDARDS

The 2016-2017 competitive season is defined as the period from April 1, 2016 to March 31, 2017.

All performances in Speed Skate Nova Scotia sanctioned competitions in the 2016-2017 season will be considered.

All performances in Speed Skate Canada sanctioned competitions in the 2016-2017 season will be considered.

All performances in provincially sanctioned competitions outside of Nova Scotia, on SSC standard tracks, will be considered.

For consideration for selection to compete at the 2017 Canadian Age-Class Long Track Championships (CACLT), Nova Scotia skaters must compete at the 2017 Atlantic Cup Long Track competition in Halifax. To obtain the required minimum time standard for the 2017 CACLT only outdoor performances within the competitive season will be considered.

For consideration for selection to compete at the 2017 Canada East Short Track Championships (CEST), Nova Scotia skaters must compete at the 2017 Citadel Cup Short Track competition in Halifax.

If manual timing is utilized the official time will have 0.2 seconds added to the manual time.

APPEAL PROCESS

Appeals with respect to any selection process must be submitted to the SSNS Administrative Coordinator in writing.

A three person appeals group will be formed upon receipt of the written appeal. The appeals group will consist of three SSNS members that are deemed free of conflict of interest. At least one member of the group must be a current member of the SSNS Board of Directors.

A verbal decision from the appeal group must be made within 7 days of receipt of the written appeal. The appeal group will be given an additional three days to provide a written account of their decision. Both the written and verbal decision will be given to the SSNS Board of Directors or the president of SSNS for communication to the party initiating the appeal.

LONG TRACK PERFORMANCE CRITERIA

CANADA CUP COMPETITIONS:

In accordance with SSC Long Track High Performance Bulletin #178, the 2016-17 Canada Cup performance standards are tabled below. Nova Scotia skaters must achieve these time standards in the current season or previous season if skater remains in the same age grouping (for example, a second year junior skater can use times from their previous season when they were skating their second year as a junior skater).

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

Men must have the time standard from the 1500m, 3000m or 5000m to be eligible to compete in the 5000m. Men with a standard in any distance are eligible to compete in the 500, 1000, and 1500m.

		Senior Inside	Senior Outside		Junior Inside	Junior Outside	
		Canada Cups 1,2,3	Canada Cup 2	Canada Cups 1 & 3	Canada Cups 1,2,3	Canada Cup 2	Canada Cups 1 & 3
Women	500m	0:44.0	0:46.9	0:48.4	0:46.2	0:49.1	0:50.6
	1000m	1:27.2	1:33.0	1:35.9	1:31.6	1:37.4	1:40.3
	1500m	2:15.3	2:24.2	2:28.7	2:22.0	2:30.9	2:35.4
	3000m	4:44.7	5:03.3	5:12.7	4:58.7	5:17.3	5:26.7
Men	500m	0:40.2	0:42.9	0:44.2	0:42.2	0:44.9	0:46.3
	1000m	1:19.0	1:24.4	1:27.0	1:23.0	1:28.3	1:31.0
	1500m	2:01.2	2:09.3	2:13.4	2:07.3	2:15.4	2:19.4
	3000m				4:35.9	4:53.3	5:02.0
	5000m	7:19.6	7:48.7	8:03.2	7:45.0	8:14.1	8:28.6

LONG TRACK PERFORMANCE CRITERIA ;...continuedJ**CANADIAN AGE CLASS LONG TRACK CHAMPIONSHIP February 4-5, 2017, Edmonton, AB
(SSC COMPETITIONS BULLETIN 2016-17 Bulletin No 2016.01)**

In order to participate in this event, Nova Scotia skaters must

- (i) Finish in the top 5 Nova Scotia skaters in their gender/age class in the Atlantic Cup Long Track Championships, in Halifax; **AND**
- (ii) Achieve the SSNS time standard for their gender/age class in a minimum of 3 of 4 distances in races held during the 2016-2017 season (competitions held within and outside the province), prior to the close of entries for the CACLT (Jan. 25th, 2017). No times skated in indoor facilities will be considered.

SSNS time standards for this event are listed below:

	100m OS or MS	300m MS	500m OS	3000m MS / OS
Girls 11	15.29	36.34	59.22	7:10.09 MS or OS
Girls 12	14.75	34.78	58.00	6:40.15 MS or OS
Girls 13	14.37	34.22	56.53	6:30.92 OS
Girls 14	14.11	33.13	55.26	6:19.63 OS
Boys 12	14.28	34.85	57.42	6:36.83 MS or OS
Boys 13	13.70	33.01	53.65	6:11.69 MS or OS
Boys 14	12.96	31.67	51.83	5:46.16 OS
Boys 15	12.63	30.91	48.08	5:33.52 OS

OS refers to Olympic-Style racing in pairs. MS refers to Mass Start racing.

SHORT TRACK PERFORMANCE CRITERIA

CANADIAN OPEN NATIONAL QUALIFIER **(SSC High Performance Bulletins 171a and 171b)**

Competitors at the Canadian Open National Qualifier must have reached the age of 14 before July 1, 2016 (ISU Rule 108).

Entry to the Canadian Open National Qualifier is done through the following priorities up to a maximum number of 60 entries per gender (see below):

1. The 25 highest ranked athletes according to the 2015-16 Canadian senior ranking (excluding those who competed at the Fall World Cup Selections event, or were originally qualified but unable to compete due to injury/illness etc.)
2. The 25 highest ranked junior aged athletes from 2015-16 according to that season's Canadian senior and junior ranking respectively (excluding those already entered above).
3. Remaining positions*: Athletes who meet the time standard stated below based on their combined 500m + 1500m times as recorded from August 1st 2016 to October 24th, 2016 in a SSC sanctioned competition with electronic timing. Please note in special circumstances manual times will be accepted (adjusted upwards by 0.2).

Time Standard*

Women: **3min 39sec** based on combined 500m and 1500m times. (ex: 0:52+2:47)

Men: **3min 21sec** based on combined 500m and 1500m times. (ex: 0:49+2:32)

*Exception: In the event that the number of entries meeting the time standard exceeds the total number of places available, each province will be guaranteed an entry of at least two (2) skaters per gender who meet the time standard stated above. If any of the skaters who qualified for entry by points 1 & 2 above cannot or choose not to compete, they will be replaced by those who submitted their entry by time.

CANADIAN JUNIOR OPEN TEAM SELECTIONS #2 **(SSC High Performance Bulletins 171a and 171b)**

Competitors at the Canadian Junior Open Team Selections #2 must have reached the age of 14, but not the age of 19 by July 1st, 2016. (ISU Rule 108).

Entry to the Canadian Junior Open Team Selections #2 is done through the following priorities up to a maximum number of 60 entries per gender (see below):

Historically, SSC opens the competition to 60 skaters that:

- a) qualified for Canadian Junior Championships, but not Canadian Senior Championships,
- b) qualified for Canadian Open National Qualifier, but not the Canadian Senior Championships,
- c) meet a minimum time standard, but guarantees at least two (2) entries per branch that meet the minimum time standard.

Time Standard (based on 2015-16 standard)*

Women: **3min 39sec** based on combined 500m and 1500m times. (ex: 0:52+2:47)

Men: **3min 21sec** based on combined 500m and 1500m times. (ex: 0:49+2:32)

Details in Bulletin 171b*

SHORT TRACK PERFORMANCE CRITERA (...continued)**CANADA EAST SHORT TRACK CHAMPIONSHIP, March 25-26, 2017, Ottawa, ON**
(SSC COMPETITIONS BULLETIN 2016-17 Bulletin No 2016.01)

In order to participate in this event, Nova Scotian skaters must

- (i) Finish in the top 2 Nova Scotia skaters in their gender/age class in the HRSSC Citadel Cup, Halifax; **AND**
- (ii) Achieve the SSNS time standard for their gender/age class in a minimum of 3 out of 4 distances (including the combined standard of 400+1500) in competitions (inside and outside the province) during the 2016-17 season up to and including the Citadel Cup.

SSNS minimum time standards for this event are listed below:

100m STANDARD TRACK				
	200m	400m	1500m	400m + 1500m
Girls 11	25.37	48.64	3:17.16	4:05.80
Girls 12	24.90	47.45	3:14.34	4:01.79
Girls 13	24.50	46.73	3:10.14	3:56.87
Girls 14	23.63	44.68	3:06.96	3:51.64
Boys 12	24.04	46.26	3:04.71	3:50.97
Boys 13	23.68	44.86	3:00.61	3:45.47
Boys 14	23.18	44.27	2:57.54	3:41.81
Boys 15	22.79	43.00	2:54.47	3:37.47

SPEED SKATE NOVA SCOTIA NATIONAL COMPETITION TRAVEL FUND

FUNDING CRITERIA

Speed Skate Nova Scotia will divide available funding for travel to national championships to skaters in a fair and transparent manner.

SSNS has targeted the following competitions for funding for the 2016-2017 season:

- 1) Canada Cup #3 / Canadian Junior Long Track Championships
- 2) Canadian Junior Open ST Championships
- 3) Canadian Age-Class Long Track Championships
- 4) Canada East Short Track Championships

A minimum of \$6000.00 of Speed Skate Nova Scotia funding will be allocated to support skater travel to national competitions in the 2016-2017 season.

\$2500 of the allocated funding will be directed to all eligible skaters that qualify for the Canada Cup #3 / Canadian Junior Long Track Championships. Each athlete is eligible to receive a maximum of \$500.

\$500 of the allocated funding will be directed to all eligible skaters that qualify for the Canadian Junior Open ST Championships. Each athlete is eligible to receive a maximum of \$250.

\$2000 of the allocated funding will be directed to all eligible skaters that qualify for the Canadian Age-Class Long Track Championships. Each athlete is eligible to receive a maximum of \$300.

\$1000 of the allocated funding will be directed to all eligible skaters that qualify for the Canada East Short Track Championships. Each athlete is eligible to receive a maximum of \$200.

Allocation process:

Only skaters that qualify to represent Nova Scotia at a National Championship and have completed the required registration forms to attend the specific competition and the SSNS Athlete Code of Conduct will be considered for financial assistance. SSNS will pay the entry fee for the qualified skater and any additional assistance that the skater is eligible for will be issued by cheque to the individual skater. In the case of a last minute withdrawal, any financial assistance provided to the skater is required to be refunded to SSNS.

SPORT NOVA SCOTIA CARDING

Speed Skating Nova Scotia will utilize Sport Nova Scotia's Tier 6 PSO Carding fund of \$750.00 to provide additional support to NS skaters travelling to the SSC national competitions for junior and senior aged athletes.

The \$750 fund will be divided to support up to four athletes, two (2) female and two (2) male skaters (one male and one female of each speed skating discipline). Any unclaimed cards in one discipline may be used by SSNS to provide further support athletes in another discipline, regardless of gender.

CRITERIA:

1.1 Skaters, regardless of discipline, must meet the Speed Skate Canada criteria to attend one of the following national competitions:

LONG TRACK: Canada Cup #1, Canada Cup #2 / Canadian Single Distance Championships, Canada Cup #3 / Canadian Junior Championships and/or Canada Cup #4.

SHORT TRACK: Canadian Open Qualifier, Canadian Junior Championships, Canadian Senior Championships, Canadian Junior Open Championships and/or Canadian Senior Open Championships.

1.2 Skaters will be ranked based on their best performances tallied using samalog points from April 1st, 2016 to March 31st, 2017 in provincially sanctioned or Speed Skate Canada sanctioned competitions:

LONG TRACK:

Female skaters: The lowest cumulative samalog points for the 500m, 1000m, 1500m and 3000m Olympic style races. Female skaters must meet the minimum standard of **181.824 or lower** of cumulative samalog points to qualify for funding (equates to 116% of the current junior women's Canadian records).

Male skaters: The lowest cumulative samalog points for the 500m, 1000m, 1500m and 5000m Olympic style races. Male skaters must meet the minimum standard of **165.804 or lower** of cumulative samalog points to qualify for funding (equates to 116% of the current junior women's Canadian records).

SHORT TRACK:

Female and male skaters: The lowest cumulative samalog points for the 500m, 1000m and 1500m races on the 111.12m track. Females must meet a minimum of **160.496 or lower** and male skater must meet a minimum of **147.437 or lower** of cumulative samalog points to qualify for funding (equates to 115% of current junior Canadian records)

1.3 Financial support will be awarded by March 30, 2017 to eligible skaters.

APPENDIX IV: 2016-17 SSNS ATHLETE CODE OF CONDUCT

Speed Skate Nova Scotia Athlete Code of Conduct Form 2016-2017 Season



In order to participate in SSNS sanctioned trips and competitions this form must be signed by the participant. This form will cover all events for the season only requiring you to fill this out once every skating season.

- Conduct yourself at all times with honor and dignity.
- Treat your teammates with dignity and respect and expect to be treated with respect in return.
- Treat opponents and officials as honored guests.
- Respect your coaches and co-operate with them both on and off the ice including code of conduct expected by your coaches.
- Coaches are trying to make you a better athlete so follow the training and programs suggested by your coaches.
- Remember there is no place before, during or after competition for drugs and alcohol.
- Accept both winning and losing with pride and compassion, not boastful or bitterness.
- Control your anger and frustration and hold back displays of temper and bad language (such as swearing, insulting, harassing or being offensive).
- Respect the property of others whether it is another skater, coach, club and /or hotel.
- Refrain from complaining about other opponents, coaches or officials publicly.
- Respect your uniform/skins and wear it as intended.
- Your conduct includes verbal speech, behavior, actions and all electronic communication.
- Remember it is a privilege to represent your sport, your club, and your province.***

If any athlete knowingly and/or continuously fails to follow the Code of Conduct, they will be removed from races and/or meets and/or further consequences will be taken.

If you have any questions please ask your coaches.

Name of Athlete (please print)			
Signature of Athlete		Date	

Wording of this code of conduct was copied with permission from the SASSA.