



High Performance Bulletin 210

Domestic Competition Format

Updated: February 10, 2025

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1. INFORMATION

1.1. Purpose and Objective

The objective of the High-Performance Bulletin (the “**HP Bulletin**”) for Competition Format is to establish provisions that are designed, ultimately, to provide guidance to competition organizers, coaches and athletes for domestic events (“**Domestic Events**”) where athletes will be racing at a Selection Event (as per HP Bulletin 209) or Canadian Ranking Event (as per HP Bulletin 212).

The objective of High-Performance Bulletin 210 (the “**HP Bulletin**”) for Long Track is to organize, in collaboration with Speed Skating Canada (“**SSC**”) membership and partners, competitive opportunities which include races held over two, three, four or more days, typically falling over a weekend. “**Individual Distances**” shall mean “500m, 1000m, 1500m, 3000m (Women), 5000m, 10000m (Men) and Mass Start” and “**Team Events**” shall mean Team Pursuit and Team Sprint.

1.2. HPAC-LT

The High Performance Advisory Council – Long Track (HPAC-LT) constituted pursuant to this HP Bulletin will be the HPAC-LT which shall consist of three volunteer committee members and one Chairperson of the Committee (the “**Chair**”) who shall be an employee of SSC appointed to the position at the sole, full and absolute discretion of the Chief Executive Officer of SSC (collectively, the “**HPAC-LT**”) as per the Term of Reference. The Chair will have sole, full and complete authority to apply HP Bulletin 206 contained herein without interference from any additional persons. For the absence of doubt, the volunteer members of the HPAC-LT shall have no authority to either apply HP Bulletin 210 or to authorize the content of this HP Bulletin 210.

1.3. High Performance Jury

At all relevant Selection Events, the High-Performance Jury (the “**HP Jury**”) will consist of the HPAC-LT members in attendance, or in the absence of any members of the HPAC-LT, such person or persons the Chair may appoint, if any, to the HP Jury for such competition, and the Chief Referee.

1.4. Conflict of Interest

In the exercise of the authority granted above, the Chair and the HP Jury as described above, have the obligation to apply SSC’s Conflict of Interest Policy in the exercise of their duties and as found at the following location: https://speedskating.ca/wp-content/uploads/2022/01/Conflict-of-Interest-Policy-V4_EN_2022.pdf

In the case where the Chair or HP Jury is deemed to have or declares a conflict of interest in relation to a specific decision, or when the Chair or HP Jury has advised that such member will be unable to complete her or his duties under this HP Bulletin, a staff member of SSC selected by the remaining members of the HP Jury, will vote in his or her place. If the Chair or HP Jury is unable to vote or if there are two or more of the Chair and a member of the HP Jury are in a conflict of interest, such members will be replaced by an additional SSC staff member.

1.5. Quorum

A quorum for any meeting of the HPAC-LT or HP Jury will consist of a majority of the members, then serving, or identified at the time of such meeting or decision. Any members found to be in a conflict of

interest according to Section 1.4 above cannot be counted for quorum for voting purposes on the topic(s) in which the member is in a conflict of interest.

1.6. Announcements

The HPAC-LT will issue HP Bulletins throughout the season informing athletes, coaches, and other relevant SSC Committees and SSC Branches (“**PTSOs**”) of updates and/or changes with respect, but not limited, to selection criteria and/or competitions. All HP Bulletins will be posted on the SSC Website.

As indicated herein, any amendments as per Section 1.7 of this HP Bulletin will be communicated through the release of additional Bulletins specific to this change.

1.7. Amendments and Unexpected Circumstances

1.7.1. Changes to This Document

The Chair reserves the right to make changes to this HP Bulletin which, in the Chair’s sole, full and absolute discretion, are necessary to ensure optimal operations of each Event. Any changes to this document shall be communicated by sending an electronic communication and posting of the changes to the SSC Website. Such changes must be reasonably justifiable in accordance with fundamental principles of natural justice and procedural fairness.

1.7.2. Unexpected Circumstances

Should the Chair determine that unexpected or unusual circumstances have arisen during the process of applying this HP Bulletin, the Chair shall have the sole, full and absolute discretion to resolve the matter as it sees fit, considering factors and circumstances that it deems in its sole, full and absolute discretion as relevant.

1.8. International Skating Union Regulations

The International Skating Union (the “**ISU**”) regulations specific to the discipline of Speed Skating (long track) can be found at: [SPECIAL REGULATIONS & TECHNICAL RULES SPEED SKATING](#) as accepted by a vote June 2024 which will determine the allocation process for quota positions available for each Event, Individual Distance and/or Team Event to each Member Federation.

For greater certainty, there will be supplemental allowances of fresh starts (“Fresh Starts”) outlined in Appendix A at Selection Events only.

IMPORTANT: As of January 13, 2025, in order for a time to be considered a qualifying time for any of the competitions included in this High Performance Bulletin 210, SSC requires, in addition to and notwithstanding any ISU rule or any rule in the SSC Procedures and Regulations (the “Red Book”), that the time: i) must have been achieved in an ISU-sanctioned event or at an event run under the applicable ISU Technical Rules and Special Regulations where wind or air-flow conditions and the ventilation system of the track is controlled so as to avoid unequal conditions due to differences in air-flow on the level of the competition track; ii) must have been achieved in a race held at an ISU-sanctioned event or at an event run under the applicable ISU Technical Rules and Special Regulations in which skaters raced in the ISU defined gender categories as specified in ISU Rule 39(c)(i) of the ISU Technical Rules and Special Regulations; and iii) will be subject to normalization where applicable (i.e., if the race is held at altitude; see Noordhof, Dionne & Mulder, Roy & de Koning, Jos & Hopkins, Will. (2015) *Race Factors Affecting*

2. DOMESTIC COMPETITIONS

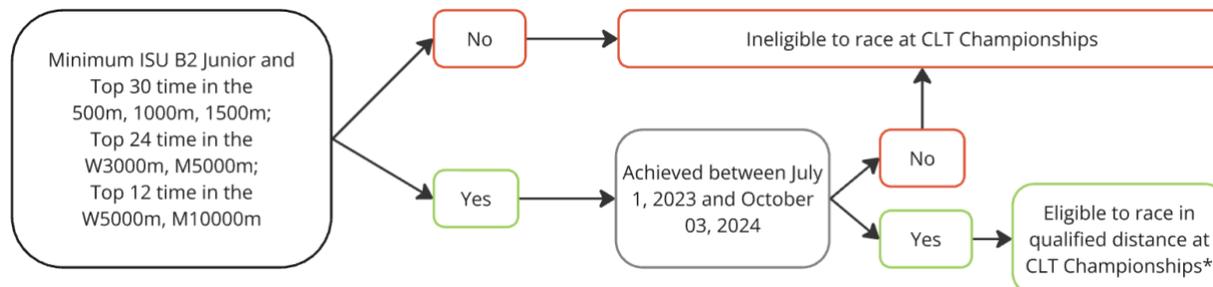
2.1. Canadian Long Track (CLT) Championships, October 17-20, 2024 (Quebec City)

2.1.1. Entry Deadline

The entry deadline for Canadian Long Track Championships will be October 03, 2024.

2.1.2 Entry Criteria

To be eligible to enter the CLT Championships, athletes must be minimum B2 Junior and be ranked within the top 30 times skated in the 500m, 1000m and 1500m or within the top 24 times in the women’s 3000m or men’s 5000m or the top 12 times in the women’s 5000m or men’s 10000m in an ISU sanctioned event skated in the period between July 1, 2023 and October 3rd, 2024 in the distance they are entering. Other athletes may be added at the sole, full and absolute discretion of the Chair*. All athletes must be registered with a Speed Skating Canada club for the 2024-25 season and be a member in good standing. Please note that fees paid to a training centre does not include an SSC membership. Skaters registered in the CLT Championships must be eligible to represent Canada at ISU speed skating events for the 2024-2025 season. Time skated in an altitude venue (Calgary or Salt Lake City) will be corrected by 2% to reflect the same process as the 2024 Canadian Long Track Time Standard adjustment² as noted in HPB 209, section 4.3.



2.1.3. Competition Format

		<u>Women</u>	<u>Men</u>
Thursday, October 17	DAY 1	500m* 3000m*	500m* 5000m*
Friday, October 18	DAY 2	1000m* 5000m	1000m* 10000m
Saturday, October 19	DAY 3	500m #2	500m #2

¹ Since this amendment applies after January 13, 2025, it shall not apply to the 2024 Canadian Long Track Championships.

² Noordhof, Dionne & Mulder, Roy & de Koning, Jos & Hopkins, Will. (2015) *Race Factors Affecting Performance Times in Elite Long-Track Speed Skating*. International Journal of Sports Physiology and Performance. 11.10.1123/ijsp.2015-1071

Sunday, October 20	DAY 4	1500m* 1000m #2 Mass Start*	1500m* 1000m #2 Mass Start*
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* Team selection event

2.1.4. Individual Distances

A specified number of athletes will be allowed to enter each Individual Distance as follows:

- A maximum of 30 athletes will be allowed for 500m, 1000m, 1500m ranked on qualifying time.
- A maximum of 24 athletes will be allowed for 3000m Women and 5000m Men ranked on qualifying time.
- A maximum of 12 athletes will be allowed for 5000m Women and 10000m Men ranked on qualifying time
 - The 5000m Women and 10000m Men will be run for the Canadian Long Track Championships up to a maximum of twelve (12) entries. Athletes without a 5000m (Women) or 10000m (Men) qualifying time may qualify if such athlete achieves the 3000m (Women) or 5000m (Men) qualifying time at the Canadian Long Track Championships
- Additional athletes may be approved to be entered at the sole, full and absolute discretion of the Chair. Athletes must submit a written request to be added to the CLT Championships to the HPAC-LT one week prior to the entry deadline.

2.1.5. Mass Start

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

- Pre-selected skaters as per HP Bulletin 209 section 4.4.1;
- Remaining spots will be filled based on time rank percentages to the Mass Start Profile time standards in either the 1500m or W-3000m/M-5000m from those not already qualified in an ISU sanctioned event between July 1, 2023 and October 3, 2024

Should there be less than 24 athletes entered, additional positions may be added to fill the entry to 24 athletes by request at the sole, full and absolute discretion of the Chair.

Mass Start races will be organized based on ISU Technical Rule 257 and special ISU Communication or other documents issued by the ISU Speed Skating Technical Committee. Safety measures are specified in ISU Communication No. 2636 and No. 2651. Mass Start races will be 16 laps as per ISU Technical Rule 202.

2.1.6. Pairing and Drawing for 2024 CLT Championships

All competitors will be ranked according to their best achieved qualifying time between July 1, 2023 and October 3, 2024.

- 500m, 1000m, 1500m: First 10 pairs will be composed from the top 20 seed times with the slowest ranks starting in the first pair. The remaining 5 pairs will be composed from competitors ranked 21-30 and will be paired from fastest to slowest.

- Women's 3000m, Men's 5000m: First 8 pairs will be composed from the top 16 seed times with the slowest ranks starting in the first pair. The remaining 4 pairs will be composed from competitors ranked 17-24 and will be paired from fastest to slowest.
- Women's 5000m, Men's 10000m: Starting order of pairs shall be opposite to the ranking order of the top 12 competitors, so that the competitors with the slowest ranks will start in the first pair and so on as specified in Appendix D.

CLT Championships Individual Distances will be run as (single) pairs. Mass Start at the CLT Championships will be run as specified in section 2.1.5.

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

Time skated in an altitude venue (Calgary or Salt Lake City) will be corrected by 2% to reflect the same process as the 2024 Canadian Long Track Time Standard adjustment³ as noted in HPB 209, section 4.3.

Specific to 500m-2 and 1000m-2: Lane assignments will be opposite to the lane assigned in 500m-1 and 1000m-1. For greater clarity if a skater races in the inner lane in 500m-1 or 1000m-1 they will be assigned the outer lane for 500m-2 or 1000m-2. A ranking list from each lane will be generated from the results of 500m-1 and 1000m-1. Skaters registered for 500m-2 or 1000m-2 who did not compete in 500m-1 or 1000m-1 will be seeded into the next available race positions following the ranked competitors, based on seed times entering the competition.

2.1.7. Withdrawals

Withdrawals are to be completed prior to the Team Leaders/Coaches meeting and prior to the first draw.

In case of withdrawals after the draw, a withdrawal form (Appendix E) must be completed and submitted one hour prior to the next race and must be signed off by medical staff. Should a medical staff member not be available, then the respective coach can sign the form. Withdrawals made after the deadline will result in the athlete being disqualified from the next race/Event listed in Bulletin 210 except in the case of a DNS/withdrawal due to medical reasons. Withdrawal forms are to be submitted to the Chief Referee.

If an alternate method for withdrawals is available, information on the process will be communicated at the Coaches/Team Leader meeting.

2.2 Canadian Jr. Long Track Championships, December 13-15, 2024 (Fort St. John)

2.2.1. Entry Deadline

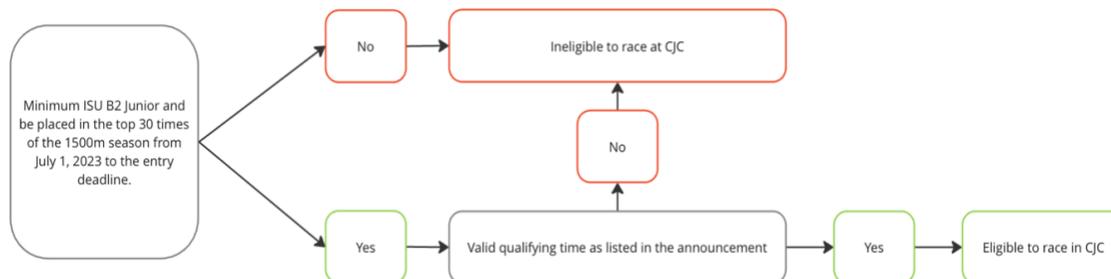
The entry deadline for the Canadian Junior Long Track Championships will be November 29, 2024.

2.2.2. Entry Criteria

To be eligible to race at the Junior Canadian Long Track Championships:

³Noordhof, Dionne & Mulder, Roy & de Koning, Jos & Hopkins, Will. (2015) *Race Factors Affecting Performance Times in Elite Long-Track Speed Skating*. International Journal of Sports Physiology and Performance. 11.10.1123/ijsp.2015-1071

Athletes must be minimum B2 Junior in order to be eligible to compete in Canadian Junior Long Track Championships, be placed in the Top 30 1500m seasons best times from July 1, 2023 to November 25th, 2024. This time must have been achieved in an ISU/SSC sanctioned event between July 1, 2023 and November 25th, 2024 for the Junior Canadian Long Track Championships. Time skated in an altitude venue (Calgary or Salt Lake City) will be corrected by 2% to reflect the same process as the 2024 Canadian Long Track Time Standard adjustment⁴ as noted in HPB 209, section 4.3.



2.2.3. Canadian Junior Long Track Championships Event

The Canadian Junior Long Track Championships is run as an Allround event. According to ISU communication 2654, section 4.2.2, the Junior Canadian Allround Champion will be determined by:

		<u>Women</u>	<u>Men</u>
Friday, December 13	Day 1	500m 1500m	500m 1500m
Saturday, December 14	Day 2	1000m 3000m	1000m 5000m
Sunday, December 15	Day 3	Mass Start Team Pursuit Mixed Relay	Mass Start Team Pursuit Mixed Replay

2.2.4. Mass Start

Depending on the number of athletes registered, more than one Junior Mass Start race may be organized. Mass start races will be based on ISU Technical Rule 257 and the safety measures specified in ISU Communication No. 2636 and No. 2651. Mass Start races for Junior will be 10 laps. Seeding for the Mass Start will be based on the results of the 1500m at the 2024 Junior Canadian Championships event. The results of the race will be used to determine who will be eligible to compete in the Mass Start at the Junior World Championships.

⁴Noordhof, Dionne & Mulder, Roy & de Koning, Jos & Hopkins, Will. (2015) *Race Factors Affecting Performance Times in Elite Long-Track Speed Skating*. International Journal of Sports Physiology and Performance. 11.10.1123/ijspp.2015-1071

2.2.5. Team Pursuit

Team Pursuit team composition will be based off overall sammelagt at the conclusion of day two(2) of the event. Athletes in position 1-3 of the overall sammelagt will compose a team, athletes in position 4-6 will compose a team, continuing the same process with groups of 3.

2.2.6. Mixed Relay

Athletes that finish in the top 8 of the overall sammelagt per gender at the conclusion of day two (2) of the event will be eligible to skate in the Mixed Relay. Team composition will be based off the overall sammelagt after day 2. Athletes in the top ranked position per gender will form a team, with athletes in second ranked position per gender forming a team. This process will continue to create 8 teams.

2.2.7. Pairings and Drawings

All competitors in the Canadian Junior Championships will be ranked according to their best achieved Qualifying Time in the 1500m between July 1, 2023 and the entry deadline at SSC/ISU sanctioned events. Pairs for Day 1 races will be based off the seed times in the 500m and 1500m achieved between July 1, 2023 and the entry deadline at SSC/ISU sanctioned events. Subsequent races on Day 2 will be based off the overall results of Day 1 as per ISU Rule 240, section 2. Starting order of the pairs shall be opposite to the ranking order of the competitors, so that the competitors with the slowest ranks will start in the first pair, and so on as specified in Appendix D. Should the event organizer, Chief Referee and Chair deem that it is necessary to run quartets, the quartets shall be run as specified in Appendix D.

Time skated in an altitude venue (Calgary or Salt Lake City) will be corrected by 2% to reflect the same process as the 2024 Canadian Long Track Time Standard adjustment⁵ as noted in HPB 209, section 4.3.

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

2.2.8. Withdrawals

Withdrawals are to be completed prior to the Team Leaders/Coaches meeting and prior to the first draw.

In case of withdrawals after the draw, a withdrawal form (Appendix E) must be completed and submitted one hour prior to the next race. Withdrawals made after the deadline will result in the athlete being disqualified from the next race/Event listed in Bulletin 210 except in the case of a DNS/withdrawal due to medical reasons. Withdrawal forms are to be submitted to Chief Referee.

If an alternate method for withdrawals is available, information on the process will be communicated at the Coaches/Team Leader meeting.

2.3. Canada Cup #1, January 2-5, 2025 (Calgary)

2.3.1. Entry Deadline

Canada Cup #1 will be a phased entry

⁵Noordhof, Dionne & Mulder, Roy & de Koning, Jos & Hopkins, Will. (2015) *Race Factors Affecting Performance Times in Elite Long-Track Speed Skating*. International Journal of Sports Physiology and Performance. 11.10.1123/ijsp.2015-1071

- Eligible pre-selected athlete registration will be December 2nd-9th, 2024
- Eligible athlete time registration will be December 16th-20th, 2024
 - Once pre-selected athlete registration closes, an eligible athlete time list will be published and distributed online

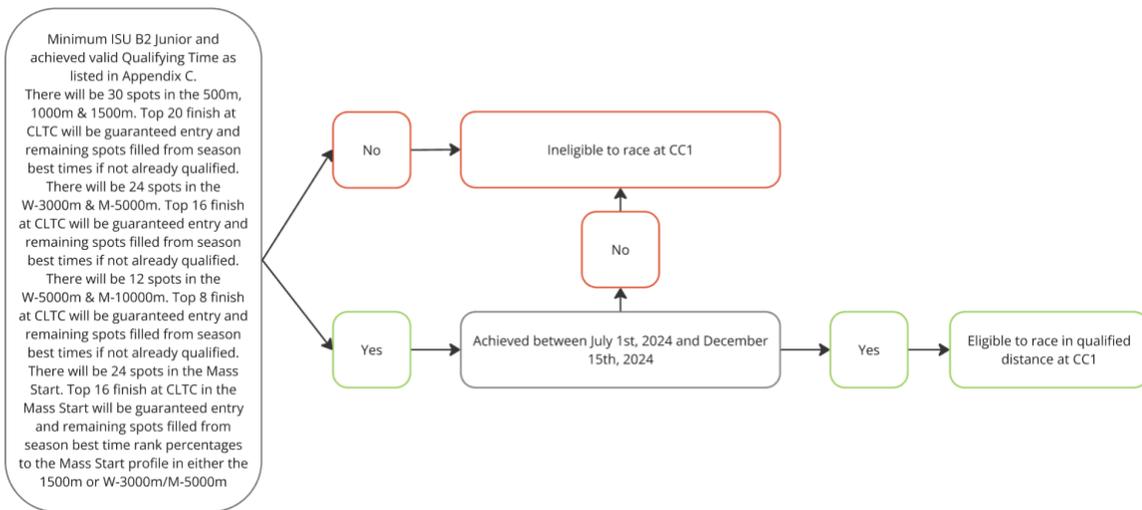
2.3.2. Entry Criteria

To be eligible to race at Canada Cup 1:

- Athletes must be minimum B2 Junior to be eligible to compete in Canada Cup 1 and must have achieved a valid Qualifying Time as listed in Appendix C. This time must have been achieved in an ISU/SSC sanctioned event between July 1, 2024 and the entry deadline for Canada Cup.
- 500m – There will be a total of 30 participants per gender. Top 20 finish at the 2024 Canadian Long Track Championships will be guaranteed entry and the remaining spots filled from season best times from those not already qualified in the distance in an ISU sanctioned event between July 1, 2024 and December 15th, 2024.
- 1000m – There will be a total of 30 participants per gender. Top 20 finish at the 2024 Canadian Long Track Championships will be guaranteed entry and the remaining spots filled from season best times from those not already qualified in the distance between July 1, 2024 and December 15th, 2024.
- 1500m – There will be a total of 30 participants per gender. Top 20 finish at the 2024 Canadian Long Track Championships will be guaranteed entry and the remaining spots filled from season best times from those not already qualified in the distance between July 1, 2024 and December 15th, 2024.
- W-3000m/M-5000m – There will be a total of 24 participants per gender. Top 16 finish at the 2024 Canadian Long Track Championships will be guaranteed entry and the remaining spots filled from season best times from those not already qualified in the distance between July 1, 2024 and December 15th, 2024.
- W-5000m/M-10000m - There will be a total of 12 participants per gender. Top 8 finish at the 2024 Canadian Long Track Championships will be guaranteed entry and the remaining spots filled from season best times from those not already qualified in the distance between July 1, 2024 and December 15th, 2024. If additional spots remain available, they will be allocated to athletes with the next best times in the W-3000m and M-5000m, raced between July 1, 2024, and December 15th, 2024 in an ISU/SSC sanctioned event.
- Mass Start – There will be a total of 24 participants per gender. Top 16 finish at the 2024 Canadian Long Track Championships will be guaranteed entry and the remaining spots filled from season best time rank percentages to the Mass Start Profile time standards in either the 1500m or W-3000m/M-5000m from those not already qualified in an ISU sanctioned event between July 1, 2024 and December 15th, 2024.

Time skated in an altitude venue (Calgary or Salt Lake City) will be corrected by 2% to reflect the same process as the 2024 Canadian Long Track Time Standard adjustment⁶ as noted in HPB 209, section 4.3.

⁶Noordhof, Dionne & Mulder, Roy & de Koning, Jos & Hopkins, Will. (2015) *Race Factors Affecting Performance Times in Elite Long-Track Speed Skating*. International Journal of Sports Physiology and Performance. 11.10.1123/ijsp.2015-1071



2.2.3. Canada Cup #1 – Competition Format

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

* Selection event

2.3.4. Individual Distances

- Women must have the time standard from the 1500m or 3000m to be eligible to compete in the 3000m. Women with a standard in any distance are eligible to compete in the 500, 1000, and 1500m.
- Men must have the time standard from the 1500m or 5000m to be eligible to compete in the 5000m. Men with a standard in any distance are eligible to compete in the 500, 1000, and 1500m.
- Athletes without a 5000m (Women) or 10000m (Men) qualifying time may qualify if such athlete achieves the 3000m (Women) or 5000m (Men) qualifying time at **Canada Cup 1**.
- **Canada Cup 1** time standards will be listed in the Announcement for all distances.

2.3.5. Mass Start

Mass start races will be based on ISU Technical Rule 257 and the safety measures specified in ISU Communication No. 2636 and No. 2651, or other documents issued by the ISU.

For the Mass Start race, skaters will be grouped according to their best 1500m times from the 2024 season. All safety equipment (ISU requirement) is mandatory.

- There will be a total of 24 spots for Mass Start at Canada Cup #1. The top 16 from the Canadian Long Track Championships. The remaining 8 spots will be filled from season best time rank

percentages to the Mass Start Profile time standards in either the 1500m or W-3000m/M-5000m from those not already qualified in an ISU sanctioned event between July 1, 2024 and the entry deadline.

- If there are more than 24 entries, additional Mass Start races may be organized. International skaters will not be eligible to compete in the top ranked Mass Start race.

2.3.6. Pairings and Drawings

All competitors will be ranked according to their best achieved Qualifying Time from July 1, 2024 to the entry deadline in accordance with ISU Rule 244. The starting order of the pairs shall be opposite to the ranking order of the competitors, so that the competitors with the slowest ranks will start in the first pair, and so on as specified in Appendix D. Should the event organizer, Chief Referee and the Chair deem that it is necessary to run quartets, then quartets shall be run as specified in Appendix D.

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

Time skated in an altitude venue (Calgary or Salt Lake City) will be corrected by 2% to reflect the same process as the 2024 Canadian Long Track Time Standard adjustment⁷ as noted in HPB 209, section 4.3.

Specific to 500m-2 and 1000m-2: Lane assignments will be opposite to the lane assigned in 500m-1 and 1000m-1. For greater clarity if a skater races in the inner lane in 500m-1 or 1000m-1 they will be assigned the outer lane for 500m-2 or 1000m-2. A ranking list from each lane will be generated from the results of 500m-1 and 1000m-1. Skaters registered for 500m-2 or 1000m-2 who did not compete in 500m-1 or 1000m-1 will be seeded into the next available race positions following the ranked competitors, based on seed times entering the competition.

2.3.7. Withdrawals

In case of withdrawals after the draw, a withdrawal form must be completed and submitted one hour prior to the next race. Withdrawals made after the deadline will result in the athlete being disqualified from the next race/Event listed in Bulletin 210 except in the case of a DNS/withdrawal due to medical reasons.

If an alternate method for withdrawals is available, information on the process will be communicated at the Coaches/Team Leader meeting.

2.4. Canada Cup Final, February 27 – March 02, 2025 (Quebec City)

2.4.1. Entry Deadline

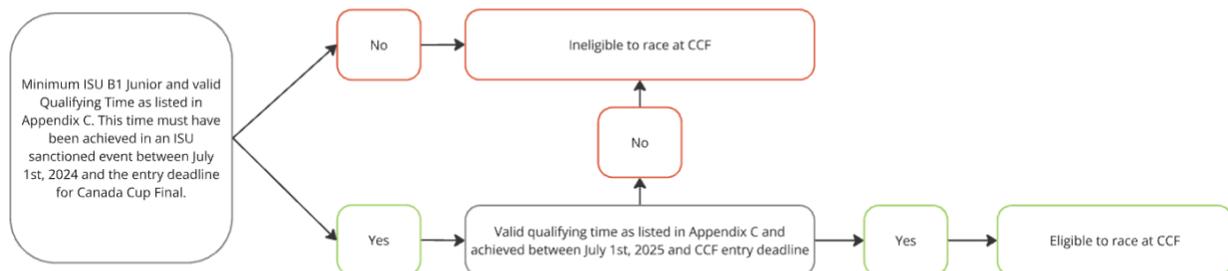
The entry deadline for Canada Cup Final will be February 17th, 2025 at 12:00AM Eastern Time.

2.4.2. Entry Criteria

- Athletes must be minimum B1 Junior in order to be eligible to compete

⁷Noordhof, Dionne & Mulder, Roy & de Koning, Jos & Hopkins, Will. (2015) *Race Factors Affecting Performance Times in Elite Long-Track Speed Skating*. International Journal of Sports Physiology and Performance. 11.10.1123/ijsp.2015-1071

- In order to be eligible to race in Canada Cup Final, athletes must have achieved a valid qualifying time as listed in Appendix C. This time must have been achieved in an SSC / ISU sanctioned event between July 1st, 2023 and the entry deadline for Canada Cup Final.



2.4.3. Competition Format

		<u>Women</u>	<u>Men</u>
Thursday, February 27	DAY 1	500m 3000m	500m 5000m
Friday, February 28	DAY 2	1000m 5000m	1000m 10000m
Saturday, March 1	DAY 3	1500m 500m #2	1500m 500m #2
Sunday, March 2	DAY 4	1000m #2 Mass Start	1000m #2 Mass Start

2.4.4. Individual Distances

- Women must have the time standard from the 1500m or 3000m to be eligible to compete in the 3000m. Women with a standard in any distance are eligible to compete in the 500, 1000, and 1500m.
- Men must have the time standard from the 1500m, 3000m or 5000m to be eligible to compete in the 5000m. Men with a standard in any distance are eligible to compete in the 500, 1000, and 1500m.
- Athletes without a 5000m (Women) or 10000m (Men) qualifying time may qualify if such athlete achieves the 3000m (Women) or 5000m (Men) qualifying time at Canada Cup Final.
- CCF time standards will be listed in [the Appendix C](#) for all distances.

2.4.5. Mass Start

Mass start races will be based on ISU Technical Rule 257 and the safety measures specified in ISU Communication No. 2636 and No. 2651, or other documents issued by the ISU.

For the Mass Start race, skaters will be grouped according to their best 1500m times from the 2024-25 season. All safety equipment (ISU requirement) is mandatory.

- There will be a total of 24 spots for Mass Start at Canada Cup Final. Spots will be filled from season best time rank percentages to the Mass Start Profile time standards in either the 1500m or W-3000m/M-5000m from an ISU sanctioned event between July 1, 2023 and February 17, 2024.
- If there are more than 24 entries, additional Mass Start races may be organized. International skaters will not be eligible to compete in the top ranked Mass Start race.

2.4.6. Pairings and Drawings

All competitors will be ranked according to their best achieved Qualifying Time from the 2024-2025 season in accordance with ISU Rule 244. The starting order of the pairs shall be opposite to the ranking order of the competitors, so that the competitors with the slowest ranks will start in the first pair, and so on as specified in Appendix D. Should the event organizer, Chief Referee and the Chair deem that it is necessary to run quartets, then quartets shall be run as specified in Appendix D.

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

Specific to 500m-2 and 1000m-2: Lane assignments will be opposite to the lane assigned in 500m-1 and 1000m-1. For greater clarity if a skater races in the inner lane in 500m-1 or 1000m-1 they will be assigned the outer lane for 500m-2 or 1000m-2. A ranking list from each lane will be generated from the results of 500m-1 and 1000m-1. Skaters registered for 500m-2 or 1000m-2 who did not compete in 500m-1 or 1000m-1 will be seeded into the next available race positions following the ranked competitors, based on seed times entering the competition.

2.4.7. Withdrawals

In case of withdrawals after the draw, a withdrawal form must be completed and submitted one hour prior to the next race. Withdrawals made after the deadline will result in the athlete being disqualified from the next race/Event listed in Bulletin 210 except in the case of a DNS/withdrawal due to medical reasons.

If an alternate method for withdrawals is available, information on the process will be communicated at the Coaches/Team Leader meeting.

3. LANGUAGE

This HP Bulletin 210 was originally drafted in English and was translated into French. In the event of a discrepancy between the English and French versions, the English version shall be used to understand the intended drafting of the provision(s) in question. Should such a situation arise, Speed Skating Canada will ensure that any discrepancies are corrected as soon as possible and will assist any impacted individuals with resolving the matter.



APPENDICES

APPENDIX A: FRESH STARTS

Allowance of Fresh Starts

Fresh Starts may be allowed as per ISU Rule 260. In addition, fresh starts outside the guidelines of ISU Rule 260 will be permitted by the HPAC-LT for Team Selection purposes only, that is for the World Cup teams, Olympic Games team and the World Junior Championship team. For fresh starts permitted outside the guidelines of ISU Rule 260 the time recorded in the fresh start will only be used for the purposes of Nomination. For greater clarity, fresh starts will not be used for Canadian Ranking purposes and will not be included the official event results.

No fresh starts will be allowed from a race that is itself a fresh start unless:

- the first fresh start has been allowed pursuant to ISU Rule 260; or
- the second fresh start would be allowed pursuant to ISU Rule 260 (i.e. the athlete has been interfered with through no fault of his own).

Conditions for Allowance of Fresh Starts

Disqualification

If an athlete is disqualified at the start, they will be given a fresh start immediately following the final pair of the group.

After a disqualification for an incident during a race the time from the re-skate race will be used for the purposes of Nomination as stated above in Allowance of Fresh Starts. The athlete may be given a fresh start allowance at the completion of the races for that specific distance at the sole, full and absolute discretion of the HPAC-LT.

In the case of a non-advantageous disqualification, the HPAC-LT shall have the sole, full and absolute discretion to resolve the matter as it sees fit. Please note that an athlete is entitled to a minimum rest of 30 minutes between their race and the fresh start, however they may elect to complete their fresh start within this minimum 30 minute allowance.

Equipment failure

If an athlete has equipment failure prior to the start of the race and it is brought to the Referee's attention, the athlete will have 30 minutes prior to the fresh start. This will be classified as the original start. If an athlete has equipment failure during the race, the athlete will have a minimum of 30 minutes before their fresh start.

Fall

If an athlete falls during the race, the fresh start will take place no sooner than 30 minutes after the fall.

Finish of races



If an athlete finishes a race, he or she may not ask for a fresh start, unless the accompanying athlete in the pair is disqualified for interference as per the ISU Rule 260. The exception is if the athlete falls across the finish line.

Discretion of the Chair

A fresh start may be granted at the sole, full and absolute discretion of the Chair should they determine that unexpected or unusual circumstances have arisen which require a fresh start to be granted.

Exceptions

Exceptions may apply in the following situations:

- For fresh starts permitted outside the guidelines of ISU Rule 260, the time recorded in the fresh start will be used for the purposes of Team selection.
- For fresh starts permitted outside the guidelines of ISU Rule 260, the athlete/s will be drawn separately from any other athletes who have been granted a fresh start based on ISU Rule 260.

For clarification with respect to fresh starts as outlined above:

- Scheduling of fresh starts awarded pursuant to ISU rule 260 will be at the sole, full and absolute discretion of the HP Jury.

APPENDIX B – ISU QUALIFYING TIMES

As per ISU Communications, for a result to be a valid Qualifying Time, it must have been achieved in an ISU sanctioned event in the period between July 1, 2023 (or National Championships) and the entry deadline for the ISU World Cup or World Championship Event concerned. For the Mass Start and Team Events, any of the listed Qualifying Times will apply.

IMPORTANT: As of January 13, 2025, in order for a time to be considered a qualifying time for any of the competitions included in this High Performance Bulletin 210, SSC requires, in addition to and notwithstanding any ISU rule or any rule in the SSC Procedures and Regulations (the “Red Book”), that the time: i) must have been achieved in an ISU-sanctioned event or at an event run under the applicable ISU Technical Rules and Special Regulations where wind or air-flow conditions and the ventilation system of the track is controlled so as to avoid unequal conditions due to differences in air-flow on the level of the competition track; ii) must have been achieved in a race held at an ISU-sanctioned event or at an event run under the applicable ISU Technical Rules and Special Regulations in which skaters raced in the ISU defined gender categories as specified in ISU Rule 39(c)(i) of the ISU Technical Rules and Special Regulations; and iii) will be subject to normalization where applicable (i.e., if the race is held at altitude; see Noordhof, Dionne & Mulder, Roy & de Koning, Jos & Hopkins, Will. (2015) *Race Factors Affecting Performance Times in Elite Long-Track Speed Skating*. International Journal of Sports Physiology and Performance. 11.10.1123/ijsp.2015-1071).⁸

The ISU Speed Skating Technical Committee has determined Qualifying times required for participation in ISU Speed Skating Championships as follows:

Canadian Long Track Championships Entry Times

In order to be eligible to enter the CLT Championships, athletes must be ranked within the top times 30 times skated in the 500m, 1000m and 1500m or within the top 24 times in the women’s 3000m or men’s 5000m or the top 12 times in the women’s 5000m or men’s 10000m in a ISU sanctioned event skated in the period between July 1, 2023 and the entry deadline in the distance they are entering. Other athletes may be added at the sole, full and absolute discretion of the Chair. All athletes must be registered with a Speed Skating Canada club for the 2024-25 season and be a member in good standing. Please note that fees paid to a training centre does not include a SSC membership. Skaters registered in the CLT Championships must be eligible to represent Canada at ISU speed skating events for the 2024-2025 season.

⁸ Since this amendment applies after January 13, 2025, it shall not apply to the 2024 Canadian Long Track Championships.

Time skated in an altitude venue (Calgary or Salt Lake City) will be corrected by 2% to reflect the same process as the 2024 Canadian Long Track Time Standard adjustment⁹ as noted in HPB 209, section 4.3.

ISU World Cup Qualifying Times

Entered Skaters must have achieved qualifying times for the respective distances, as follows:

	500m	1000m	1500m	3000m	5000m	10 000m
Women	40,00	1.20,00	2.02,00	4.22,00	4.22,00 at 3000m	----
Men	36,20	1.12,00	1.50,50	----	6.42,00	6.42,00 at 5000m
For Mass Start and Team Events: any of the above distance Qualifying times apply. For Team Events: for maximum one Skater per ISU Member, the following Qualifying times may apply:						
	1000m	1500m				
Women	1.25,00	2.10,00				
Men	1.16,00	1.57,50				

ISU Championships Qualifying Times

4 Continents Championships & World Speed Skating Championships – Single Distance Format

	500m	1000m	1500m	3000m	5000m	10 000m
Women	40,50	1.21,00	2.05,00	4.28,00	4.20,00 at 3000m	----
Men	36,60	1.12,80	1.52,50	----	6.52,00	6.40,00 at 5000m
For Mass Start and Team Events: any of the above distance Qualifying times apply. For Team Events: for maximum one Skater per ISU Member, the following Qualifying times may apply:						
	1000m	1500m				
Women	1.24,00	2.10,00				
Men	1.16,00	1.57,50				

World Junior Championships

To be entered a Skater must have achieved the Qualifying time indicated for the Single Distance Championship competition concerned:

	500m	1000m	1500m	3000m	5000m	For the Allround Championships
Women	42,50	1.25,00	2.12,00	4.45,00	----	A Skater must have achieved the listed qualifying time for all the Single Distances.
Men	38,50	1.16,00	1.58,00	----	4.05,00 at 3000m	
For Mass Start and Team Events: any of the above distance Qualifying times apply. For Team Events: for maximum one Skater per ISU Member, the following Qualifying times may apply:						
	1000m	1500m				
Women	1.28,00	2.17,00				
Men	1.19,00	2.03,00				

Note: World Junior Championships Allround skaters must have achieved the Qualifying Time in all Individual Distances in order to compete in the Allround Format.

⁹Noordhof, Dionne & Mulder, Roy & de Koning, Jos & Hopkins, Will. (2015) *Race Factors Affecting Performance Times in Elite Long-Track Speed Skating*. International Journal of Sports Physiology and Performance. 11.10.1123/ijsp.2015-1071

APPENDIX C – Canada Cup Qualifying Times

The HPAC-LT has determined qualifying times required for participation in Canada Cups. The following qualifying time limits apply for all Canada Cups:

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

In order for a result to be a valid Qualifying Time, it must have been achieved in ISU or SSC Events and National Championships in the period between July 1, 2023 and the entry deadline for the Event. For the Mass Start and Team Events, any of the listed Qualifying Times will apply.

IMPORTANT: As of January 13, 2025, in order for a time to be considered a qualifying time for any of the competitions included in this High Performance Bulletin 210, SSC requires, in addition to and notwithstanding any ISU rule or any rule in the SSC Procedures and Regulations (the “Red Book”), that the time: i) must have been achieved in an ISU-sanctioned event or at an event run under the applicable ISU Technical Rules and Special Regulations where wind or air-flow conditions and the ventilation system of the track is controlled so as to avoid unequal conditions due to differences in air-flow on the level of the competition track; ii) must have been achieved in a race held at an ISU-sanctioned event or at an event run under the applicable ISU Technical Rules and Special Regulations in which skaters raced in the ISU defined gender categories as specified in ISU Rule 39(c)(i) of the ISU Technical Rules and Special Regulations; and iii) will be subject to normalization where applicable (i.e., if the race is held at altitude; see Noordhof, Dionne & Mulder, Roy & de Koning, Jos & Hopkins, Will. (2015) *Race Factors Affecting Performance Times in Elite Long-Track Speed Skating*. International Journal of Sports Physiology and Performance. 11.10.1123/ijsp.2015-1071)¹⁰

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

¹⁰ Since this amendment applies after January 13, 2025, it shall not apply to the 2024 Canadian Long Track Championships.

APPENDIX D – PAIRING AND DRAWING FORMAT

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

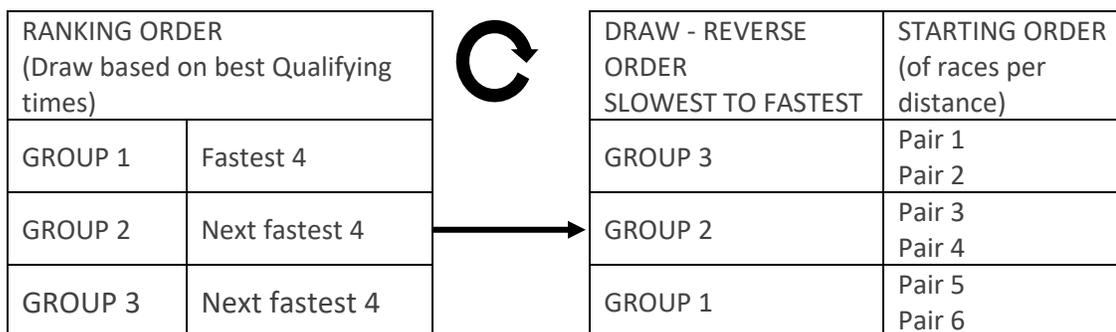
CLT Championships 500m, 1000m, 1500m Pairing and Drawing Format

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

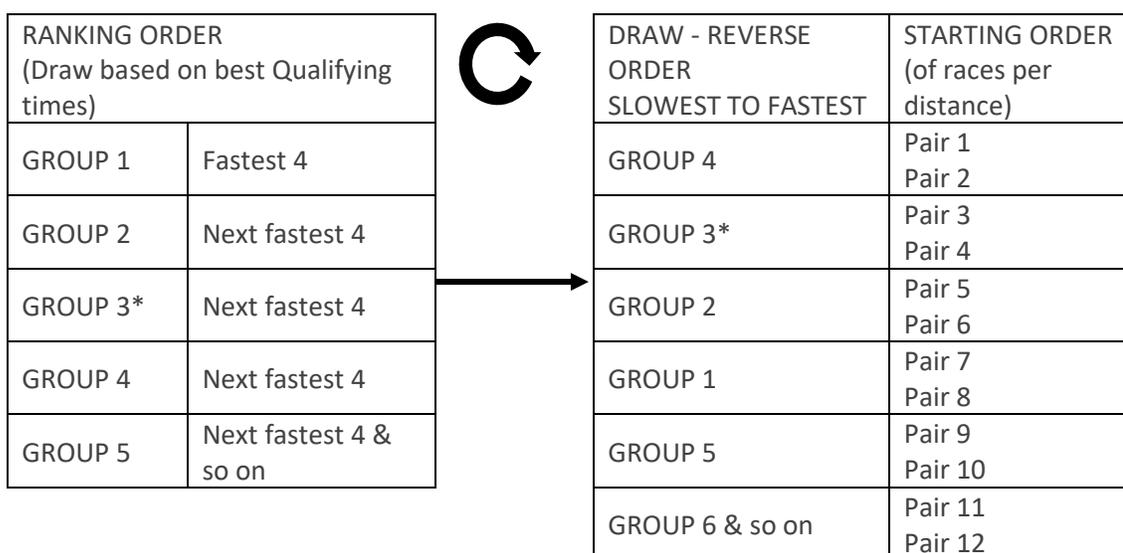
CLT Championships Women's 3000m and Men's 5000m

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

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

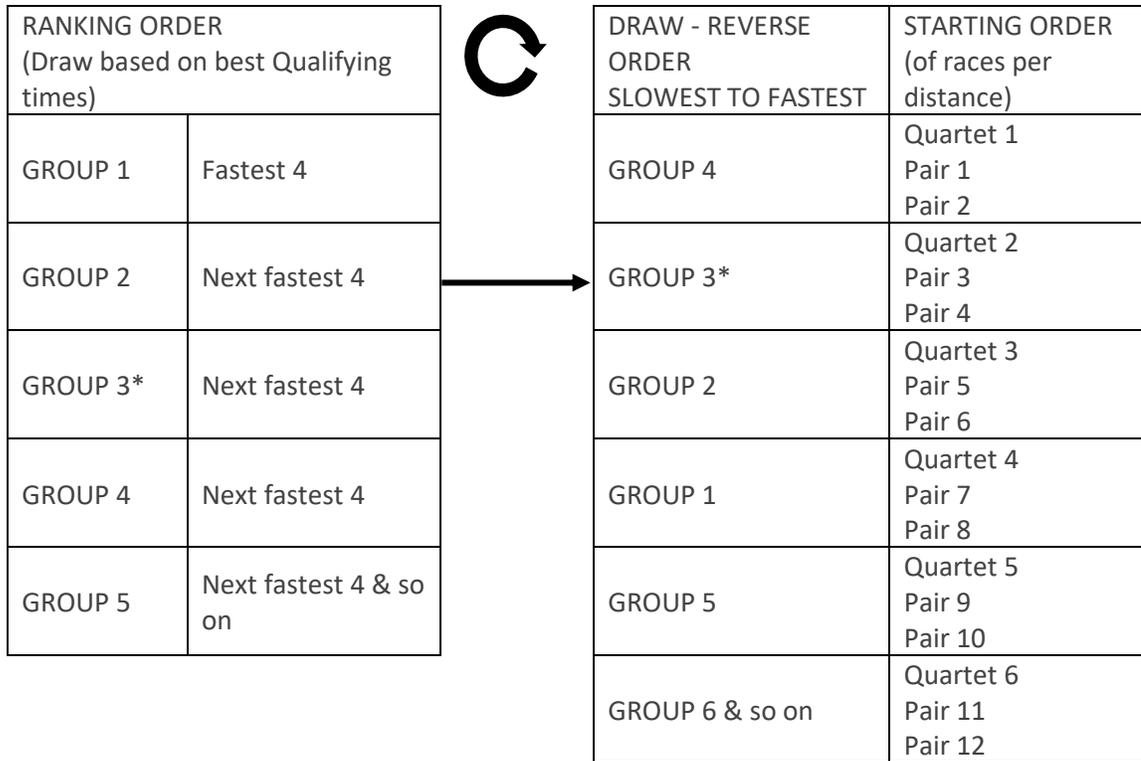


Competition Pairing and Drawing Format



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

Competition Pairing and Drawing Format for Quartets



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

**Should there be an uneven number, the first quartet will be run as a pair, where then the remaining pairs will be run in quartets.

APPENDIX E – Speed Skating Canada Withdrawals Form

Competition
Date: _____

Withdrawal
Distance: _____

Time of

Event on

Race

Schedule: _____

- 500m 1000m 1500m
 3000m 5000m 10000m
 Mass Start
 500m _____ AM/PM
 1000m _____ AM/PM
 1500m _____ AM/PM
 3000m _____ AM/PM
 5000m _____ AM/PM
 10000m _____ AM/PM
 Mass Start _____ AM/PM

Women: Men:

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: _____