Speed Skating Manitoba
Competition Bulletin

Mission

The following bulletin outlines the yearly competition schedule as recommended by Speed Skating Manitoba (SSM). This Bulletin will be used to establish a repeatable competition cycle. Furthermore, this Bulletin outlines which competitions SSM is responsible for hosting each skating season.

SSM Hosted Events

1. **SSM Short Track Provincial Championships**
2. **Silver Skates Long Track**
3. **SSM Long Track Provincial Championships Open Classic**
4. **Prairie Challenge Short Track Championships**

Appendix A - Provincial Spot Qualification Allocation Process for CYSTCW, CYLTC, Neo Junior ST, Neo Junior LT

Appendix B - Cold weather criteria for Long Track

Appendix C - Time Standards for Short Track Provincials and Prairie Challenge Short Track

Amended on October 30, 2026

SSM Short Track Provincial Championships

Mission: This event will focus on competitive events that are used at the national level, such as CYSTCW and Canadian Short Track Championships. This event will also be used as a Games qualifier on Games years.

Date: Generally hosted in Mid November as a one day event.

Location: TBD

Information: This competition will be one of two short track competitions for athletes to set 400m submission times for selection to the Canadian Youth Short Track Championships West (CYSTCW). This competition will also be used for Canada Winter Games (CWG) and Manitoba Games short track team selection, in those competition years. Recorder and Referee to reference specific **Games Bulletins** for additional information and age based race grouping adjustments, if necessary.

Age Classifications: This event will use the following age categories (age as of June 30th of the current speed skating season), except on CWG selection years:

- Fundamentals mixed (age 6 to age 8 as of 11:59pm on June 30) ,
- L2T mixed (age 9 to age 10 as of 11:59pm on June 30) ,
- Youth mixed (age 11 to age 13 as of 11:59pm on June 30),
- Neo Junior mixed (age 14 to age 15 as of 11:59pm on June 30),
- Junior mixed (age 15 to age 18 as of 11:59pm on June 30),
- Senior/Open mixed (age 19 and up as of 11:59pm on June 30)

Age Advancements: age advancements are allowed at the discretion of the High Performance Chair. Age advanced athletes will **not** be eligible for awards.

Age Advancement for Manitoba Games years: Skaters that are age 10 and have achieved the 'Youth mixed' time standard (Appendix C) will be automatically moved into the 'Youth mixed' category as the Manitoba Games age category is larger (age 10 to age 13 as of 11:59pm on June 30). Skaters that are age 10, and have been automatically moved, **will** be eligible for awards.

Distances:

- Fundamentals + Special O (100m)[mixed gender]
  - **400m** (heat to final - max 5/race) [seeded/serpentine off 400m seed time], **200m** (heat to final - max 5/race) [seeded/serpentine off previous race results], **800m superfinal** (max 7/race) [seeded/serpentine off cumulative points]
- L2T (100m Track) [mixed gender]
  - **400m** (heat to final - max 5/race) [seeded/serpentine off 400m seed time], **200m** (heat to final - max 5/race) [seeded/serpentine off previous race results], **1500m superfinal** (max 7/race) [seeded/serpentine off cumulative points]
- Youth (100m Track) [mixed gender]
  - **400m** (heat to final - max 5/race) [seeded/serpentine off 400m seed time], **800m** (heat to final - max 6/race) [seeded/serpentine off previous race results], **1500mSuperfinal** (max7/race) [seeded/serpentine off cumulative points]
- Neo Junior and Junior combined (111m Track) [mixed gender(conditional on CWG bulletin, which will supersede)] (this will be the CWG selection group and therefore the age range may be adjusted for that year)
  - **500m** (heat to final - max 4/race) [seeded/serpentine off 500m seed time], **1000m** (heat to final - max 5/race) [seeded/serpentine off previous race results], **1500m Superfinal** (max 6/race) [seeded/serpentine off cumulative points]
- Senior (111m Track) [mixed gender]
  - **500m** (heat to final - max 4/race) [seeded/serpentine off 500m seed time], **1000m** (heat to final - max 5/race) [seeded/serpentine off previous race results], **1500m Superfinal**(max 6/race) [seeded/serpentine off cumulative points]

Volunteer requirements: Standard volunteer requirements for a sanctioned and recorded short track competition.

Awards: At the end of the day the following age categories will be awarded overall gold, silver and bronze medals: Fundamentals mixed-gender, L2T mixed-gender, Special O mixed-gender, Senior/Open mixed-gender, Youth male, Youth female, Neo Junior/Junior female, Neo Junior/Junior male: Special awards for Overall gender-based category Champions will be recognized at the Annual Awards (Fundamentals Male, Fundamentals

Female, L2T Male, L2T Female, Youth Male, Youth Female, Neo Junior Male, Neo Junior Female, Junior Male, Junior Female, Senior/Open (mixed), Special O mixed gender)

Three non-traditional awards will be presented at each event to recognize qualities such as teamwork, resilience, sportsmanship, most improved, and more. In addition, a nomination form will be available in Sportity, allowing individuals to submit nominations.

Silver Skates Long Track

Mission: Prepare athletes for national level events, utilizing age appropriate distances.

Date: Generally hosted in early January, as a one day event.

Location: Sargent long track Oval, Winnipeg

Information: This competition will be one of two long track competitions for athletes to set 500m submission times for selection to the Canadian Youth Long Track Championships (CYLTC). This event will focus on competitive events that are used at the national level, such as Canadian Youth Long Track Championships and Canada Cups.

Age Classifications: This event will use the following age categories (age as of June 30th of the current speed skating season):

- Fundamentals (age 6 to age 8 as of 11:59pm on June 30) ,
- L2T (age 9 to age 10 as of 11:59pm on June 30) ,
- Youth (age 11 to age 13 as of 11:59pm on June 30),
- Neo Junior (age 14 to age 15 as of 11:59pm on June 30),
- Junior (age 15 to age 18 as of 11:59pm on June 30),
- Senior/Open (age 19 and up as of 11:59pm on June 30)

Age Advancements: age advancements are allowed at the discretion of the High Performance Chair. Age advanced athletes will not be eligible for awards.

Distances and Age Categories:

- Fundamentals + Special O [mixed gender]
  - Day 1: **100m** (heat to final - max 6/race) [seeded/serpentine off 400m short track seed time], **300m** (heat to final - max 6/race) [seeded/serpentine off previous race results], **500m SF** (max 8/race) [seeded/serpentine off cumulative points]
- L2T [mixed gender]
  - Day 1: **500m** *Olympic Style* (ranked according to 400m short track seed time paired fastest to slowest), **300m** (heat to final - max 6/race) [seeded/serpentine off previous race results], **500m SF** (max 8/race) [seeded/serpentine off cumulative points]
- Youth [mixed gender]

        - Day 1: **500m** *Olympic Style* (ranked according to 500m seed time paired fastest to slowest), **300m** (heat to final - max 6/race) [seeded/serpentine off previous race results], **1500m SF** (max 8/race) [seeded/serpentine off cumulative points]
    - Neo Junior, Junior, and Senior/Open [mixed gender]
        - Day 1: **500m** *Olympic Style* (ranked according to 500m seed time paired fastest to slowest) , **1500m** *Olympic Style* (ranked according to 500m race time paired fastest to slowest), **10 lap ISU mass start** (one race - all on the line)

Volunteer requirements: Standard volunteer requirements for a sanctioned and recorded long track competition.

Awards: The following age categories will be awarded a championship award for each individual distance being awarded to first place only: Fundamentals Male, Fundamentals Female, L2T Male, L2T Female, Youth Male, Youth Female, Neo Junior Male, Neo Junior Female, Junior Male, Junior Female, Senior/Open (mixed), Special O mixed gender

Three non-traditional awards will be presented at each event to recognize qualities such as teamwork, resilience, sportsmanship, most improved, and more. In addition, a nomination form will be available in Sportity, allowing individuals to submit nominations.

SSM Long Track Provincial Championships Open Classic

Mission: Prepare athletes for national level events, utilizing age appropriate distances.

Date: Generally hosted in the middle of January, one or two weekends after Silver Skates, as a two day event.

Location: Sargent long track Oval, Winnipeg

Information: This competition will be one of two long track competitions for athletes to set 500m submission times for selection to the Canadian Youth Long Track Championships (CYLTC). This event will focus on competitive events that are used at the national level, such as Canadian Youth Long Track Championships and Canada Cups.

Age Classifications: This event will use the following age categories (as of the summer preceding the speed skating season):

- Fundamentals (age 6 to age 8 as of 11:59pm on June 30) ,
- L2T (age 9 to age 10 as of 11:59pm on June 30) ,
- Youth (age 11 to age 13 as of 11:59pm on June 30),
- Neo Junior (age 14 to age 15 as of 11:59pm on June 30),
- Junior (age 15 to age 18 as of 11:59pm on June 30),
- Senior/Open (age 19 and up as of 11:59pm on June 30)

Age Advancements: age advancements are allowed at the discretion of the High Performance Chair. Age advanced athletes will not be eligible for awards.

Distances and Age Categories:

- Fundamentals + Special O [mixed gender]
  - Day 1: **500m** (heat to final - max 6/race) [seeded/serpentine off 500m seed time], **300m** (heat to final - max 6/race) [seeded/serpentine off previous race results]
  - Day 2: **100m** (heat to final - max 6/race) [seeded/serpentine off cumulative points] , **500m SF** (max 8/race) [seeded/serpentine off cumulative points]
- L2T [mixed gender]
  - Day 1: **500m** *Olympic Style* (ranked according to 500m seed time paired fastest to slowest), **300m** (heat to final - max 6/race) [seeded/serpentine off previous race results]

        - Day 2: **500m** (heat to final - max 6/race) [seeded/serpentine off cumulative points] , **2lap SF** (max 8/race) [seeded/serpentine off cumulative points] Start from 500m finish line
    - Youth [mixed gender]
        - Day 1: **500m** *Olympic Style* (ranked according to 500m seed time paired fastest to slowest), **300m** (heat to final - max 6/race) [seeded/serpentine off previous race results]
        - Day 2: **4lap SF** (max 8/race) [seeded/serpentine off cumulative points] Start from 500m finish line , **7 lap ISU Mass Start** (all one group - order based on cumulative points)
    - Neo Junior, Junior, and Senior/Open [mixed gender]
        - Day 1: **500m** *Olympic Style* (ranked according to 500m seed time paired fastest to slowest) , **1500m** *Olympic Style* (ranked according to 1500m seed time paired fastest to slowest)
        - Day 2: **500m** *Olympic Style* (ranked according to 500m race time paired fastest to slowest), **3000m (W+NeoJ)/5000m(M)** *Olympic Style* (ranked according to 1500m race time paired fastest to slowest)

Volunteer requirements: Standard volunteer requirements for a sanctioned and recorded long track competition.

Awards: At the end of the day the following age categories will be awarded overall gold, silver and bronze medals: Fundamentals mixed-gender, L2T mixed-gender, Special O mixed-gender, Senior/Open mixed-gender, Youth male, Youth female, Neo Junior/Junior female, Neo Junior/Junior male: Special awards for Overall gender-based category Champions will be recognized at the Annual Awards (Fundamentals Male, Fundamentals Female, L2T Male, L2T Female, Youth Male, Youth Female, Neo Junior Male, Neo Junior Female, Junior Male, Junior Female, Senior/Open (mixed), Special O mixed gender)

Three non-traditional awards will be presented at each event to recognize qualities such as teamwork, resilience, sportsmanship, most improved, and more. In addition, a nomination form will be available in Sportity, allowing individuals to submit nominations.

Prairie Challenge Short Track Championships

Mission: This event will focus on competitive events that are used at the national level, such as CYSTCW and Canadian Short Track Championships.

Date: Generally hosted in late February, as a one day event.

Location: Stride Place, Portage la Prairie, or the RINK on McGillivray

Information: This competition will be one of two short track competitions for athletes to set 400m submission times for selection to the Canadian Youth Short Track Championships West (CYSTCW).

Age Classifications: This event will use the following age categories (age as of the summer preceding the speed skating season):

- Fundamentals mixed (age 6 to age 8 as of 11:59pm on June 30) ,
- L2T mixed (age 9 to age 10 as of 11:59pm on June 30) ,
- Youth mixed (age 11 to age 13 as of 11:59pm on June 30),
- Neo Junior mixed (age 14 to age 15 as of 11:59pm on June 30),
- Junior mixed (age 15 to age 18 as of 11:59pm on June 30),
- Senior/Open mixed (age 19 and up as of 11:59pm on June 30)

Age Advancements: age advancements are allowed at the discretion of the High Performance Chair. Age advanced athletes will not be eligible for awards.

Distances:

- Fundamentals + Special O (100m) [mixed gender]
  - **400m** (heat to final - max 5/race) [seeded/serpentine off 400m seed time], **200m** (heat to final - max 5/race) [seeded/serpentine off previous race results], **800m superfinal** (max 7/race) [seeded/serpentine off cumulative points]
- L2T (100m Track) [mixed gender]
  - **400m** (heat to final - max 5/race) [seeded/serpentine off 400m seed time], **200m** (heat to final - max 5/race) [seeded/serpentine off previous race results], **1500m superfinal** (max 7/race) [seeded/serpentine off cumulative points]
- Youth (100m Track) [mixed gender]

        - **400m** (heat to final - max 5/race) [seeded/serpentine off 400m seed time], **800m** (heat to final - max 6/race) [seeded/serpentine off previous race results], **1500m Superfinal** (max7/race) [seeded/serpentine off cumulative points]
    - Neo Junior and Junior combined (111m Track) [mixed gender]
        - **500m** (heat to final - max 4/race) [seeded/serpentine off 500m seed time], **1000m** (heat to final - max 5/race) [seeded/serpentine off previous race results], **1500m Superfinal** (max6/race) [seeded/serpentine off cumulative points]
    - Senior (111m Track) [mixed gender]
        - **500m** (heat to final - max 4/race) [seeded/serpentine off 500m seed time], **1000m** (heat to final - max 5/race) [seeded/serpentine off previous race results], **1500m Superfinal** (max6/race) [seeded/serpentine off cumulative points]

Volunteer requirements: Standard volunteer requirements for a sanctioned and recorded short track competition.

Awards: The following age categories will be awarded a championship award for each individual distance being awarded to first place only: Fundamentals Male, Fundamentals Female, LT2 Male, LT2 Female, Youth Male, Youth Female, Neo Junior Male, Neo Junior Female, Junior Male, Junior Female, Senior/Open (mixed), Special O mixed gender

Three non-traditional awards will be presented at each event to recognize qualities such as teamwork, resilience, sportsmanship, most improved, and more. In addition, a nomination form will be available in Sportity, allowing individuals to submit nominations.

Appendix A - Provincial Spot Qualification Allocation Process for CYSTCW, CYLTC, Neo Junior ST, Neo Junior LT :

Canadian Youth Short Track Championships West (CYSTCW) qualification spots will be earned through a final ranking of the fastest skated 400m time in one of the following two SSM competitions; **SSM Short Track Provincial Championships** and **Prairie Challenge Short Track Championships**. The fastest 400m time skated at one of those two competitions will be used to create a Provincial ranking for entry to CYSTCW. If a faster time is skated at a SSC sanctioned competition, outside of those two SSM competitions, that time can be used for seeding into CYSTCW, **BUT** it will not be used for the Provincial ranking spot. The purpose of this criteria is to create a fair and level playing field for Manitoba skaters.

Each province has 2 guaranteed spots per age category and per gender, but additional spots can be earned and are awarded based on the next fastest 400m times. Therefore, any open spots are given to the next fastest 400m seeded skaters, with no limitations to the provinces that earn those additional spots. For more information please see the Speed Skating Canada National Competition Bulletin.

Canadian Youth Long Track Championships (CYLTC) qualification spots will be earned through a final ranking of the fastest skated 500m Olympic style time in one of the following two SSM competitions; **Silver Skates Long Track** and **SSM Long Track Provincial Championships Open Classic**. The fastest 500m time from one of those two competitions will be used to create a Provincial ranking for entry to CYLTC. If a faster time is skated at a SSC sanctioned competition, outside of those two SSM competitions, that time can be used for seeding into CYLTC, **BUT** it will not be used for the Provincial ranking spot. The purpose of this criteria is to create a fair and level playing field for Manitoba skaters.

Manitoba has 2 guaranteed spots per age category and per gender, but additional spots can be earned and are awarded by SSC based on the next fastest 500m times. Therefore, unused entries/spots into each age category will be allocated based on the next fastest skater using their 500m seed time on the entry list. For more information please see the Speed Skating Canada National Competition Bulletin.

* In rare cases where one of the two Provincial selection competitions is cancelled the ranking will be solely based on the other competition. If both competitions are canceled then the ranking will be based on the fastest 500m time skates between July 1st of the previous season and the planned date for the second selection competition.

Canadian Neo-Junior Short Track Championships qualification spots will be earned through a final ranking of the fastest skated 500m time in one of the following two SSM competitions; **SSM Short Track Provincial Championships** and **Prairie Challenge Short Track Championships**. The fastest 500m time skated at one of those two competitions will be used to create a Provincial ranking for entry to the Canadian Neo-Junior Short Track Championships. If a faster time is skated at a SSC sanctioned competition, outside of those two SSM competitions, that time can be used for seeding, **BUT** it will not be used for the Provincial ranking spot. The purpose of this criteria is to create a fair and level playing field for Manitoba skaters.

For more information on provincial qualification spots, and additional qualification spots, please see the Speed Skating Canada National Competition Bulletin.

Canadian Neo-Junior Long Track Championships qualification spots will be earned through a final ranking of the fastest skated 500m Olympic style time in one of the following two SSM competitions; **Silver Skates Long Track** and **SSM Long Track Provincial Championships Open Classic**. The fastest 500m time from one of those two competitions will be used to create a Provincial ranking for entry. If a faster time is skated at a SSC sanctioned competition, outside of those two SSM competitions, that time can be used for seeding, **BUT** it will not be used for the Provincial ranking spot. The purpose of this criteria is to create a fair and level playing field for Manitoba skaters.

Manitoba has 2 guaranteed spots per age category and per gender, but additional spots can be earned and are awarded based on the next fastest 500m times. Therefore, unused entries/spots into each age category will be allocated based on the next fastest skater using their 500m seed time on the entry list. For more information please see the Speed Skating Canada National Competition Bulletin.

* In rare cases where one of the two Provincial selection competitions is cancelled the ranking will be solely based on the other competition. If both competitions are canceled, or **both competitions are after the registration deadline for Canadian Neo-Junior Long Track Championships** then the ranking will be based on the fastest 500m time skated between the National championships (including Youth and Neo Junior) of the previous season and the registration deadline. Registration deadlines can be found in the SSC National competition bulletin.

*Please note that Junior National qualification, and Canada Cup qualification does not include Provincial qualification spots. Qualification for these competitions is historically based on a minimum time standards required for registration. For more information please see the related Speed Skating Canada National Competition Bulletin.

Appendix B - Cold weather criteria for Long Track

SPEED SKATING MANITOBA

OUTDOOR LONG-TRACK COLD-WEATHER GUIDELINE

A Manitoba-specific, graduated temperature-and-wind standard

Air Temp	Maximum Wind	Feels Like
−20°C	54 km/h	**−37°C**
−21°C	45 km/h	**−37°C**
−22°C	43 km/h	**−37°C**
−23°C	30 km/h	**−37°C**
−24°C	24 km/h	**−37°C**
−25°C	17 km/h	**−36°C**
	−26°C and colder — NO COMPETITION	
−26°C	NO COMPETITION	

Note: "Feels Like" temperature found on the environment Canada website at the start time of the competition will be the metric used if the ambient temperature is -25 or warmer. If the temperature is -26C or colder this will result in a delay or cancelation, irrespective of "Feels Like" temperature.

JUSTIFICATION FOR THE MANITOBA GUIDELINE

Purpose

Speed Skating Canada's current outdoor competition rule establishes −20°C as the threshold air temperature for maintaining an event and cancels racing at −21°C or colder. Speed Skating Manitoba is proposing a more conservative, graduated standard because a single −20°C cutoff is poorly suited to Manitoba outdoor long-track competition. The purpose of this guideline is not

to claim that −26°C is a scientifically proven injury threshold. It is to provide a consistent operational standard that progressively accounts for colder air and increasing wind exposure, while taking into account thresholds set by expert National and International alpine ski organizations.

1. −20°C is operationally difficult for Manitoba

Environment Canada's 1991–2020 Climate 'Normals' for Winnipeg Richardson Airport report a January daily minimum temperature normal of −21.2°C. This does not mean that every January evening is below −20°C, but it demonstrates that −20°C is not an exceptional winter temperature in Winnipeg; it is colder than the normal January daily minimum. For a province conducting outdoor long-track competitions in January, a rule that automatically cancels at −21°C can therefore eliminate competition under conditions that are a normal part of the local winter climate.

2. SSC's own rule recognizes that cold exposure is more complicated than air temperature

SSC's rule states that, when conditions are close to the cancellation threshold, organizers may cancel only certain distances, including longer races or races where maximal breathing is elicited, modify the schedule to minimize outdoor exposure, and consider the duration of cold exposure for volunteers, officials, staff and participants. This is important because it demonstrates that SSC itself recognizes exposure duration, race characteristics and physiological demand as relevant to cold-weather decisions—even though its current threshold is expressed as a single air temperature.

3. FIS rules supports considering a lower absolute temperature threshold

The FIS Cross-Country International Competition Rules provide a more explicit graduated cold-weather framework. Rule 388.1 identifies temperature, duration of exposure, clothing/protection and wind chill as factors to consider. Rule 388.2 applies special precautions between −15°C and −25°C, while Rule 388.3 requires competition to be delayed or cancelled when −25°C or colder occurs over a major portion of the course.

4. Why the Manitoba table is reasonable

The proposed Manitoba guideline does not simply replace SSC's −20°C threshold with an arbitrary colder number. It uses a graduated approach: as ambient temperature decreases from −20°C to −25°C, the allowable wind decreases progressively from 54 km/h to 17 km/h. Competition is prohibited at −26°C. This provides a clear, predictable decision rule while recognizing that cold exposure is affected by both temperature and air movement. The approach is deliberately conservative and should be understood as an operational

risk-management standard rather than a claim that science identifies one exact safe temperature. The SSM minimum threshold temperature is in line with that of FIS and Nordic Canada – organizations that exclusively compete outdoors.

Verified source references

- Speed Skating Canada, 2025 Red Book, p. 7: minimum national standards; Member and Club standards may exceed SSC minimums.
- Speed Skating Canada, 2025 Red Book, p. 59: D7-100 Temperature Guidelines; −20°C threshold, wind-chill-independent threshold, exposure-duration and race-type considerations.
- Speed Skating Canada, 2025 Red Book, p. 75: Appendix D Temperature Guidelines; below −20°C, competitions should be delayed/cancelled; −21°C or colder cancels racing.
- International Skating Union, 2026 Speed Skating Sports Rules, Rule 216/Referee duties, p. 19: −20°C as a reason to postpone and wind increases hypothermia danger by lowering effective temperature.
- FIS, International Competition Rules Cross-Country, 2024 marked-up edition, Rule 388, p. 91: temperature, exposure duration, clothing/protection and wind chill; −25°C major-course cancellation/delay provision.
- Environment and Climate Change Canada, Canadian Climate Normals 1991–2020, Winnipeg Richardson (Airport): January daily minimum normal −21.2°C.

Appendix C - Time Standards for SSM hosted Short Track Championships (event 1 and 4):

- Fundamentals mixed: No Time Standard
- L2T mixed: No Time Standard
- Youth mixed: **59.5 seconds in a 400m (100m track) - in-practice hand timing accepted**
- Neo Junior mixed: **59.5 seconds in a 500m (111m track) - in-practice hand timing accepted**
- Junior mixed (age 15 to age 18 as of 11:59pm on June 30): **59.5 seconds in a 500m (111m track) - in-practice hand timing accepted**
- Senior/Open mixed: No Time Standard