



— ONTARIO —
SPEED SKATING
— ASSOCIATION —

TECHNICAL BULLETIN #27.1

**2009-2010 COMPETITION CRITERIA
CHAMPIONSHIP SELECTION CRITERIA**

October 2009

THIS BULLETIN SUPERCEDES TECHNICAL BULLETIN #26

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PURPOSE

The purpose of this Bulletin is to provide information concerning Competition Regulation changes that may impact the running of competitions and the eligibility of skaters for those competitions. Decision noted in previous Bulletins remain in effect unless they have been superseded in a later Bulletin

The Bulletin will also be posted on OSSA's website at www.speedskatingontario.org.

The order of precedence for speed skating rules for events sanctioned by OSSA is:

- This Technical Bulletin – Bulletin 27
- SSC Red Book
- ISU Rule Book

PARTICIPANTS, COACHES, CLUB OFFICIALS AND PARENTS ARE REMINDED THAT A RULING BY THE CHIEF REFEREE AT ANY EVENT IS FINAL AND IS ONLY SUBJECT TO PROTEST/APPEAL IN ACCORDANCE WITH THE APPLICABLE REGULATIONS. OSSA'S CODE OF CONDUCT APPLIES IN ALL DEALINGS WITH MEET OFFICIALS.

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CHANGES MADE INCLUDE BUT ARE NOT LIMITED TO:

- ONTARIO CUP COACHING REQUIREMENTS
- CHANGES TO AGE GROUPS AND GROUP SIZES
- NUMBER OF SKATERS ON THE LINE FOR CERTAIN DISTANCES
- ADVANCEMENT FROM HEATS TO SEMIS AND SEMIS TO FINALS CRITERIA CHANGES DUE TO GROUP SIZES
- OUT-OF-PROVINCE AND MASTER SKATER ELIGIBILITY AT ONTARIO CUP MEETS
- NUMBER OF ONTARIO CUPS REQUIRED TO SKATE DURING THE SEASON
- BYE PROCESS

Please note that this release includes the revision of the seeding and advancements at meets and the inclusion of the Pee Wees as an age class for Championship purposes at the Regional Championships.

The change in the seeding and advancements is due to software limitations and a requirement to be consistent with SSC rules in order to allow SSC sanctions at OSSA meets.

The addition of age class championships for Pee Wees at the Regional Championships allows all age groups to have an age group specific championship event.

Questions about the content of this Technical Bulletin #27 may be directed to Jacqueline DesChenes, Director of Administration, at jdeschenes@speedskatingontario.org or 705-652-9490.

A. REGIONAL EVENTS

Definition: Competition in which seeding is done primarily on ability. That is to say that seed times prevail, for seeding purposes, over gender and age. In ability competitions, skaters of different age classes and gender may be grouped together within the different groupings below. Seed times submitted for entry will be 500m for both Master and Senior groupings and 333m for the Junior group.

Suggested Regional Series Warm-up Times

8:00	Warm-ups Begin
8:42	Warm-ups Finish
9:00	Racing Begins

Regional Series Groupings

- Masters Group
 - Masters Women and Men
 - Senior Group
 - Senior Women and Men
 - Intermediate Women and Men
 - Junior Women and Men
 - Juvenile Women and Men
 - Junior Group
 - Midget Girls and Boys
 - Bantam Girls and Boys
 - Peewee Girls and Boys
1. At all Ability competitions, category names will be standardized by using the alphabetic call designations as follows: Alpha, Bravo, Charlie, Delta, Echo, Foxtrot, Golf, Hotel, India, Juliet, Kilo, Lima, Mike, November, Oscar, Papa, Quebec, Romeo, Sierra, Tango, Uniform, Victor, Whiskey, X-ray, Yankee, Zulu. The open A group must be designated as Alpha and then proceed down. Charlie and Delta groups are likely to be the Masters.
 2. The groups may be skated in the opposite order starting with the lowest group and finishing with the top group, the Alphas.
 3. The Meet Coordinator and the Chief Recorder shall establish, to the extent possible, racing divisions of 15 skaters. In any case, the maximum size of a division shall be 15. The suggested maximum number of skaters in a one-day Regional Meet is 160.
 4. The race program may consist of two or three distances depending on the number of entries. Therefore skaters will skate a minimum of four races and a maximum of five races as they are seeded into the distances. Distances to be determined by the Meet Coordinator in consultation with the Technical Committee.
 - a. Race Suggestions
 - i. Pee Wee – 111m, 222m & 333m
 - ii. Bantam – 222m, 333m & 500m
 - iii. Midget – 333m, 500m & 777m
 - iv. Juvenile – 500m, 777m & 1000m
 - v. Junior – Open – 500m, 1000m & 1500m
 5. Racing rules and advancements will be in accordance with the SSC Procedures and Regulations and OSSA's Competition Regulations.
 6. For progression from Heats to Semi-Finals and Finals refer to Annex B.
 7. Masters skaters may set records in Ability competitions for their respective age classes when skating together with other masters regardless of age/gender.
 8. All skaters who are registered with OSSA are eligible to skate at Regional meets. If the number of registered skaters for the meet is too large, those ranked 10 and up (on the current OSSA Ranking List) will have their registrations declined by the Meet Coordinator, followed by region and location.

Regional Championships – Pee Wee Championship

1. Pee Wee skaters will be skated as an age group and by gender at the Regional Championships in order to award Provincial medals to Pee Wee females and Pee Wee males.

B. ONTARIO SHORT TRACK ONTARIO CUP CIRCUIT

Specific time performance standards for entry into Ontario Cups will not be utilized for the 2009 – 2010 season. Instead a seed time ranking will be maintained per age category with a fixed number of entry positions for top ranked skaters per age category for Ontario Cup events. The distances utilized to calculate the seed time ranking per category and the fixed number of entry positions per category for Ontario Cups are outlined in Annex A.

Eligibility requirements, based on attending a certain number of the season's Ontario Cups, for entry into the Provincial Short Track Age Class Championships will be utilized for the 2009 – 2010 season. Skaters will accumulate ranking points based on their finishing position per age category at each Ontario Cup event attended with a fixed number of entry positions for most ranking points accumulated per category for the Provincial Short Track Age Class Championships. This ranking will be based on the top three of four Ontario Cup point totals. The ranking points awarded per finishing position are outlined in Annex B, and the fixed number of entry positions per category for the Ontario Short Track Age Class Championships are outlined in Annex B

Seed Time Ranking

Skaters will be seeded on time in their respective category prior to each Ontario Cup event. The total seed time is the sum of the best times skated in the 2008 – 2009 season or during the current season for the two distances per category shown in the table in Annex A. The best times must be from event(s) completed before the registration deadline of the Ontario Cup for which the skater is registering.

Entry Process for the Ontario Short Track Cup Circuit

Once seeded, skaters within the number of fixed Ontario Cup Entry Positions will have first priority to be registered for the Ontario Cup event. Skaters seeded outside the number of fixed Ontario Cup Entry Positions will have second priority to be registered for the Ontario Cup event if other skaters do not register for that event.

Skaters who are seeded outside of the number of fixed Ontario Cup Entry Positions who wish to be considered to fill a vacant Entry Position are **instructed** to submit a registration form for the Ontario Cup event signifying their desire to be considered and their willingness to participate if an Entry Position becomes available. They will be contacted by the Meet Coordinator following the event registration deadline to inform them of their selection to participate.

Ontario Short Track Cup Formats

All Ontario Cups will be an age class events using standard formats, rules, and regulations. Open A shall run the following schedule of distances:

Day 1: 1500m,	500m
Day 2: 1000m,	Super 500m at Ontario Cup 1
	Super 1000m at Ontario Cup 2
	Super 1500m at Ontario Cup 3
	Super 500m at Ontario Cup 4

The order of races will always be the second longest distance - shortest distance - second shortest distance – relays – longest distance.

In order to ensure that sufficient time is available for relays, the last (longest) distance will be seeded directly to finals, based on the cumulative result after three distances.

Ontario Cup Coaching Certification Requirements

The Ontario Speed Skating Association has phased in coaching certification requirements for the Ontario Cup circuit and Provincial Championships as a way of developing coaching capacity. The certification requirements that will apply are as follows:

- 2009-2010 season – NCCP fully certified Level 2

In the Ontario Cup circuit and at the Provincial Championships, clubs will be limited to a maximum of two coaches or one coach and a Club official in the coaches' box at any given time. Clubs hosting the Ontario Cup or Provincial Championship event will be responsible for verifying the NCCP certification by way of a signed registry and providing the head referee with the registry the morning of the event.

Coaches in training and Club officials will be permitted in the coaches' box provided that they are accompanied by a certified coach and will comprise one of the two allowed positions for that club. If a Club does not have a certified coach available they should contact the Technical Committee for a waiver and a mentoring assignment with an available coach.

There is no limit to the number of coaches or Club officials who may attend an Ontario Cup or Provincial Championship Event and participate in the coaching and management of skaters for the event. This limitation applies solely to the instance of simultaneous attendance in the coach's box.

Suggested Ontario Cup Warm-up Times

8:00-8:07	Open A Women 25
8:07-8:14	Open A Men 25
8:14-8:21	Juvenile Girls 25
8:21-8:28	Juvenile Boys and Junior Men 40
8:28-8:35	Bantam and Midget Girls 40
8:35-8:42	Bantam and Midget Boys 40
9:00	Racing Begins

Ontario Short Track Cup Ranking Points

Skaters will be awarded ranking points based on their overall finishing position per category at Ontario Short Track Cup events. The accumulation of ranking points will be used to award an Ontario Short Track Cup Champion per category, to determine which skaters will fill the fixed number of entry positions for the Ontario Short Track Age Class Championships, and be used in part to select skaters for the Canadian Short Track Age Class Championships. The ranking points awarded per finishing position are outlined in Annex B.

Progression from Heats to Semi-Finals and Finals

Principle: Advancement to semi-finals and to primary finals will be first advanced on position and then time based on the advancement set for the race by the Meet Coordinator..

Refer to Annex B for examples.

Ontario Short Track Cup Champions

A skater with the most accumulated ranking points over the four (4) Ontario Short Track Cup events will be named the Ontario Short Track Cup Champion in the following categories:

- Bantam Female and Male
- Midget Female and Male
- Juvenile Female and Male
- Junior Female and Male
- Intermediate Female and Male
- Senior Female and Male

C. PROVINCIAL SHORT TRACK AGE CLASS CHAMPIONSHIPS SELECTION CRITERIA

The fixed number of entry positions for the Ontario Short Track Age Class Championships are published in Annex B.

1. The eligibility requirements for the Provincial Short Track Age Class Championships are entirely based on the skater accumulating enough Ontario Cup Ranking Points to be ranked within the number of Ontario Short Track Age Class Championships Fixed Entry Positions available based on the skater's three best showings at Ontario Cup Events.
2. Participation in a national ranking or qualifying event within both Short Track and Long track disciplines, which is being held concurrently with an Ontario Cup competition, may serve as substitute competition towards the skater's Ontario Cup obligation subject to the receipt and approval of a Bye Application.

E. CANADIAN SHORT TRACK AGE CLASS CHAMPIONSHIPS SELECTION CRITERIA

The specific time performance standards are published Annex C.

1. To qualify to be entered by OSSA the skater must have skated, in at least two (2) distances, within 115% (Annex C) of the applicable Canadian Age Class Record. The qualifying times must be skated at a sanctioned event; and,
2. Finish in the top four (4) overall ranking positions between an accumulation of ranking points from the Ontario Short Track Cups and the Ontario Short Track Age Class Championships in their respective category. Ranking points from the Ontario Short Track Cup Circuit will be multiplied by 0.3 and ranking points from the Ontario Short Track Age Class Championships will be multiplied by 0.7.
3. In the case where any of the top four (4) skaters have not skated times within the 115% time standard, a skater outside the top four (4) who raced at the Provincial Short Track Age Class Championships and has skated times within the time standard will be eligible for the Championships displacing a skater who has not met the time standard. These skaters will be ranked by their best two (2) distance average percentages and only the top four (4) are eligible to be entered.
4. Pre-qualification, for the Intermediate and Senior age categories can occur for skaters who have a national ranking from the National Short Track Trials. These skaters must confirm their desire to participate in the Canadian Short Track Age Class Championships prior to the registration deadline for the Ontario Short Track Age Class Championships by submitting a Bye Application for consideration.
5. In cases where skaters named to participate to Championships as a member of the Ontario team decline, one of the next two finishing positions (5 and 6) per age category may be named as alternates if they have achieved the required time standard. A skater outside of the top 6 finishing positions may also be named as an alternate if they have achieved a time standard of 115% or less for their best two (2) distance average percentages.

F. ONTARIO LONG TRACK CUP CIRCUIT

Olympic Style Primers – Midget and Juvenile

Where time and facilities permit, it is strongly suggested that skaters in the Midget and Juvenile age categories be given the opportunity to skate Olympic Style 100m and 300m races. The introduction to this type of skating is an important step in the move to Olympic Style in older age categories and are age and development appropriate distances.

Age Appropriate Distances

Meet coordinators and organizers are strongly encouraged to limit the long distances skated by younger skaters and to instead increase the number of shorter races in a meet. Overly long distances, especially for new and novice skaters, can be daunting and are not in line with the Long Term Athlete Development Program.

Ontario Long Track Cup Ranking Points

Skaters will be awarded ranking points based on their overall finishing position per category at Ontario Long Track Cup events. The accumulation of ranking points will be used to award an Ontario Long Track Cup Champion per category, and be used in part to select skaters for the Canadian Long Track Age Class Championships. The ranking points awarded per finishing position are outlined in Annex B.

Ontario Long Track Cup Champions

Ranking points from the first Ontario Long Track event will be multiplied by 0.4, and the ranking points from the Ontario Long Track Age Class Championships will be multiplied by 0.6.

A skater with the most accumulated ranking points over the two (2) Ontario Long Track events will be named the Ontario Long Track Cup Champion in the following categories:

- Peewee Mass Start Female and Male
- Bantam Mass Start Female and Male
- Midget Mass Start Female and Male
- Juvenile Mass Start Female and Male
- Junior Mass Start Female and Male
- Junior Olympic Style Sprint Female and Male
- Junior Olympic Style All Round Female and Male
- Senior Olympic Style Sprint Female and Male
- Senior Olympic Style All Round Female and Male

Provincial Championships Coaching Certification Requirements

The Ontario Speed Skating Association has phased in coaching certification requirements for the Provincial Championships as a way of developing coaching capacity. The certification requirements that will apply are as follows:

- 2009-2010 season – NCCP fully certified Level 2

In the Provincial Championships, clubs will be limited to a maximum of two coaches or one coach and a Club official in the coaches' box at any given time. Clubs hosting the Provincial Championship event will be responsible for verifying the NCCP certification by way of a signed registry and providing the head referee with the registry the morning of the event.

Coaches in training and Club officials will be permitted in the coaches' box provided that they are accompanied by a certified coach and will comprise one of the two allowed positions for that club. If a Club does not have a certified coach available they should contact the Technical Committee for a waiver and a mentoring assignment with an available coach.

There is no limit to the number of coaches or Club officials who may attend the Provincial Championship Event and participate in the coaching and management of skaters for the event. This limitation applies solely to the instance of simultaneous attendance in the coach's box.

G. CANADIAN LONG TRACK MASS START CHAMPIONSHIPS SELECTION CRITERIA

The specific time performance standards are published in Annex D. In order to be eligible to be named to the team representing Ontario at the Canadian Long Track Mass Start Championships, it will be necessary to have competed in a sanctioned long track mass start event in Ontario other than the Provincial Championships or a marathon style event.

Any exception to the above must have the prior approval of the Technical Committee.

Skaters must make the Technical Committee aware that they wish to have an exception considered by notifying the Technical Committee at least 20 days prior to the competition in question in order that the Technical Committee may consider the matter and advise the skater of its decision.

Mass Start

1. To qualify to be entered by OSSA, the skater must have skated, in at least two (2) distances, within 115% (Annex D) of the applicable Canadian Age Class Record, other than records established at a covered oval, and, finish in the top four (4) overall positions at the Ontario Long Track Mass Start Championships in the skater's respective age category; or,
 - a) Finish in the top six (6) overall positions at the Ontario Long Track Mass Start Championships provided that the six (6) skaters have recorded times in the current season within 105% of the applicable Canadian Age Class Record in two (2) distances, as per SSC Rule K2-101 (b); or,
 - b) In the case where the top four (4) skaters at the Provincial Championships have not skated times within the 115% time standard, a skater outside the top four (4) who raced at the Provincial Championships and has skated times within the time standard will qualify to be entered. These skaters will be ranked by their best two (2) distance average percentages and only the top four (4) are eligible to be entered.
3. The qualifying times must be skated at a sanctioned event excluding events held at indoor ovals, subject to the provisions of K2-101 (b) noted above.

ANNEX A

Ontario Cup Short Track Seed Time Ranking

1. The Seed Time Ranking applies to all Ontario Cup meets.
2. Skaters will be seeded on time in their respective category prior to each Ontario Cup event. The total seed time is the sum of the best times skated in the 2008 – 2009 season or the current season for the two distances per category shown in the table below. The best times must be from event(s) completed before the registration deadline of the Ontario Cup for which the skater is registering.
 - a. Ontario Cup #1 registration deadline October 7, 2009
 - b. Ontario Cup #2 registration deadline October 28, 2009
 - c. Ontario Cup #3 registration deadline December 2, 2009
 - d. Ontario Cup #4 registration deadline February 3, 2010
3. Times must be achieved at events sanctioned by OSSA, SSC or USSA.
4. Junior, Intermediate and Senior skaters will be seeded together in Open.
6. Seeding lists will be published on the OSSA website prior to the entry deadline for each Ontario Cup event.
7. Once seeded skaters within the number of fixed Ontario Cup Entry Positions will have first priority to be registered for the Ontario Cup event. Skaters seeded outside the number of fixed Ontario Cup Entry Positions will have second priority to be registered for the Ontario Cup event if seeded eligible skaters do not register for that event.

Category	Gender	Seeding Distances	Ontario Cup Entry Positions
Bantam	Girls	222m + 333m	15
	Boys	222m + 333m	15
Midget	Girls	333m + 500m	25
	Boys	333m + 500m	25
Juvenile	Girls	500m + 777m	25
	Boys	500m + 777m	25
Junior	Women	500m + 1000m	0
	Men	500m + 1000m	15
Open	Women	500m + 1000m	25
	Men	500m + 1000m	25
			195

- ❖ The Female Open category includes eligible Junior, Intermediate, Senior and Master Skaters.
- ❖ The Male Open category includes eligible Junior, Intermediate, Senior and Master Skaters.

Out-of-Province and Master skaters may enter Ontario cups providing they meet the seed ranking within their group. However, they may not take a position away from an Ontario or younger skater, instead the particular group will be ballooned by the number of Out-of-Province or Master skaters entered. Out-of-Province and Master skaters eligible to skate in an Open category will be seeded at the bottom of the group.

ANNEX B

Progression from Heats to Semi-Finals and Finals.

Examples:

Shortest Distance (4 skaters per heat, 4 skaters per semi and final)

<u>Group</u>	<u>Program</u>	<u>Movement to Semis</u>	<u>Advancement to Finals</u>
1-4	1 Final		
5-8	2 semis/2 finals		1 st , 2 nd to Final A (2+0) Rest to Finals B-C in order of heat times
9-12	3 heats/3 finals		1 st , next fastest time to Final A (1+1) Rest to Finals B& C in order of heat times
13-16	4 heats/4 finals		1 st to Final A (1+0) Rest to Finals B-D in order of heat times
17-20	5 heats/2 semis/5finals	1 st , next 3 fastest times to semis A and B (1+3) Rest directly to finals	1 st , 2 nd to Final A (2+0) Rest of semi-finalists to Final B Rest to Finals C-E in order of heat times
21-24	6 heats/2 semis/6finals	1 st , next 2 fastest times to semis A and B (1+2) Rest directly to finals	1 st , 2 nd to Final A (2+0) Rest of semi-finalists to Final B Rest to Finals C-F in order of heat times
26-28	7 heats/2 semis/ 7 finals	1 st , next fastest times to semis A and B (1+1) Rest directly to finals	1 st , 2 nd to Final A (2+0) Rest of semi-finalists to Final B Rest to Finals C-G in order of heat times
29-30	8 heats/2 semis/8 finals	1 st , to semis A and B (1+0) Rest directly to finals	1 st , 2 nd to Final A (2+0) Rest of semi-finalists to Final B Rest to Finals C-H in order of heat times

Middle Distances (5 skaters per race)

<u>Group</u>	<u>Program</u>	<u>Movement to Semis</u>	<u>Advancement to Finals</u>
1-5	1 final		
6-10	2 heats/2 finals		1 st , 2 nd , next fastest time to Final A (2+1) Remainder to Final B
11-15	3 heats/3 finals		1 st , next 2 fastest to Final A (1+2) Next 5 fastest to Final B Rest to Final C
16-20	4 heats/4 finals		1 st , next fastest time to Final A (1+1) Rest to Finals B-D in order of heat times
21-25	5 heats/5 finals		1 st to Final A (1+0) Rest to Finals B-E in order of heat times
26-30	6 heats/2 semis/6 finals	1 st , next 4 fastest times to semis A and B (1+4) Rest directly to finals	1 st , 2 nd , next fastest time to Final A (2+1) Other semi-finalists to Final B Rest to Finals C-F in order of heat times

Long Distances, as applicable (6 skaters per race)

<u>Group</u>	<u>Program</u>	<u>Movement to Semis</u>	<u>Advancement to Finals</u>
1-6	1 Final		
7-12	2 heats/2 finals		1 st , 2 nd , 3 rd to Final A (3+0) Rest to Final B
13-18	3 heats/3 finals		1 st , 2 nd to Final A (2+0) Rest to Finals B-C in order of heat times
19-24	4 heats/4 finals		1 st , next 2 fastest times to Final A (1+2) Rest to Finals B-D in order of heat times
25-30	5 heats/5 finals		1 st , next fastest time to Final A (1+1) Rest to Finals B-E in order of heat times

Ontario Cup Ranking Points, Ontario Cup Champion & Ontario Short Track Age Class Championships

1. Skaters will accumulate ranking points based on their finishing position per category at Ontario Cup events. Ranking points will be awarded based on the skaters overall finishing position at the Ontario Cup event.
2. In the Open categories ranking points will be awarded per a skater's age category.

Example If an Intermediate skater finishes first and a Senior skater finishes second in the Open category, both will be awarded first place ranking points.

All Junior skaters skating in the Open category will be awarded points first with the Junior skaters skating in the Junior group being awarded points next. (the top finishing Junior from the Junior group is awarded fewer points than the last finishing Junior in the Open group).
3. Point ranking will be pro-rated based on the number of events attended provided that Byes were awarded by the Technical Committee.

Example A A skater competes in four Ontario Cup events and the top three point scores from the four events will be used to calculate their ranking.
4. The Skater with the most accumulated ranking points per category over the four (4) Ontario Cup events will be named the Ontario Cup Champion.
5. Skaters with the most accumulated ranking points per category will be eligible to fill one of the fixed Entry Positions for the Provincial Short Track Age Class Championships.

Ontario Cup Ranking Points

Final Points #1

Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	23	31	13	41	3
2	816	12	106	22	22	32	12	42	2
3	666	13	86	23	21	33	11	43	1
4	543	14	70	24	20	34	10	Others	1
5	443	15	57	25	19	35	9		
6	362	16	46	26	18	36	8		
7	295	17	37	27	17	37	7		
8	241	18	30	28	16	38	6		
9	196	19	25	29	15	39	5		
10	160	20	24	30	14	40	4		

Ties #2

A tie for 1 st	1000 points each, next skater 666 points
A tie for 2 nd	816 points each, next skater 543 points
A tie for 3 rd	666 points each, next skater 443 points
A tie for 4 th	543 points each, next skater 362 points
A tie for 5 th	Etc.

Disqualifications #3

Disqualifications in a heat will be placed into the lowest final or semi-final.

Disqualifications in a semi-final will be placed into the lowest eligible final.

Disqualifications in the final, will receive last place points for that final, behind any skaters who did not finish (DNF) the race, but ahead of skaters who did not start (DNS) the race. All disqualified skaters in a final receive last place points.

Order of finish – DNF – DQ* - DNS.

Ontario Short Track Age Class Championships Fixed Entry Positions

Category	Gender	Entry Positions
Bantam	Girls	15
	Boys	15
Midget	Girls	20
	Boys	24
Juvenile	Girls	20
	Boys	24
Junior	Women	16
	Men	24
Open	Women	12
	Men	16
		186

ANNEX C

Canadian and North American Short Track Age Class Championships 2010 Time Standards

Revised to Current SSC Standards

Group		Distance	National Record	Seconds	115%
Female	Midget	333m	0.33.50	33.50	38.53
		500m	0.49.35	49.35	56.75
		666m	1.06.79	66.79	76.81
		777m	1.18.73	78.73	90.54
	Juvenile	500m	0.47.42	47.42	54.53
		666m	1.03.34	63.34	72.84
		777m	1.14.86	74.86	86.09
		1000m	1.39.02	99.02	113.87
	Junior	500m	0.45.50	45.50	52.33
		777m	1.12.70	72.70	83.61
		1000m	1.35.63	95.63	109.97
		1500m	2.25.99	145.99	167.89
	Intermediate	500m	0.46.01	46.01	52.91
		1000m	1.35.87	95.87	110.25
		1500m	2.28.97	148.97	171.32
		3000m	5.17.10	317.10	364.67
	Senior	500m	0:43.677	43.677	50.23
		1000m	1.30.823	90.823	104.45
		1500m	2.17.19	137.19	157.77
		3000m	4.57.389	297.389	342.00
Male	Midget	333m	0.32.03	32.03	36.83
		500m	0.46.96	46.96	54.00
		666m	1.03.10	63.10	72.57
		777m	1.14.29	74.29	85.43
	Juvenile	500m	0.44.38	44.38	51.04
		666m	1.00.24	60.24	69.28
		777m	1.10.04	70.04	80.55
		1000m	1.31.40	91.40	105.11
	Junior	500m	0.43.23	43.23	49.71
		777m	1.07.91	67.91	78.10
		1000m	1.29.31	89.31	102.71
		1500m	2.16.39	136.39	156.85
	Intermediate	500m	0.42.47	42.47	48.84
		1000m	1.27.21	87.21	100.29
		1500m	2.18.46	238.46	274.23
		3000m	4.57.10	297.10	341.67
	Senior	500m	0.40.86	40.86	46.99
		1000m	1.23.815	83.815	96.39
		1500m	2.10.71	130.71	150.32
		3000m	4.34.27	274.27	315.41

ANNEX D

Canadian Long Track Age Class Championships 2010 Time Standards Revised to Current SSC Standards

Group		Distance	National Record	Seconds	105%	115%
Female	Midget	300m	0.28.44	28.44	29.86	32.71
		500m	0.45.74	45.74	48.03	52.60
		800m	1.14.42	74.42	78.14	85.58
		1000m	1.34.64	94.64	99.37	108.84
	Juvenile	300m	0.27.72	27.72	29.11	31.88
		500m	0.43.99	43.99	46.19	50.59
		1000m	1.31.04	91.04	95.59	104.70
	Junior	1500m	2.28.83	148.83	156.27	171.15
		500m	0.43.36	43.36	45.53	49.86
		1000m	1.28.44	88.44	92.86	101.71
		1500m	2.17.61	137.61	144.49	158.25
	Intermediate	3000m	4.57.16	297.16	312.02	341.73
		500m	0.44.06	44.06	46.26	50.67
		1000m	1.30.32	90.32	94.84	103.87
		1500m	2.25.17	145.17	152.43	166.95
	Male	Midget	3000m	5.07.87	307.87	323.26
300m			0.28.47	28.47	29.89	32.74
500m			0.47.81	47.81	50.20	54.98
800m			1.15.26	75.26	79.02	86.55
Juvenile		1000m	1.39.97	99.97	104.97	114.97
		300m	0.26.04	26.04	27.34	29.95
		500m	0.41.36	41.36	43.43	47.56
		1000m	1.26.13	86.13	90.44	99.05
Junior		1500m	2.17.93	137.93	144.83	158.62
		500m	0.39.25	39.25	41.21	45.14
		1000m	1.20.23	80.23	84.24	92.26
		1500m	2.01.95	121.95	128.05	140.24
Intermediate		3000m	4.30.66	270.66	284.19	311.26
		500m	0.39.74	39.74	41.73	45.70
		1000m	1.21.60	81.6	85.68	93.84
		1500m	2.07.54	127.54	133.92	146.67
		3000m	4.33.88	273.88	287.57	314.96

ANNEX E

Ontario Speed Skating Association Bye Guidelines

1. Purpose

To provide the Technical Committee with guidelines for the granting of byes to skaters into or from competitions or onto provincial teams where qualifying criteria are required to be met.

2. Philosophy of Team Selection

The philosophy for team or event eligibility selection is to select the skaters that will achieve the best possible result for Ontario at different competitions (Canadian or North American Championships) or develop towards the highest level of performance (Canada Winter Games, Junior Championships, and/or Senior Ranking Events onto a national team).

The Technical Committee is determined to make the selection to these teams or events as objective as possible. To ensure this occurs the Committee will use, wherever possible, objective criteria such as time, placing at a specific competition/s, and ranking etc. as the foremost criteria in selecting skaters.

These criteria will be used at a specified selection event/s or a series of specified events.

In nominating the specific selection event/s, the Technical Committee will only nominate an event that occurs after the confirmation of the relevant selection policy. In all cases it is the intent of the Technical Committee that selection is earned through current performances in the specific selection events.

However, in exceptional circumstances a skater may not be able to compete in the relevant selection events. In this instance the skater is eligible to apply for selection under the Bye Clause as detailed below.

3. Bye Clause Selection Philosophy

(The Bye Clause will only apply to selection for specific competitions / events)

Due to exceptional circumstances (e.g. illness, injury, equipment break, etc) and through no fault of their own, a skater sometimes does not have the opportunity to compete in the nominated selection events. In this situation the skater may be eligible to apply for a bye selection to the relevant team.

The basic philosophy for selecting a skater by granting a bye is that, all things being equal, the skater given the bye has clearly demonstrated superior performances in previous competition to other skaters being considered for selection or advancement in ranking.

A bye request is considered as the last means by which a skater can gain selection and is intended to provide for exceptional circumstances outside the normal selection criteria rather than being part of the normal means by which a skater can gain selection or advancement.

4. Procedures under which a bye application can be made.

- a. Bye requests must be made in writing to the Technical Committee (see deadlines below)
- b. Only the skater, their parent or guardian, and/or coach can submit the request.
- c. If the bye request is made on the basis of an illness or injury the skater must provide documented evidence from a medical doctor. The Technical Committee has the right to request further independent medical review after the bye request has been submitted.
- d. If the bye request is made on the basis of equipment breakage this must be reported to, and verified by, the chief referee or Technical Committee representative immediately following the race in which the equipment breakage occurred.
- e. If the bye request is made on the basis of a conflicting engagement, including competing at another speed skating meet in another discipline (ST vs. LT or LT vs. ST) the skater must submit a written explanation. The Technical Committee has the right to request further evidence of the explanation after the bye request has been submitted.

5. Conditions for applying for a Bye

i. Bye request for a specific competition in the current skating season

Bye requests will be considered in four categories:

a) *Pre-competition illness or injury that prevents a skater from competing in an event.*

If the skater is ill or injured before the beginning of the event, a bye request must be made **before the coaches' meeting** of the event. The Technical Committee Representative must formally announce all bye requests at this meeting so that all other competitors are made aware of the possibility of a bye being granted.

A bye request will be ruled ineligible if the skater subsequently competes in the event.

In the case of selection being based upon participation at multiple events, a skater is eligible to apply for a bye request to a subsequent event if they are prevented from competing in one of the events due to a pre-existing illness or injury.

b) *Pre-competition conflicting engagement that prevents a skater from competing in an event.*

If a skater knows in advance that they will be unable to attend an event because of a conflicting engagement; a bye request must be made **before the registration deadline** of the event. The Technical Committee Representative must formally announce all bye requests at the coaches' meeting so that all other competitors are made aware of the possibility of a bye being granted.

A bye request is ruled ineligible if the skater subsequently competes in the event.

In the case of selection being based upon participation at multiple events, a skater is eligible to apply for a bye request to a subsequent event if they are prevented from competing in one of the events due to a conflicting engagement.

c) *Injury, illness or equipment breakage during an event.*

A bye request must be made **within 48 hours** following the end of the event.

(See Clause 4d above for the reporting requirements for equipment breakage)

d) *Conflicting engagement or travel difficulty immediately prior an event.*

If a skater has registered for an event and is then unable to attend due to an unforeseen conflicting engagement or travel difficulty; a bye request must be made **within 48 hours** following the end of the event. (Please note that travel distance/inconvenience is not an acceptable travel difficulty – cancelled flights, late arrivals, etc. are eligible for consideration by the Technical Committee.)

In all four categories the bye request **must state clearly** what the skater is asking for, and supporting documentation (medical, race referee report etc) must be attached. The Technical Committee should also have confirmation (medical or other, if not a medical problem) that the skater will be at 100% of his/her capacity (physical, psychological, etc) to participate in the competition for which he/she has requested a bye.

ii. Bye request to a specific Team or a Competition for the season following the selection event/s.

This process is for the selection to a specific team such as the PDT or PTT.

The bye must be requested **within two weeks** following the final selection event. The bye application **must state clearly** what the skater is requesting, and appropriate documentation (medical, etc) **must be attached**.

The Technical Committee should also have confirmation (medical or other, if not a medical problem) that the skater will be at 100% of his/her capacity (physical, psychological, etc) to be on the team to which he/she has requested a bye.

6. Process for reviewing a Bye application

The following steps are involved in the process of considering a request for a bye.

- a) Following the final selection event for the respective team/event, the Technical Committee meets (in person or via conference call) to review the facts.

- b) In cases where multiple bye applications are lodged they will be assessed individually and on their own merit.
- c) Three members of the Technical Committee (who are not in conflict of interest) will review the facts and make a recommendation (with supporting rationale). If all members of the Technical Committee are in conflict of interest, then the OSSA Board of Directors will make the recommendation regarding the Bye application.
- d) If relevant, the Technical Committee will establish a revised ranking of skaters based upon the selection event/s and an assessment of previous performances from those who have requested a bye.
- e) From this revised ranking, the final selections will be made.
- f) These final selections will then be named as the "Team" or "eligible" and will be communicated to the skater/s requesting the bye, skater/s directly affected by the bye request, the coaches, and skaters' representatives.

7. Conditions for Granting a Bye

The basic question the Technical Committee must answer is whether the skater requesting the bye had a recent history of performances or other factors as listed below that demonstrate clear superiority of the skater requesting a bye to those of other skaters in consideration for selection.

The Technical Committee must also be certain that the skater requesting the bye would be able to compete at a similar level in the event or team for which they seek selection. The Technical Committee may award a "Conditional Bye" to skaters recovering from injury or illness. In this situation the skater may have certain conditions imposed. This could include, but is not limited to such things as a certain time frame, performance requirement etc.

In order to make these decisions, the Technical Committee will evaluate a number of elements including, but not limited to the following.

- a) Head-to-head competition results of the skaters being considered for selection.
- b) Past performances of the skater requesting the bye,
- c) Results of the selection competition (by skaters in contention for the team),
- d) Recent training and testing performances
- e) Medical evidence of suitability to compete
- f) Coach/Club Official evaluation and recommendations of suitability to compete

In evaluating past performances, the Technical Committee will assign priority to those performances from the 12 month period prior to the final selection event.

However, this is occasionally not possible because of injuries, or the lack of opportunity for the skaters to compete. In such instances performances beyond this 12-month period will be considered but will assume a lower value in assessing the bye request.

i. Long Track – Mass Start

In long track – mass start the Technical Committee may award a bye to a skater who is:

Faster than the last skater selected for an age class in two distances for that age class, or has place in the top two overall in the age class at a previous provincial competition.

In assessing the past performances of the skater requesting the bye and the history of the skaters involved, the Technical Committee will give priority to the best time (in sanctioned events) of the skaters involved during the current season.

ii. Long Track – Olympic Style

In long track – Olympic style the Technical Committee may award a bye to a skater who is:

An ISU senior and is 0.5 sammelagt points faster than the last skater ISU senior selected for the team in two distances (that would mean 0.5 seconds in the 500m, 1 second in the 1000m, 1.5 seconds in the 1500m, 3 seconds in the 3000m, 5 seconds in the 5000m, and 10 seconds in the 10000m).

An ISU junior and is has all-round sammelagt points faster than the last ISU junior selected for the team (that would be mean

the combined sammelagt of 500m, 1000m, 1500m, and 3000m for females, and the combined sammelagt of 500m, 1500m, 3000m, and 5000m for males)

In assessing the past performances of the skater requesting the bye and the history of the skaters involved, the Technical Committee will give priority to the best time (in sanctioned events) of the skaters involved during the last 12 months.

ii. Short Track

In short track, the general guideline is that the Technical Committee judges that the skater being granted a bye would have finished clearly ahead of the last skater selected.

In making this judgment the Technical Committee will evaluate a number of elements including, but not limited to the following.

- a. Head-to-head competition results of the skaters being considered for selection,
- b. Past performances of the skater requesting the bye,
- c. Recent training and testing performances,
- d. Highest level of performance.

8. Appeals

Following the announcement of the "Team" or "Selection" the skater/s affected by the bye request decision has/have the opportunity to appeal this decision in accordance with the Ontario Speed Skating Association's Appeal Policy (OSSA Information Manual Article A8).

ONTARIO SPEED SKATING ASSOCIATION

BYE APPLICATION

A. Bye Applicant:

Name: _____ Age Class: _____ Club: _____
 Phone: _____ E-mail: _____

B. Event for Bye Request:

Event Name: _____ Event Date: _____ Event Location: _____

C. Reason for Bye Request (check one):

- Pre-competition illness or injury that prevents an skater from competing in an event.
 - bye request must be received before the coaches' meeting of the event
- Pre-competition conflicting engagement or travel difficulty that prevents a skater from competing in an event.
 - bye request must be received before the registration deadline of the event
- Injury, illness or equipment breakage during an event.
 - bye request must be received within 48 hours following the end of the event
- Conflicting engagement or travel difficulty immediately prior to an event.
 - bye request must be received within 48 hours following the end of the event

D. Explanation of Bye Request:

E. Recent Results and Competition Plan to Support Bye Request

Recent Results (from an event within 30-days of the event noted in section B):

Event Name: _____		Event Date: _____		Event Location: _____	
Distance	<i>500m</i>			Overall Rank	# Skaters in Group
Best Time	<i>45.03</i>				
Place/Final	<i>1st/B</i>				

Competition Plan (events within 30-days prior or 30-days following the event noted in section B):

Event Name: _____ Event Date: _____ Event Location: _____
 Event Name: _____ Event Date: _____ Event Location: _____
 Event Name: _____ Event Date: _____ Event Location: _____

F. Supporting Documents:

- Doctor's note
- Official's note
- Other

G. Signatures

Skater: _____ Parent/Guardian: _____ Coach: _____
 Date: _____ Date: _____ Date: _____

OFFICE USE		
Date Received:	Time:	Signature: