



Ontario **Speed Skating**

LONG TRACK TECHNICAL BULLETIN 2019-2020

DECEMBER 2, 2019

2019-2020 COMPETITION CRITERIA

AND

CHAMPIONSHIP SELECTION CRITERIA

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PREAMBLE

The purpose of this Bulletin is to provide information concerning the format of Ontario-based competitions, competition regulations that define the running of competitions, and the eligibility of skaters for those competitions. The statements made in this Technical Bulletin remain in effect unless they are superseded in a later Bulletin.

The Technical Bulletin will be posted on the website of the Ontario Speed Skating Association (OSSA) at www.ontariospeedskating.ca/technical-bulletins/

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

- This Technical Bulletin (2019-2020 OSSA Long Track Technical Bulletin)
- SSC Rule Book
- ISU Rule Book

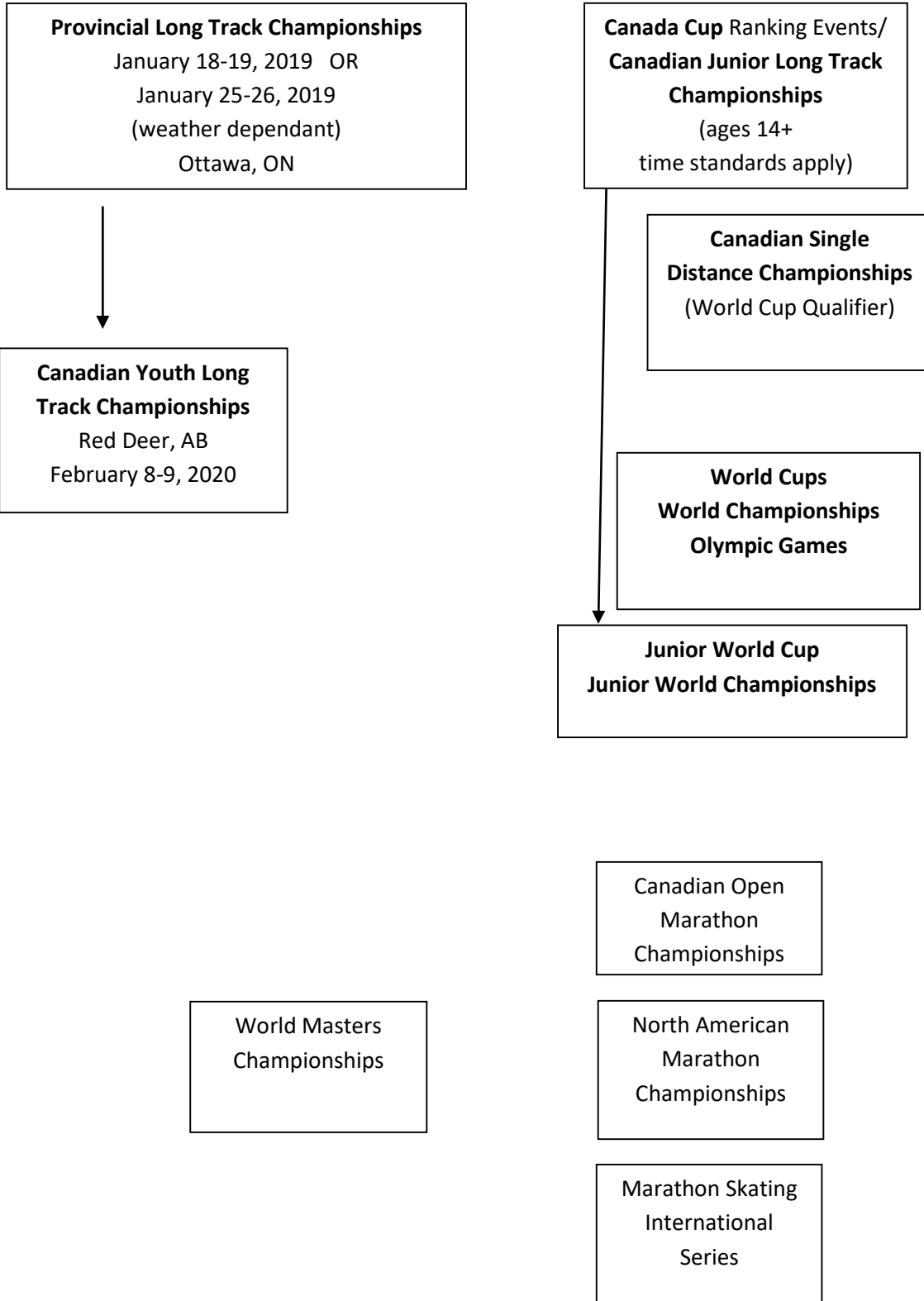
Participants, coaches, club officials and parents are reminded that a ruling by the chief referee at any event is final and is only subject to appeal in accordance with the OSSA Appeal Policy. OSSA's Code of Conduct applies in all dealings with meet competition officials.

In extenuating circumstances outside of competition, the OSSA Technical Committee has the final say.

Questions about the content of this Technical Bulletin may be directed to the OSSA Sport Manager, at sportmanager@ontariospeedskating.ca.

Please note: at the time of release of this Technical Bulletin, the Speed Skating Canada (SSC) Competitions Bulletin has not been posted online. If there are changes to the SSC Competitions Bulletin, this OSSA Long Track Technical Bulletin is subject to change by the Ontario Speed Skating Association.

LONG TRACK COMPETITION STREAM



ONTARIO PROVINCIAL LONG TRACK CHAMPIONSHIPS

The event will take place over two (2) days – weather permitting.

Skaters of all ages and abilities are eligible to enter this meet.

This meet is the selection event for Team Ontario to attend the Canadian Youth Long Track Championships (CYLTC). Female skaters ages 11-14 and male skaters ages 12-15 are eligible to qualify for the CYLTC. The format of the CYLTC is contained in the relevant SSC Competitions Bulletin which can be accessed at <http://www.speedskating.ca/competitions-bulletins>.

Equipment

Speed Skating Canada equipment requirements (Regulations D3-200, D3-300, D3-301) will be enforced for this meet.

See SSC Red Book for most recent updates <https://www.speedskating.ca/events/rules>

Timing

Manual timing will be provided for the Provincial Long Track Championships unless otherwise indicated. When using manual timing, 0.20 seconds will be added to manually captured finish times in accordance with ISU rules.

Coaching Certification Requirements

There is no limitation to the number of coaches or club officials who may attend the Provincial Long Track Championships and participate in the coaching and management of skaters for the event.

There is a limit of two (2) club coaches permitted in the coaching box during Mass Start racing. Coaches in the box should be Fundamentals Coach certified.

A limit of one (1) coach per skater will be permitted in the coaching box during Olympic Style racing. Coaches in the box should be Introduction to Competition certified. An additional coach in training may accompany the primary coach.

Registration and Coaches Meeting

All registrations and the coaches meeting will take place prior to the warm-up.

Coaches must inform the Recorder's office immediately if any skaters scratch from Olympic Style racing.

Racing Format

This section outlines the format of the Provincial Long Track Championships.

For age categories with Olympic Style 500m x 2: the skater will be assigned either the inner or outer lane for race #1. The skater will be assigned the other lane for race #2.

Gender and Age Categories	Distances and Format	Point Assignments
Girls 8 and younger	Mass Start 100m, 200m, 400m, 500m	All points, age class
Boys 8 and younger	Mass Start 100m, 200m, 400m, 500m	All points, age class
Girls 9-10	Mass Start 300m, 500m, 800m, 1000m	All points, age class
Boys 9-11	Mass Start 300m, 500m, 800m, 1000m	All points, age class
Girls 11	Mass Start 300m, 1500m, & 3000m, Olympic Style 500m x 2	All points, age class
Boys 12	Mass Start 300m, 1500m, & 3000m, Olympic Style 500m x 2	All points, age class
Girls 12	Mass Start 300m, 1500m, & 3000m, Olympic Style 500m x 2	All points, age class
Boys 13	Mass Start 300m, 1500m, & 3000m, Olympic Style 500m x 2	All points, age class
Girls 13	Mass Start 300m & 3000m Olympic Style 500m x 2 & 1500m	All points, age class
Boys 14	Mass Start 300m & 3000m Olympic Style 500m x 2 & 1500m	All points, age class
Girls 14	Mass Start 300m & 3000m Olympic Style 500m x 2 & 1500m	All points, age class
Boys 15	Mass Start 300m & 3000m Olympic Style 500m x 2 & 1500m	All points, age class
Open Ladies (Junior B 15-16, Junior A 17-18, Senior 19-29, Masters 30+)	Olympic Style 500m, 1000m, 1500m, 3000m <ul style="list-style-type: none"> Skaters may register for individual distances. Only skaters who compete in 500m x 1, 1000m, 1500m, and 3000m will have satisfied the requirements for the All Round Championships 	Sammelagt points
Open Men (Junior B 15-16, Junior A 17-18, Senior 19-29, Masters 30+)	Olympic Style: 500m, 1000m, 1500m, 5000m <ul style="list-style-type: none"> Skaters may register for individual distances. Only skaters who compete in 500m x 1, 1000m, 1500m, and 5000m will have satisfied the requirements for the All Round Championships 	Sammelagt points

All Points: Format in which all skaters advance to finals and therefore accumulate points.

Age Class: Competition in which seeding is done first by gender, then by age. In age class competitions male skaters compete with males and females with females, and skaters of the same age class are grouped together. Age Classes with less than 3 racers may be combined to provide meaningful competition at the Chief Referee's discretion. Distances raced by the combined age classes will be at the discretion of the Chief Referee, ensuring that all distances required for seeding at CYLTC are raced.

Olympic Style: races are gender specific and final races. There is no advancement.

Sammelagt points: Skaters' race times are converted into Sammelagt points for ranking purposes. Sammelagt points will be tabulated to determine overall placement by gender and by age category (Junior (14-18), Senior (19-29), and Master (30+, 5 year increments)).

SEEDING OF RACERS

Seed times from outdoor and indoor events held between January 1, 2019 – present will be accepted for seeding purposes. Indoor times will be adjusted by recognized calculation standards for comparison with times skated outdoors. The recognized calculation standard for an indoor time is 106% of the indoor time, in order to be compared to other outdoor times. Seed times may be verified on www.speedskatingresults.com.

Results and Records

Final points will be tabulated to determine overall placement by age category and gender. Medals will be awarded to the top 3 finishers in each category by gender and age.

If any age class does not have enough skaters to run heats and finals in any distance, that age class shall run **two finals** in such distance. The results of both finals will be used for overall points calculation.

Open skaters who compete in 500m x 1, 1000m, 1500m, and 3000m/5000m will have satisfied the requirements for the All Round Championships and be eligible for Provincial Championship medals. The best 500m result will count towards the overall placement. Provincial medals will not be awarded to Open skaters competing in the single distance Olympic Style events.

DAY 1 - Proposed Racing Agenda

*Racers may be put in Quads for Olympic Style races 1000m, 1500m, 3000m, or 5000m.

Warm Up 8:00 - 8:15				
Flood Racing starts 8:45am			ADV	
500m OS	Girls 11-14 #1, Open Ladies			Skaters paired by 500m seed times
	Boys 12-15 #1, Open Men			
1500m OS	Girls 13-14, Open Ladies			Skaters paired by 1500m seed times
	Boys 14-15, Open Men			
Track Reset / Warm Up				
300m mass	Girls 11-14	Heat	0+5	
	Boys 12-15	Heat	0+5	
400m mass	Girls 8 and under	Heat	0+5	No seed time required.
	Boys 8 and under	Heat	0+5	
500m mass	Girls 9-10	Heat	0+5	Seeded night before.
	Boys 9-11	Heat	0+5	
1500m mass	Girls 11-12	SF		
	Boys 12-13	SF		
300m mass	Girls 11-14	Final		
	Boys 12-15	Final		
400m mass	Girls 8 and under	Final		
	Boys 8 and under	Final		
500m mass	Girls 9-10	Final		
	Boys 9-11	Final		
100m mass	Girls 8 and under	Heat	0+5	No seed time required.
	Boys 8 and under	Heat	0+5	
800m mass	Girls 9-10	Heat	0+5	Seeded night before.
	Boys 9-11	Heat	0+5	
100m mass	Girls 8 and under	Final		
	Boys 8 and under	Final		
800m mass	Girls 9-10	Final		
	Boys 9-11	Final		

DAY 2 – Proposed racing agenda

*Racers may be put in Quads for Olympic Style races 1000m, 1500m, or 3000m.

Warm Up			
8:00 – 8:15am	Open Ladies, Open Men		
Flood			
Racing 8:45am			
1000m OS	Open Ladies, Open Men		Skaters paired by 1000m seed times
3000m OS	Open Ladies		Skaters paired by 3000m seed times
5000m OS	Open Men		Skaters paired by 5000m seed times
Warm Up			
500m OS #2	Girls 11-14 Boys 12-15		
Break – Track Reset – Warm Up			
200m mass	Girls 8 and under	Heat	
	Boys 8 and under	Heat	
300m mass	Girls 9-10	Heat	
	Boys 9-11	Heat	Seed based on standings Day 1
3000m mass	Girls 11-14 Boys 12-15	Super Final	
200m mass	Girls 8 and under	Final	
	Boys 8 and under	Final	
300m mass	Girls 9-10	Final	
	Boys 9-11	Final	
500m mass	Girls 8 and under	Super Final	
	Boys 8 and under	Super Final	
1000m mass	Girls 9-10	Super Final	
	Boys 9-11	Super Final	

SELECTION CRITERIA: CANADIAN YOUTH LONG TRACK CHAMPIONSHIPS

Please note: The Canadian Age Class Long Track Championships has been renamed to the Canadian Youth Long Track Championships (CYLTC) by Speed Skating Canada this season.

Eligibility to participate as a member of Team Ontario at the CYLTC will be based on the criteria set by SSC in the SSC Competition Bulletin 2019-2020. This year, the quota number of skaters that the Ontario Speed Skating Association may send to CYLTC is 1 skater per age/gender. Additional spots may become available if other Branches decline their spots. Masters are ineligible for the CYLTC.

Racing formats and details of the CYLTC are contained in the relevant SSC Competition Bulletin which should be available soon on the SSC website: <http://www.speedskating.ca/competitions-bulletins>. Skaters and coaches should familiarize themselves with the 2019-2020 Competitions Bulletin.

The OSSA eligibility criteria is based on the SSC eligibility criteria, but may, at the discretion of the OSSA Technical Committee, include additional criteria in order to result in the most competitive team possible.

At the close of the Ontario Provincial Long Track Championships, the Ontario Speed Skating Association's Technical Committee will announce the provisional team consisting of 1 primary skater and up to 3 alternates per eligible age class to represent Ontario at the CYLTC. The provisional team will include the top 4 finishers per age class from the Ontario Provincial Long Track Championships, who also meet the time standard requirements outlined below.

Time standards are in effect for skaters to be named as part of Team Ontario. Skaters must have skated faster than 2 of the time standards listed below during the 2019-2020 season. The OSSA Technical Committee has the final say in selection of Team Ontario for the CYLTC.

Distance	Girls 11		Girls 12		Girls 13		Girls 14	
	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor
300m mass	0:40.00	0:37.736	0:39.00	0:36.793	0:35.00	0:33.019	0:35.00	0:33.019
500m OS	1:10.00	1:06.038	1:02.00	0:58.491	1:00.00	0:56.604	0:59.00	0:55.660
1500m mass or OS	3:30.00	3:18.113	3:25.00	3:13.396	3:20.00	3:08.679	3:15.00	3:03.962
3000m mass or OS	7:00.00	6:36.226	6:55.00	6:31.509	6:50.00	6:26.793	6:40.00	6:17.359

Distance	Boys 12		Boys 13		Boys 14		Boys 15	
	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor
300m mass	0:35.00	0:33.019	0:35.00	0:33.019	0:32.00	0:30.189	0:32.00	0:30.189
500m OS	1:00.00	0:56.604	0:59.00	0:55.660	0:58.00	0:54.717	0:57.00	0:53.774
1500m mass or OS	3:15.00	3:03.962	3:12.00	3:01.132	3:09.00	2:58.302	3:05.00	2:54.528
3000m mass or OS	6:50.00	6:26.793	6:40.00	6:17.359	6:30.00	6:07.925	6:20.00	5:58.491

Scenario 1: In the event that the Ontario Provincial Long Track Championships do not take place:

Team Ontario selection for the CYLTC will be done based on the best indoor or outdoor **500m** Olympic Style time(s) in the current season from the list of eligible events on page 12 of this Bulletin. Indoor times will be adjusted by recognized calculation standards for comparison with times skated outdoors. 500m indoor time x 106% = 500m outdoor time.

- Distance must have been skated between August 1, 2019 and January 27, 2020.
- Distance must have been raced Olympic Style (no pack skating results).
- The event must be an officially recognized event (ex: sanctioned time trial) or sanctioned meet. Potential events to obtain seed times can be found in the Calendar of Events on Page 12.
- All skaters must have met the 500m OS minimum time standard for their age group (listed above).

- Results will be verified using speedskatingresults.com
- Skaters will be ranked in their respective age group and gender starting with the fastest 500m result.
- Only skaters who properly registered to race at the Provincial Long Track Championships will be considered for Team Ontario.

The OSSA Technical Committee will post the 500m Olympic Style ranking lists for Girls 11, Girls 12, Girls 13, Girls 14, Boys 12, Boys 13, Boys 14, and Boys 15 by Wednesday, January 29, 2020 at 10:00pm. This list will identify the primary skater named to Team Ontario as well as alternates.

Scenario 2: In the event that the Ontario Provincial Long Track Championships are not able to be fully completed:

Team Ontario selection for the CYLTC will be based on the results earned thus far at the Ontario Provincial Long Track Championships. The skaters within each gender and age category must have had the opportunity to complete the same amount of distances prior to the cessation of the meet.

The OSSA Technical Committee will post the final ranking lists from the Ontario Provincial Long Track Championships for Girls 11, Girls 12, Girls 13, Girls 14, Boys 12, Boys 13, Boys 14, and Boys 15 by Wednesday, January 29 at 10:00pm. This list will identify the primary skater named to Team Ontario as well as alternates.

Seed times for CYLTC

The deadline to submit seed times to Speed Skating Canada for Canadian Youth Long Track Championships is January 29, 2019.

Seed times may be from indoor or outdoor competitions.

- 500m Olympic Style (all categories)
- 1500m Olympic Style (Girls 13, 14 and Boys 14, 15)
- 300m Mass Start (all categories)

Skaters hoping to be named to Team Ontario (primary and alternates) who have not established seed times in these distances during the 2019-2020 season should consider registering for and racing at the Charles Jewtraw All Around Championships (January 4-5, 2020 in Lake Placid, New York) to establish their seed times. If the skater qualifies for CYLTC and does not have seed times in any distance, the skater will be seeded at the bottom of the group.

Overview of Long Track Racing Calendar prior to January 29, 2020

Event	Dates
Sanctioned Time Trials (results on file with speedskatingresults.com)	Ongoing
Canada Cup #1 (Fort St John)	December 6-8, 2019 Ages and time standards apply
Canada Cup #2 (Calgary)	January 3-6, 2020 Ages and time standards apply
Charles Jewtraw All Around Championships (Lake Placid, NY)	January 4-5, 2020
Irving Jaffee Single Distance Championships (Lake Placid, NY)	January 11-12, 2020
Ontario Provincial Long Track Championships (Ottawa, ON)	January 18-19 OR January 25-26, 2020

Additional race opportunities:

www.fpvq.org (see Competitions then Calendrier)

www.lakeplacidsspeed.com

OUT-OF-PROVINCE LONG TRACK SKATERS

The Provincial Long Track Championships are a closed meet.

Out-of-Province skaters are eligible to participate ONLY in the Olympic Style Open Ladies' or Men's categories as there is no advantage to Ontario competitors.

Out-of-Province skaters are not eligible for Provincial medals.

APPENDIX A

Ontario Provincial Long Track Championships – Mass Start Points

Points are assigned only to the Top 31 skaters.

Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	15	31	0.5
2	816	12	106	22	12	32	0
3	666	13	86	23	9		
4	543	14	70	24	7		
5	443	15	57	25	5		
6	362	16	46	26	4		
7	295	17	37	27	3		
8	241	18	30	28	2		
9	196	19	24	29	1.5		
10	160	20	19	30	1		

#2 Ties

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.

#3 Disqualifications Long Track Mass Start

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 (DQ) skaters in a final receive last place points.

Order of finish – DNF – DQ – DNS.

Racing Rules can be found in the SSC Red Book.

#4 Disqualifications Long Track Olympic Style

Disqualifications (DQ), Did not finish (DNF), and Did not start (DNS) will follow SSC regulations.