

# LONG TRACK TECHNICAL BULLETIN 2017-2018 SEASON



**2017-2018 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 The statements made in this Technical Bulletin remain in effect unless they are superseded in a later Bulletin.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 OSSA's website at [www.ontariospeedskating.ca/technical-bulletins/](http://www.ontariospeedskating.ca/technical-bulletins/)

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

- This Technical Bulletin (2017-2018 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 PROTEST/ APPEAL IN ACCORDANCE WITH THE APPLICABLE REGULATIONS. OSSA'S CODE OF CONDUCT APPLIES IN ALL DEALINGS WITH MEET COMPETITION OFFICIALS.**

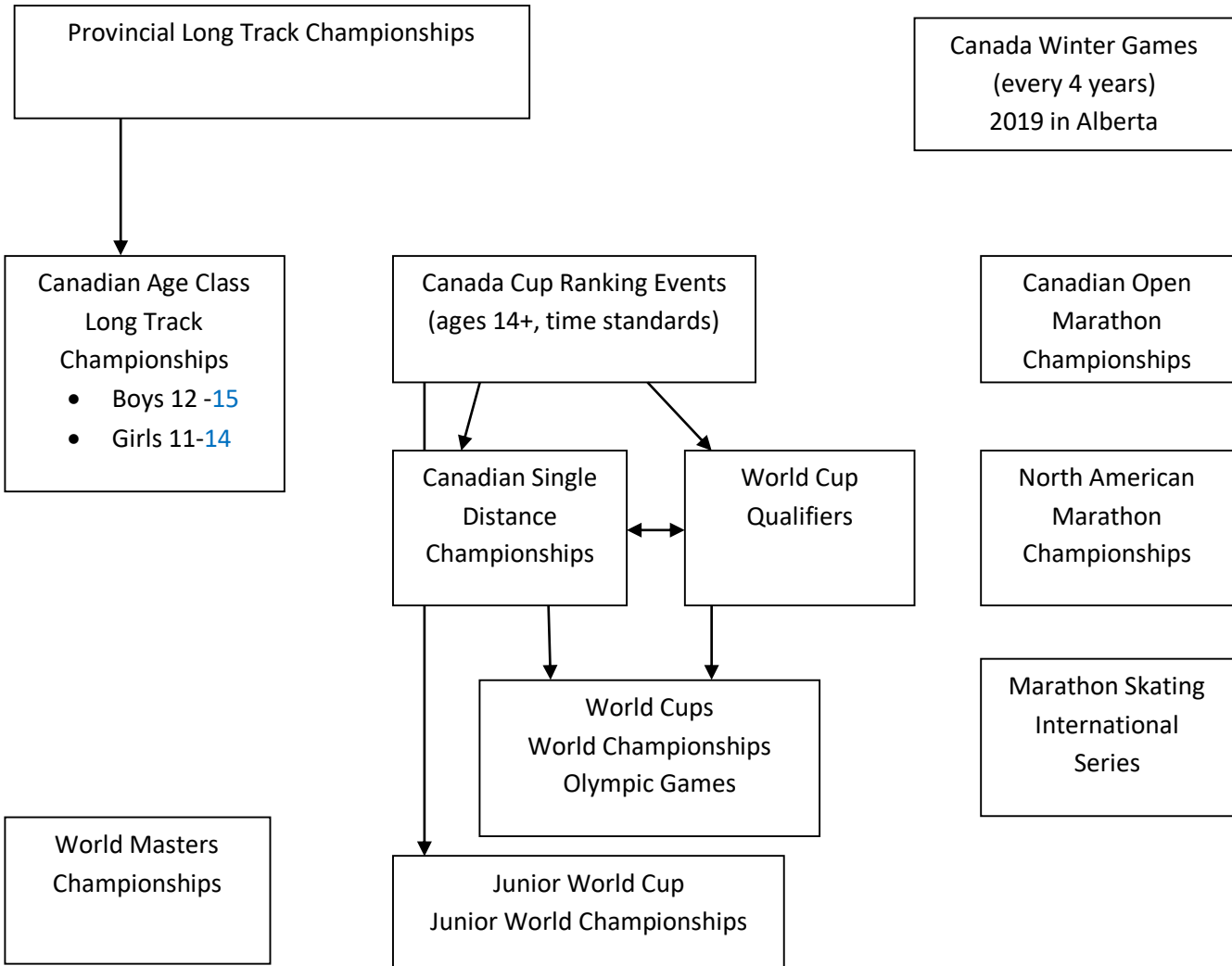
Questions about the content of this Technical Bulletin may be directed to the OSSA Sport Manager, at [sportmanager@ontariospeedskating.ca](mailto:sportmanager@ontariospeedskating.ca).

## **MISSION STATEMENT**

The Ontario Speed Skating Association maintains a leadership position in Canada by continued service to members, athletes and new skater development through its training, coaching, officiating programs and competitions in the province of Ontario.

We are committed to the development of speed skating at a recreational and competitive level promoting the sport as a lifetime activity.

# 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 Age Class Long Track Championships. Female skaters ages 11-14 and male skaters ages 12-15 are eligible to qualify for the CACLTC. The format of the CACLTC 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 in force for this meet.

See SSC Red Book for most recent updates <http://www.speedskating.ca/section-d-safe-and-welcoming-environment> .

## 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 seconds 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 2 club coaches permitted in the coaching box during Mass Start racing. [Coaches in the box should be Fundamentals Coach certified](#).

A limit of 2 coaches per skater will be permitted in the coaching box during Olympic Style racing. [Coaches in the box should be Introduction to Competition certified](#).

## 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,<br>Olympic Style 500m x 2   | All points, age class |
| Boys 12  | Mass Start 300m, 1500m, & 3000m,<br>Olympic Style 500m x 2   | All points, age class |
| Girls 12   | Mass Start 300m, 1500m, & 3000m,<br>Olympic Style 500m x 2   | All points, age class |
| Boys 13  | Mass Start 300m, 1500m, & 3000m,<br>Olympic Style 500m x 2   | All points, age class |
| Girls 13   | Mass Start 300m & 3000m<br>Olympic Style 500m x 2 & 1500m  | All points, age class |
| Boys 14  | Mass Start 300m & 3000m<br>Olympic Style 500m x 2 & 1500m  | All points, age class |
| Girls 14   | Mass Start 300m & 3000m<br>Olympic Style 500m x 2 & 1500m  | All points, age class |
| Boys 15  | Mass Start 300m & 3000m<br>Olympic Style 500m x 2 & 1500m  | All points, age class |
| Open Ladies<br>(Junior B 15-16, Junior A<br>17-18, Senior 19-29,<br>Masters 30+) | Olympic Style 500m, 1000m, 1500m, 3000m <ul style="list-style-type: none"> <li>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</li> </ul>  | Sammelagt points      |
| Open Men<br>(Junior B 15-16, Junior A<br>17-18, Senior 19-29,<br>Masters 30+)    | Olympic Style: 500m, 1000m, 1500m, 5000m <ul style="list-style-type: none"> <li>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</li> </ul> | 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 sex, then by age. In age competitions male skaters compete with males and females with females, and skaters of the same age class are grouped together. Age Classes may be combined to provide quality competition if there are insufficient racers in each age class.

**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)).

Only seed times from outdoor events held between January 1, 2017 – present will be accepted as valid. Seed times may be verified on [www.speedskatingresults.com](http://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.

Age classes with less than 3 racers may be combined to provide meaningful competition at the Chief Referee's discretion.

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.

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<br>Racing starts 8:45am |                             |       | ADV |                                       |
| 500m OS                       | Girls 11-14 #1, Open Ladies |       |     | Skaters paired by 500m outdoor times  |
|                               | Boys 12-15 #1, Open Men     |       |     |                                       |
| 1500m OS                      | Girls 13-14, Open Ladies    |       |     | Skaters paired by 1500m outdoor 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 |                                       |
|                               | Boys 8 and under            | Heat  | 0+5 |                                       |
| 800m mass                     | Girls 9-10                  | Heat  | 0+5 | No seed time required.                |
|                               | Boys 9-11                   | Heat  | 0+5 |                                       |
| 100m mass                     | Girls 8 and under           | Final |     | Seeded night before.                  |
|                               | 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 outdoor seed times |
| 3000m OS                      | Open Ladies               |             |  |
| 5000m OS                      | Open Men                  |             |  |
| Warm Up                       |                           |             |  |
| 500m OS #2                    | Girls 11-14<br>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<br>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 FOR CANADIAN AGE CLASS LONG TRACK CHAMPIONSHIPS

Eligibility to participate as a member of Team Ontario at the CACLTC will be based on the criteria set by SSC as posted in the SSC Competition Bulletin 2017-2018. Masters are ineligible for the CACLTC.

Details of the CACLTC are contained in the relevant SSC Competition Bulletin which can be accessed at: <http://www.speedskating.ca/competitions-bulletins>. Skaters should familiarize themselves with the changes in the 2017-2018 bulletin including: age eligibility, racing formats, and reduced number of entries per province.

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.

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 2017-2018 season on outdoor ice.

| Distance         | Girls 11 | Girls 12 | Girls 13 | Girls 14 |
|------------------|----------|----------|----------|----------|
| 300m mass        | 0:40.00  | 0:39.00  | 0:35.00  | 0:35.00  |
| 500m OS          | 1:03.00  | 1:02.00  | 1:00.00  | 0:59.00  |
| 1500m mass or OS | 3:21.00  | 3:18.00  | 3:15.00  | 3:12.00  |
| 3000m mass or OS | 7:00.00  | 6:55.00  | 6:50.00  | 6:40.00  |

| Distance         | Boys 12 | Boys 13 | Boys 14 | Boys 15 |
|------------------|---------|---------|---------|---------|
| 300m mass        | 0:35.00 | 0:35.00 | 0:32.00 | 0:32.00 |
| 500m OS          | 1:00.00 | 0:59.00 | 0:58.00 | 0:57.00 |
| 1500m mass or OS | 3:15.00 | 3:12.00 | 3:09.00 | 3:05.00 |
| 3000m mass or OS | 6:50.00 | 6:40.00 | 6:30.00 | 6:20.00 |

## Scenario 1: In the event that the Provincial Age Class Championships do not take place:

Team Ontario selection for the CACLTC will be done based on the best outdoor **500m** Olympic Style times in the current season.

- Distance must have been skated on an outdoor oval between August 1, 2017 and January 12, 2018.
- Distance must have been raced Olympic Style (no pack skating results).
- The event must be an officially recognized event (ex: Ste. Foy camp) or sanctioned meet (ex: Lake Placid All Round). [See list of eligible events below.](#)
- All skaters must have met the 500m OS minimum time standard for their age group listed (listed above).
- Results will be verified using [speedskatingresults.com](http://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 reserves the right to consider Olympic Style times skated indoors for eligibility purposes in exceptional circumstances. Indoor times will be adjusted by recognized calculation standards for comparison with times skated outdoors.  $500\text{m indoors} \times 106\% = 500\text{m outdoors time}$ .

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 Tuesday, January 16<sup>th</sup> at 10:00am. This list will identify the primary skaters named to Team Ontario as well as alternates.

**Scenario 2: In the event that the Provincial Age Class Championships are not able to be fully completed:**

Team Ontario selection for the CACLTC will be based on the results earned thus far at that Provincial Age Class Championships.

The OSSA Technical Committee reserves the right to consider 500m Olympic Style times skated indoors for eligibility purposes in exceptional circumstances. Indoor times will be adjusted by recognized calculation standards for comparison with times skated outdoors.  $500\text{m indoors time} \times 106\% = 500\text{m outdoors time}$ .

The OSSA Technical Committee will post the final ranking lists for Girls 11, Girls 12, Girls 13, Girls 14, Boys 12, Boys 13, Boys 14, and Boys 15 by Tuesday, January 16<sup>th</sup> at 10:00am. This list will identify the primary skaters named to Team Ontario as well as alternates.

**Seed times required for CACLTC**

Deadline to submit seed times to Speed Skating Canada is January 31, 2018.

Seed times may be from indoor or outdoor competitions.

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

Skaters named to Team Ontario (primary and alternates) who have not established seed times in these distances during the 2017-2018 season shall register and race at the Irving Jaffee Single Distance Championships (January 27-28, 2018 in Lake Placid, New York) to establish their seed times.

## Overview of Long Track Racing Calendar prior to January 31, 2018.

| Event                                  | Dates                | Age Eligibility                | Eligible Distances Offered                                    |
|--|----------------------|--------------------------------|---|
| QC Long Track camp                     | November 17-19, 2017 |                                | 500m OS ALL   |
| QC Hybrid #1                           | November 25, 2017    | Ages 10-15                     | 300m Mass<br>500m OS  |
| QC Cup #1                              | November 25-26, 2017 | Junior C-B-A, Senior, Masters  | 500m OS<br>1500m OS   |
| Canada Cup #1<br>(Ste. Foy)            | December 1-3, 2017   | Ages 14+, time standards apply | 500m OS<br>1500m OS   |
| QC Hybrid #2                           | December 16, 2017    | Ages 10-15                     | 300m Mass<br>500m OS  |
| QC Cup #2                              | December 16-17, 2017 | Junior C-B-A, Senior, Masters  | 500m OS   |
| Canada Cup #2<br>(Calgary)             | January 4-7, 2018    | Ages 14+, time standards apply | 500m OS<br>1500m OS   |
| Jack Shea Sprints<br>(Lake Placid, NY) | January 20-21, 2018  |                                | 500m OS   |
| Irving Jaffee Single<br>Distance       | January 27-28, 2018  |                                | 500m OS<br>1500m OS<br>*300m mass will be added<br>to agenda. |

500m Olympic Style times skated at meets or time trials in Calgary, Salt Lake City, and Milwaukee may be considered and adjusted for comparison with outdoor times.

Additional race opportunities:

[www.fpvq.org](http://www.fpvq.org) (see Competitions then Calendrier)

[www.lakeplacidsspeed.com](http://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 Mens categories as there is no advantage to Ontario competitors.

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

# APPENDIX A

## Provincial Long Track Age Class – 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 <sup>st</sup> | 1000 points each, next skater 666 points |
| A tie for 2 <sup>nd</sup> | 816 points each, next skater 543 points  |
| A tie for 3 <sup>rd</sup> | 666 points each, next skater 443 points  |
| A tie for 4 <sup>th</sup> | 543 points each, next skater 362 points  |
| A tie for 5 <sup>th</sup> | 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 skaters in a final receive last place points.

Order of finish – DNF – DQ – DNS.

### #4 Disqualifications Long Track Olympic Style

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