

# LONG TRACK TECHNICAL BULLETIN 2018-2019 SEASON



**2018-2019 COMPETITION CRITERIA**  
**AND**  
**CHAMPIONSHIP SELECTION CRITERIA**

**NOVEMBER 28, 2018**

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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 The statements made in this Technical Bulletin remain in effect unless they are superseded in a later Bulletin.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/)

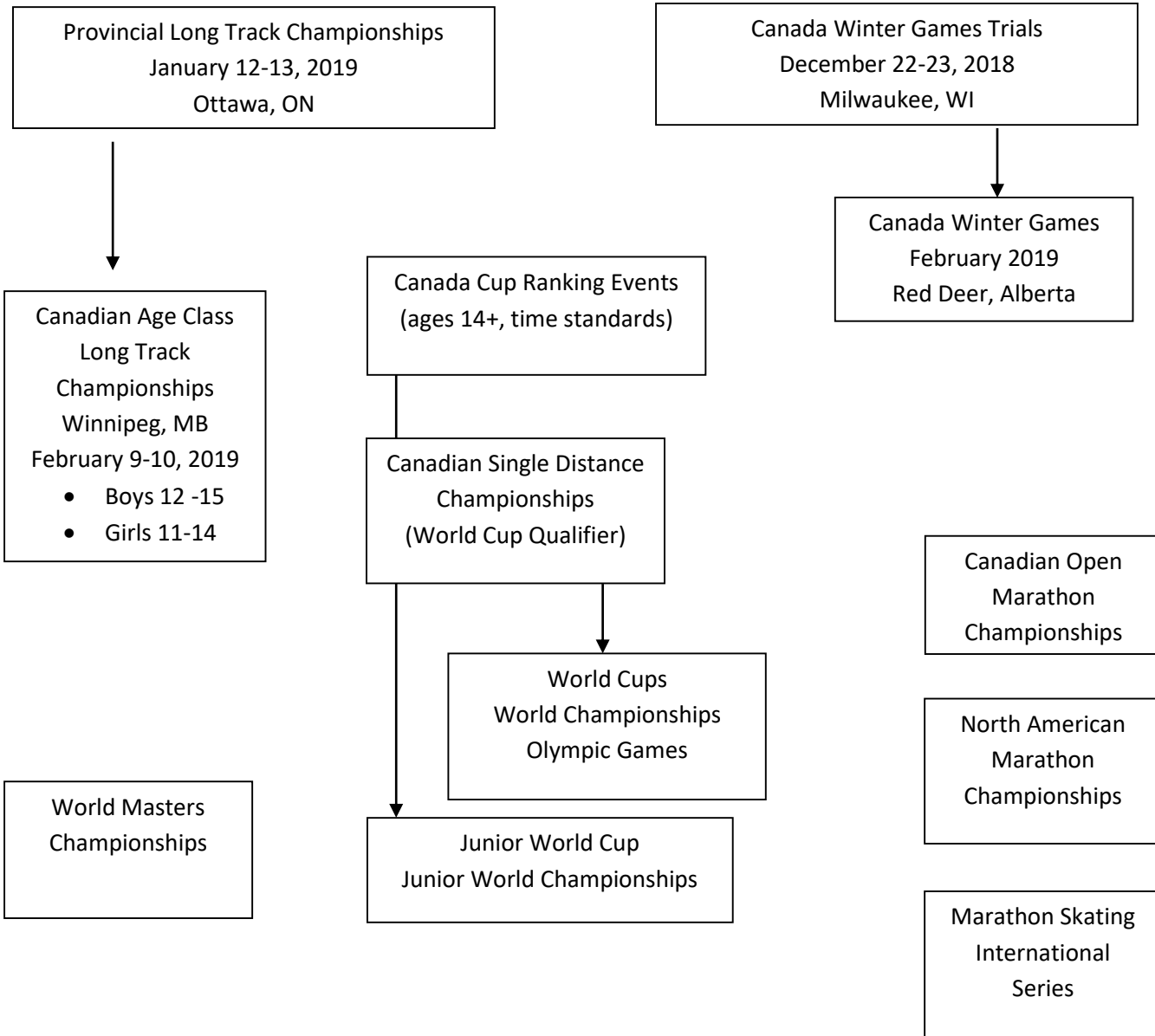
The order of precedence for speed skating rules for events sanctioned by OSSA is:

- This Technical Bulletin (2018-2019 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.

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

# 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 (CACLTC). 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 <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"> <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 (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"> <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 gender, 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 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 CACLTC 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, 2018 – 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](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.

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 Skaters paired by 3000m seed times Skaters paired by 5000m seed times
3000m OS	Open Ladies		
5000m OS	Open Men		
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 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 2018-2019. 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 and coaches should familiarize themselves with the 2018-2019 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.

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 2018-2019 season.

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	1:03.00	1:01.165	1:02.00	0:58.491	1:00.00	0:56.604	0:59.00	0:55.660
1500m mass or OS	3:21.00	3:09.623	3:18.00	3:06.793	3:15.00	3:03.962	3:12.00	3:01.132
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 CACLTC will be done based on the best indoor or outdoor **500m** Olympic Style times 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, 2018 and January 14, 2019.
- 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. See list of eligible events below.
- All skaters must have met the 500m OS minimum time standard for their age group (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 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 16, 2019 at 10:00pm. This list will identify the primary skaters 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 CACLTC 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 for Girls 11, Girls 12, Girls 13, Girls 14, Boys 12, Boys 13, Boys 14, and Boys 15 by Wednesday, January 16<sup>th</sup> at 10:00pm. This list will identify the primary skaters named to Team Ontario as well as alternates.

**Seed times for CACLTC**

Deadline to submit seed times to Speed Skating Canada is January 31, 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 named to Team Ontario (primary and alternates) who have not established seed times in these distances during the 2018-2019 season should consider registering for and racing at the Charles Jewtraw All Around Championships (January 26-27, 2018 in Lake Placid, New York) to establish their seed times. Without seed times for CACLTC, skaters will be seeded at the bottom of the group.

## Overview of Long Track Racing Calendar prior to January 31, 2019

Event	Dates
Sanctioned Time Trials (results on file with speedskatingresults.com)	Ongoing
Canada Cup #1 (Fort St John)	December 7-8, 2018 Ages and time standards apply
OSSA Long Track Camp Time Trials (weather and track permitting)	January 5-6, 2019
Canada Cup #2 (Calgary)	January 4-6, 2019 Ages and time standards apply
Irving Jaffee Single Distance	January 5-6, 2019
Ontario Provincial Long Track Championships	January 12-13, 2019
Jack Shea Sprint Championships	January 12-13, 2019 **This meet will only be eligible for consideration for CACLTC if Ontario Provincial Long Track Championships are cancelled. This event is not an alternate option to competing at the Ontario Provincial Long Track Championships.
Charles Jewtraw All Around	January 26-27, 2019

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

### 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 <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.