



HIGH PERFORMANCE BULLETIN 200

National/NextGen Program Selection

Updated September 20, 2021

Revised **January 25, 2022**

TABLE OF CONTENTS

1. INFORMATION.....	4
1.1 Purpose.....	4
1.2 Nomination Decision	4
1.3 Authority	4
1.4 Conflict of Interest	4
1.5 Amendments and Unexpected Circumstances.....	4
1.6 International Skating Union Rules & Regulations.....	5
1.7 Philosophy and Principles.....	5
1.8 Performance Focused.....	5
1.9 Coach Driven Within the Canadian Speed Skating Way	5
1.10 Athlete Empowered	6
2. NATIONAL TEAM.....	7
2.1 Goals	7
2.2 Daily Training Environment	7
2.3 Nomination.....	7
3. NEXTGEN TEAM	8
3.1 Goals	8
3.2 Daily Training Environment	8
3.3 Nomination.....	8
4. NATIONAL TEAM TRAINING PARTNERS POOL	10
4.1 Goals	10
4.2 Daily Training Environment	10
4.3 Selection.....	10
5. NATIONAL/NEXTGEN TEAM NOTIFICATION AND CONFIRMATION	11
5.1 Notification	11
5.2 Confirmation to a National Program	11
6. TRAINING GROUP COMPOSITION	12
7. 2021-2022 CANADIAN RANKING LIST	13
7.1 General Information	13
7.2 Competitions	13
7.3 Guidelines.....	13

7.4	Canada Cup Ranking Points.....	13
7.5	World Cup Ranking Points	14
APPENDICES.....		15
APPENDIX A: 2021 CANADIAN LONG TRACK (CLT) TIME STANDARDS.....		16
APPENDIX B: GUIDELINES FOR THE ALLOCATION OF BYES		17
APPENDIX C: CANADA CUP RANKING POINTS SCORING TABLE.....		21
APPENDIX D: NATIONAL PROGRAM NOMINATION GUIDE.....		22
APPENDIX E: NATIONAL PROGRAM NOMINATION.....		23

1. INFORMATION

1.1 Purpose

The fundamental strategic purpose of the High Performance Bulletin (HPB) for the National Program selection is to establish provisions that are designed to select athletes to teams who will perform at the highest level, and achieve the best possible results for Canada at Olympic Games and World Single Distance Championships.

The High Performance Advisory Council Long Track (HPAC-LT) or Speed Skating Canada (SSC) will issue Bulletins periodically throughout the season informing athletes, coaches, the Sport Development Committee, other SSC Committees and SSC Branches of updates and/or changes with respect, but not limited, to selection criteria and/or competitions.

1.2 Nomination Decision

The final National Program selection shall be made at the sole, full and absolute discretion of the Chair of the HPAC-LT.

1.3 Authority

All decision-making authority and accountability resides with the Chair.

1.4 Conflict of Interest

In the exercise of the authority granted above, if any, any and all members of the HPAC-LT, as described above have the obligation to apply SSC's Conflict of Interest Policy in the exercise of their duties and as found at the following location:

<http://www.speedskating.ca/sites/speedskating.ca/files/int400-conflictofinterestpolicy.pdf>

In the case where any member of the HPAC-LT is deemed to have or declares a conflict of interest in relation to a specific decision, or when a member of the HPAC-LT has advised that such member will be unable to complete her or his duties under this HP Bulletin, a member of the Short Track High Performance Advisory Council (the "**HPAC-ST**"), selected by the remaining members of the Nomination Committee, will attend all meetings related to such decision in his or her place. If such member of the HPAC-ST is unable to attend or if there are two or more members of the HPAC-LT in a conflict of interest, such members will be replaced by an additional member(s) of the HPAC-ST.

1.5 Amendments and Unexpected Circumstances

The Chair reserves the right to make changes to the HP Bulletin which, in the Chair's sole, full and absolute discretion, are necessary to ensure Nomination of the best National Program possible. Any changes to this document shall be communicated electronically to the relevant athletes, coaches and HPAC-LT.

Should the Chair determine than unexpected or unusual circumstances have arisen during the process of applying this HP Bulletin, including, but not limited to any changes to the format, the Chair shall have the sole, full and absolute discretion to resolve the matter as he or she sees fit, considering factors and circumstances that he or she deems in its sole, full and absolute discretion as relevant.

Any such changes are made, in the opinion of the Chair, in the best interests of the High Performance (HP) program.

1.6 International Skating Union Rules & Regulations

The International Skating Union (the “ISU”) regulations specific to the discipline of Speed Skating (long track) can be found at: [SPECIAL REGULATIONS & TECHNICAL RULES SPEED SKATING](#) as accepted by an online vote June 2021 will take precedence when determining the applicable field size and disqualifications.

1.7 Philosophy and Principles

Athletes will be selected to a National Program Pool or Team based on which athletes the Long Track High Performance program determines are in the best position to achieve the best possible results for Canada at international competitions; such as the Olympic Games, World Single Distance Championships, and/or World Cups.

The Chair will provide recommendations to the SSC staff on the selection of athletes to the National Program. Subject to Byes as per Bulletin 200 Appendix B – Guidelines for the Allocation of Byes, the Chair, for that purpose, and in his or her sole and absolute determination, will primarily use criteria such as time/placing at a specific competition or competitions, and/or ranking after a series of competitions, as described in this Bulletin as the criteria in selecting athletes.

The Long Track program will be led through three program principles in order to achieve success:

- i. Performance focused;
- ii. Speed Skating Canada Coach driven; and
- iii. Athlete Empowered.

1.8 Performance Focused

The fundamental shift in developing a performance focused team is the instilled philosophy that any identification or selection to a National Program Pool or Team is earned, not deserved. The personal and team gain in a high-performance mentality will significantly increase our chances of success. This principle, in and of itself, will offer considerable opportunity to uplift the performance of the speed skating national program.

1.9 Coach Driven Within the Canadian Speed Skating Way

The investment in building a team and the ‘Canadian Speed Skating Way’ identifies a High Performance environment for current and ongoing success of Speed Skating Canada’s long track HP program. This performance concept focuses on a daily training environment with Team Pursuit, Mass Start and Team Sprint creative strategies and a tighter team at high level competitions suggesting a need for strong decisions about World Cup, World Championships and Olympic performance objectives and purposeful intent.

Emphasizing the World Cup performance focus will highlight attention to the top racing team, placing more importance on a higher number of World Cup wins and top 10 performances. Specific compete habits will be identified and controlled for top skaters who have been selected to compete internationally knowing that success on the international stage is a requirement for eventual Olympic podium finishes.



1.10 Athlete Empowered

Empowerment is determined by the relationship between an athlete and their environment. Empowerment requires the engagement of the athlete, whether this be in the physical planning and carrying out of their training sessions, to providing pre-competition, competition, and debriefing plans. By being empowered, it gives the athlete the sense of responsibility, knowing their opinions are valued and it allows them to take responsibility of their performance development which can in turn create a greater amount of motivation. The intent of empowerment is for athletes to gain and take ownership of their knowledge and development that will help them to maximize personal development and physical performance. In essence it gives the athlete a 'voice' in the process.

2. NATIONAL TEAM

2.1 Goals

The goals of Speed Skating Canada's National program are to:

- To select athletes to Teams who will achieve consistent international medal performances and perform at the highest level internationally on behalf of Canada at the World Speed Skating Championships – single distance and the 2026 Olympic Winter Games - and beyond.
- To nominate the maximum number of medal potential athletes to a World Cup or World Championships Team for Olympic Individual Distances and Team Events.

2.2 Daily Training Environment

The National Team will have access to a world-class daily training environment at a National Training Centre (Calgary or Quebec City). A world class training environment includes the following:

- World class sport specific and required ancillary technical facilities
- Appropriate access to the facilities
 - Dedicated hours per day and days per year
 - Access at a reasonable cost
- Full-time high performance coaching
- Priority access to IST and the necessary facilities to support IST functions
- Training partners at the appropriate performance level
- A High Performance lifestyle, culture and atmosphere

2.3 Nomination

Athletes achieving Senior International Carding priorities, as per Bulletin 199 – Carding Criteria will be nominated for the National Team.

Athletes may also be added at the absolute discretion of the Chair to the National Team on the basis of the following, in no particular order:

- Rankings (World Rank, Olympic Rank) in the current 2021-2022 season
- Historical Performances (Top 8 and Top ½ finish (of the field)¹ in an Olympic event at World Speed Skating Championships – single distance and/or Olympics
- Previous National Team member
- The athlete being awarded an injury card from Sport Canada (AAP).

¹ The field size considered shall be composed of those who successfully finished. For greater clarity, an individual assigned a DQ, DNF, DNS, WDR, RS or MT (as per ISU Rule 273) will have an invalid race result and therefore not considered as part of the field size.

3. NEXTGEN TEAM

3.1 Goals

The goals of Speed Skating Canada's NextGen program are to:

- Help the next generation of targeted athletes and teams 8-5 years from an Olympic podium performance to progress along the Athlete Pathway;
- Provide full-time high performance coaching support for the targeted athletes and teams;
- Provide enhanced daily training environment support through a partnership between Speed Skating Canada, Own the Podium, and the Canadian Sport Institute Network.

3.2 Daily Training Environment

The NextGen Team will have access to a world-class daily training environment at a National Training Centre thus ensuring athletes and coaches have the ability to develop their performance to an international podium standard. A world-class daily training environment includes the following:

- World class sport specific and required ancillary technical facilities
- Appropriate access to the facilities
 - Dedicated hours per day and days per year
 - Access at a reasonable cost
- Full-time high performance coaching
- Access to IST and the necessary facilities to support IST functions
- Training partners at the appropriate performance level
- A High Performance lifestyle, culture and atmosphere

3.3 Nomination

The NextGen Team will be considered and reviewed under the following guidelines in no particular order unless otherwise stated. Meeting one or more guidelines listed below will not confirm nomination to the NextGen Team.

3.3.1. Athletes who have met the 2021 Canadian Long Track (CLT) Time Standard (Appendix B) for the relevant ISU group (Senior, Neo-Senior, Junior) for the respective distance that the athlete is ranked on the 2021-2022 Canadian Ranking List. Junior athletes will be evaluated against Neo-Senior time standards with the exception of those who have achieved the criterion outlined in section 3.3.2.2. In the case of Mass Start, athletes who have met the Mass Start profile (Bulletin 197, Section 3.3.3) and ranked in the top 4 on the 2021-2022 Canadian Ranking List. Time standards must be achieved at one of the competitions listed in Section 7.2.

3.3.2. Athletes will be ranked according to the 2021-2022 Canadian Ranking List in order of priority as follows:

3.3.2.1. Senior, Neo-Senior (N1-N4), Junior athletes who have not already been selected to the National Program (Section 2.3) who have won a 2021-2022 Canadian Ranking List – Individual Distance Final Classification will be ranked using performance percentage to the 2021 CLT Time Standard for the relevant ISU group (Senior, Neo-Senior, Junior). Junior athletes will be ranked against Neo-Senior time standards. Winner of the Mass Start will be ranked within this group based

on the performance of the 1500m or 3000m (women)/5000m (men) for the relevant ISU group (Senior, Neo-Senior, Junior).

~~3.3.2.2. Junior athletes that have placed in the top 8 and top 1/3 of the field² at the 2022 Junior World Championships in an Individual Distance event or medal in Team Pursuit or Mass Start. These athletes must also compete in the overall classification. Athletes will be prioritized based on the individual classification. If there is a tie between 2 or more athletes, the results in the overall classifications will be used to break the tie.~~

3.3.2.3. All Senior, Neo-Senior (N1-N4), Junior athletes ranked from 2 to 4 on the 2021-2022 Canadian Ranking List – Individual Distance Final Classification, and further ranked by:

3.3.2.3.1. Using performance percentage to the 2021 CLT Time Standard for the relevant ISU group (Senior, Neo-Senior, Junior). Junior athletes will be ranked against Neo-Senior time standards.

3.3.2.3.2. All Senior, Neo-Senior (N1-N4), Junior athletes ranked from 2 to 4 on the 2021-2022 Canadian Ranking list for Mass Start, will be ranked based on the 2021-2022 Canadian Ranking List, then ranked based on performance percentage in the 1500m or 3000m (women)/5000m (men) Individual Distance Final Classification for the relevant ISU group (Senior, Neo-Senior, Junior).

3.3.3. Athletes will be reviewed and evaluated on their year on year performance progression using the tools provided by Canadian Tire (i.e., Podium Pathway, Real Time and Normalized time graphs) by the High Performance Management Team (consisting of but not limited to the High Performance Director and IST Lead).

3.3.4. Athletes who have previously been on the National Team are ineligible for NextGen Team nomination consideration unless the athlete qualified for the National Team through Team Pursuit (by finishing in the Top ½ of the field³ at Olympics and/or World Speed Skating Championships).

~~²The field size considered shall be composed of those who successfully finished. For greater clarity, an individual assigned a DQ, DNF, DNS, WDR, RS or MT (as per ISU Rule 273) will have an invalid race result and therefore not considered as part of the field size.~~

³ The field size considered shall be composed of those who successfully finished. For greater clarity, an individual assigned a DQ, DNF, DNS, WDR, RS or MT (as per ISU Rule 273) will have an invalid race result and therefore not considered as part of the field size.

4. NATIONAL TEAM TRAINING PARTNERS POOL

4.1 Goals

The goals of Speed Skating Canada selecting National Team Training Partners are to:

- Help the 2026 targeted athletes achieve Olympic podium performances;
- Provide an enhanced daily training environment support to allow for continued technical development and to achieve personal goals.

4.2 Daily Training Environment

The National Team Training Partners will have access to the following:

- World class sport specific and required ancillary technical facilities
- Appropriate access to the facilities for a fee as determined
 - Dedicated hours per day and days per year
- Full-time high performance coaching
- Access to IST and the necessary facilities to support IST functions

4.3 Selection

The National Team Training Partners Pool selection will be reviewed under the following guidelines, in no particular order:

- Athletes who currently train at a National Training Centre;
- Elite behaviours (monitoring, self-care, equipment, sleep, nutrition, pre and post training and racing plans, and life/sport balance);
- Technical aptitude and training capacity;
- Athletes who enhance the environment for the 2026 targeted National Team athletes to achieve podium performances.

National Team Training Partner nominations are submitted by National Team coaches and then reviewed and approved by the High Performance Management Team.

5. NATIONAL/NEXTGEN TEAM NOTIFICATION AND CONFIRMATION

Once the review and nominations for all National Program athletes are finalized by Speed Skating Canada, the following processes will occur:

- i. Notification to each athlete⁴
- ii. Confirmation to a National Program Athlete Pool

5.1 Notification

Athletes selected to a National Program (Senior or NextGen) will be advised of their selection to these pools following the Annual Spring meeting of the HPAC-LT.

5.2 Confirmation to a National Program

- i. Athletes have 7 days following the official announcement of the 2022 – 2023 National (NextGen) Program to confirm acceptance (via email to the Long Track High Performance Coordinator) of their position and subsequently be required to return a signed copy of the Athlete Agreement.
- ii. Confirmation of Program membership is a commitment by the athlete to train within the athlete pathway training groups and/or approved training group led by a coach within the Speed Skating Canada program (PTSOs).
- iii. Confirmation of Program membership is a commitment by the athlete to participate fully and ensure that they are available for selection to any representative team and will participate in the respective selection events for these Teams.
- iv. Confirmation of program membership also confirms acceptance of the Terms and Conditions of the SSC Athlete Agreement.
- v. If SSC does not receive confirmation from the athlete within the stipulated time limit that they accept their position into the Program and that they agree to the Terms and Conditions of the SSC Athlete Agreement, they will be regarded as having declined their position and any associated benefits.
- vi. Any extensions to this confirmation period must be requested in writing by the athlete and will only be considered in exceptional circumstances.

⁴ Only athletes who have been named to the National Program will be notified directly by the High Performance Director.

6. TRAINING GROUP COMPOSITION

Athletes will be grouped according to input from all coaches as part of the National Program, and based on the final sole and absolute discretion of the High Performance Management Team.

Group composition will take into consideration the following objectives:

- i. Ensure that the best skaters train with the best skaters;
- ii. Establish and maintain a high 'compete level' in training to push elite performances;
- iii. Create a smaller elite team for International Competition (clear expectations and accountabilities);
- iv. Structured segment (KPI gap analysis) meetings with athletes, coaches and IST;
- v. Yearly Training Program elite focused camps.

7. 2021-2022 CANADIAN RANKING LIST

7.1 General Information

The 2021-2022 Canadian Ranking List – Individual Distance Final Classification will include a series of competitions subject to regulations that are published by the HPAC-LT. The 2021-2022 Canadian Ranking List – Individual Distance Final Classification is made up of the Canada Cup Ranking Points (7.4) and World Cup Ranking Points (7.5).

7.2 Competitions

The following competitions are included in the 2021-2022 Canadian Ranking List – Individual Distance Final Classification:

- i. Canadian Long Track Championships – Mass Start
- ii. Canada Cup #1 – 2-500, 2-1000, 1500, 3000L, 5000M, Mass Start
- ~~iii. Canada Cup #2/Canadian Junior Championships/Olympic Skate off – 2-500, 2-1000, 1500, 3000L, 5000M, Mass Start~~
- iv. Canada Cup #3 – 2-500, 2-1000, 1500, 3000L, 5000M, Mass Start
- v. Canada Cup #4 – 2-500, 2-1000, 1500, 3000L, 5000, 10000M, Mass Start
- vi. The best individual distance result (2-500, 2-1000, 1-1500, 1-3000L, 1-5000M, Mass Start) in Fall World Cups (#1, #2, #3, or #4)

See Section 7.5 for the World Cup Ranking Points table and Appendix C for the Canada Cup Ranking Points Scoring tables.

7.3 Guidelines

The Canadian Ranking points system provides multiple opportunities to obtain points in each individual distance, from the international and national competitions listed above in Section 7.2. The following defines the number of races that will be used to calculate the final 2021-2022 Canadian Ranking List – Individual Distance Final Classification. If athletes have raced more than the number of races indicated, only the highest ranking point performances will be used.

- i. 500m Women and Men: best 4 of 6 race rankings
- ii. 1000m Women and Men: best 4 of 6 race rankings
- iii. 1500m Women and Men: best 2 of 3 race rankings
- iv. 3000m/5000m Women: best 2 of 4 race rankings
- v. 5000m/10000m Men: best 2 of 4 race rankings
- vi. Mass Start Women and Men: best 3 of 4 race rankings

7.4 Canada Cup Ranking Points

- i. Canadian Ranking points will be awarded as per the Canada Cup Ranking Scoring Table (Appendix C)
- ii. In the case where there are Senior and Junior events run separately, the results will be merged together and ranked by time except in the case of Mass Start, where results will be ranked by groups

- iii. In the event of an equal ranking in a distance, the athlete with the fastest time recorded (from any of the competitions listed in Section 7.2) at ~~Canada Cup #2/Olympic Skate-off/Canadian Junior Championships~~ for that distance will assume the higher ranking
- iv. Canadian Ranking points will only be awarded to an athlete if they have qualified for and finish in the respective event
- v. Athletes who do not finish or do not start a race due to injury will not be awarded Canadian Ranking points for that race
- vi. Athletes who are disqualified in a race will not receive ranking points for that race
- vii. Only Canadian athletes are eligible to receive Canadian Ranking points
- viii. In the case of Mass Start, Canadian Ranking points will be assigned as per the official race results and to Canadian athletes only
- ix. Athletes who have achieved Senior International Carding priorities (Bulletin 199 Section 1.8), will be ranked above the line on the 2021-2022 Canadian Ranking list – Individual Distance Final Classification for the distance achieved. Athletes who have not met Senior International Carding priorities at the 2022 Olympic Winter Games will remain on the 2021-2022 Canadian Ranking List.

7.5 World Cup Ranking Points

Points are awarded in accordance with the scoring tables noted below for specific events. The 2021-2022 Canadian Ranking List – Individual Distance Final Classification for each distance will be determined by the accumulated points for each athlete over the season. A final 2021-2022 Canadian Ranking List – Individual Distance Final Classification will be published after the season for each individual distance.

Athletes can earn Canadian Ranking points at the World Cup events noted below as follows:

- i. The best individual distance result (2-500, 2-1000, 1-1500, 1-3000L, 1-5000M) in the Fall World Cup (#1, #2, #3 or #4)

Event	Baseline Points	Performance Points (according to finish position)	Max. Points (available/distance)
World Cup A & B Division	106 for a top 20 time overall from A + B Divisions	Add 1 point for each position above 20 th overall time Minus 1 point for each position below 20 th overall time to a minimum of 100 points	125



APPENDICES

APPENDIX A: 2021 CANADIAN LONG TRACK (CLT) TIME STANDARDS

2021 Senior Time Standards

	Women	Men
500m	38.43	34.90
1000m	1:16.19	1:09.16
1500m	1:57.32	1:45.70
3000m	4:08.18	---
5000m	7:06.60	6:22.08
10000m	---	13:15.71

2021 Neo-Senior Time Standards

	Women	Men
500m	39.55	35.61
1000m	1:18.33	1:10.60
1500m	2:01.66	1:48.60
3000m	4:18.64	---
5000m		6:33.95

The 2021 Time Standards are the same time standards as the 2019 Time Standards

APPENDIX B: GUIDELINES FOR THE ALLOCATION OF BYES

To the National Program

Philosophy

In exceptional and unforeseen circumstances, the Chair may, in its sole, full and absolute discretion, determine that, where an athlete has not had the opportunity, through no fault of their own, to compete in the Selection Event(s) in order to be selected to a Team, or if the athlete participates in the Selection Event(s) but their performance is negatively impacted by an injury, illness or equipment breakage, the athlete may, subject to satisfying the conditions indicated below, be eligible to apply for selection to the relevant Team by making a Bye request.

A Bye request is the last means by which an athlete can be selected to a Team and it is intended to apply only in exceptional circumstances when an athlete's selection to a Team is impacted by an unforeseen injury or illness or other unanticipated circumstance, such as equipment breakage. For the avoidance of doubt and in the interest of clarity, Byes are not available for athletes to be pre-selected to any Team.

Note the Bye policy considerations and application herein is specific to the National Program.

In ordinary circumstances, SSC will not grant an athlete a Bye onto a Team or into an event if that athlete has not previously satisfied the relevant and applicable criteria in order to be selected to the specific Team or in the specific event on the basis of their performances. However, and notwithstanding the aforementioned, if, compared to the performances of the other athletes seeking selection onto a Team or into an event, an athlete's recent performances demonstrate that they are at a superior level that would warrant selection onto a Team or that they should be granted permission to enter an event through a bye, the HPAC-LT may, after consulting with the relevant national team coaches, and assessing the athlete's Bye request in accordance with this HP Bulletin, grant the athlete a Bye for such a purpose.

Eligibility for Requesting a Bye to the National Program

- Bye requests must be made in writing to the Chair by March 30, 2022.
- Bye requests to the National Program can only be made by athletes who finished in the top 8 and top ½ at 2022 Olympic Winter Games in an Olympic event or remain within two standard deviations of the podium pathway set at 2026 for National Team athletes and 2030 for NextGen Team athletes as of March 21st, 2022.
- An athlete who races after February 4th, 2022 is ineligible to apply for a bye to the National Program, unless otherwise approved by the Chair.
- An athlete granted a bye to the 2021-2022 National Program is ineligible to apply for a bye to the 2022-2023 National Program.

- An athlete can only be the recipient of a maximum lifetime total of three (3) Bye requests to the Long Track National Program. Byes granted to Short Track athletes, while they are still members of the Short Track National Program, will be counted as one of the three Byes once the athlete transfers to the Long Track program.
 - Any Bye request received due to pregnancy will not count towards the stated maximum.

Conditions for Applying for a Bye

- Each Bye request must state clearly what the athlete is seeking, the supporting documentation (medical, race referee report, for example) must be provided at the time that the request is made.
- Unless physically incapable, only the athlete requesting a Bye is permitted to submit the request (in such a case, the athlete's coach may make the request).
- A Bye request will be deemed ineligible if the athlete subsequently competes in the Selection Event(s).
- If the Bye request is made as a result of an illness or injury that prevented an athlete from competing in a Selection Event (or Selection Events), the athlete must provide documented evidence from the appointed Long Track program medical practitioner, or medical practitioner otherwise approved by the Chair, that the athlete was unable to compete in the Selection Event(s) due to the injury or illness.
- The Chair has the right to request further independent medical review after the bye request has been submitted.
- Should an illness or injury occur during a Selection Event, a medical assessment must be completed by an approved Long Track program medical practitioner at the relevant Selection Event.
- In the case of equipment breakage, the breakage has to have been reported to and verified by the race referee and the High Performance program staff (or other member of the HPAC-LT if the High Performance program staff member is absent) immediately following the race in which the equipment breakage occurred.

Process for Reviewing a Bye Request

The following outlines SSC's process for considering Bye requests:

Following March 30, 2022, the HPAC-LT will review all bye requests and make a decision on each bye request with supporting rationale:

- In cases where multiple Bye applications are submitted, they will be assessed individually and on their own merit.
- If relevant, the Chair will establish a revised ranking of athletes based upon the Selection Event(s) and an assessment of previous performances from those who have requested a Bye and the final Nomination will be made from the revised ranking.
- After the Chair makes its final decision regarding to a Bye request, its decision will be communicated to the athlete(s) requesting the Bye, athlete(s) directly affected by the bye request, their coaches, and the athletes' representatives prior to the final nominations allowing for the required 7 day period for the submission of an appeal, unless the deadline

for nomination precedes this 7 day period. Under such circumstances, the HPAC-LT will be notified that an appeal has been received and is under review.

Conditions for Granting a Bye

When considering whether or not to grant a Bye in cases where an athlete has been injured or affected by an illness, the Chair must first consider the medical condition of the athlete, the degree to which the athlete has followed the prescribed rehabilitation process, and his/her readiness to return to competition and compete at their previous performance level according to feedback received from the medical team and the athlete's coach(es). If any of the above conditions are not respected by the athlete, the Bye may be refused on that basis alone.

The Chair may award a "Conditional Bye" to athletes recovering from injury or illness. In such situations, the HPAC-LT may impose certain conditions, which may include, but are not limited to: a specific time frame within which to demonstrate a certain level of fitness or meet a specific performance requirement (or requirements).

In order to make Bye decisions the Chair will evaluate a number of elements including, but not limited to the following:

- Head-to-head competition results between the athletes making the Bye request and those athletes that would be affected if the Bye request is granted.
- Past podium performance at Olympics/World Speed Skating Championships – single distance and World Cups, of the athlete requesting the Bye.
- Results of the Selection Event(s) (by athletes in contention for the Team).
- Evidence of future podium potential (determined via the Podium Pathway)
- Recent training and testing performances
- Improvement in personal times compared to the previous season
- Medical and Health status as reported via daily monitoring in Edge 10


In evaluating past performances, the Chair will give priority to performances from the immediate 12-month period going as far back as July 1, 2020. However, occasionally this is not possible because of injuries, or the lack of opportunity for the athletes to compete. In such instances, only Top 8 and Top ½ performances at Olympics or World Speed Skating Championships – single distance beyond this 12-month period and up to 2018 Olympics may be considered but will have a lower weighting in assessing the Bye request.

The Chair will only consider an athlete's personal best time for that distance recorded as far back as July 1, 2019. This time must be achieved in speed skating events listed on the ISU International Calendar or sanctioned Domestic Events and have electronic timing.

Injury Replacements

In the event that an athlete is selected to the Team on the basis of a successful Bye request, they will be required to provide evidence of a full recovery, both from a medical perspective and also a performance perspective, in order to confirm their selection to the Team.

The determination of what constitutes full recovery will be made by SSC Team medical and coaching staff and will be based upon an assessment of the athlete's ability to perform at their



previously demonstrated level of performance and such other criteria as determined by the Chair in its sole, full and absolute discretion.

If an athlete is injured following their Nomination to the Team, the same conditions for full medical and performance recovery as described above will apply.

APPENDIX C: CANADA CUP RANKING POINTS SCORING TABLE

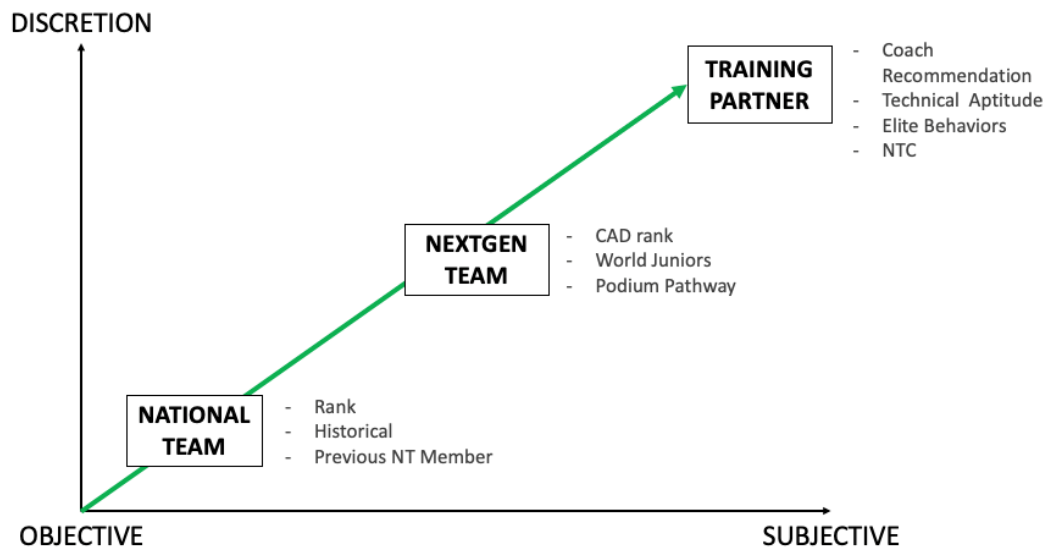
Canada Cup 1, 3 & 4

1.	100
2.	80
3.	70
4.	60
5.	50
6.	45
7.	40
8.	36
9.	32
10.	28
11.	26
12.	24
13.	22
14.	20
15.	18
16.	17
17.	16
18.	15
19.	14
20.	13
21.	12
22.	11
23.	10
24.	9
25.	8
26.	7
27.	6
28.	5
29.	4
30.	3
31.	2
32.	1
33.	0

**If two or more athletes have obtained the same rank, each athlete will receive the full points assigned to the given rank.

APPENDIX D: NATIONAL PROGRAM NOMINATION GUIDE

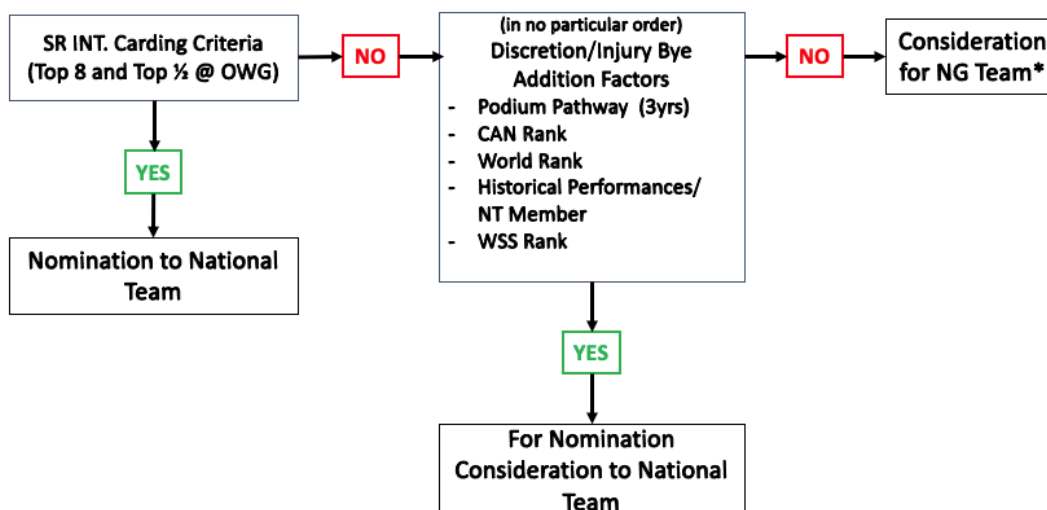
The National Program Nomination Guideline is to provide the continuum of objective to subjective weighting considerations for nomination to the National Program for the National Team through to NextGen Team through to Training Partner.



APPENDIX E: NATIONAL PROGRAM NOMINATION

The following infographics are to be used in conjunction with the text in Bulletin 200 to provide additional support and clarity. The following are not to be used as a stand-alone piece.

National Team Nomination Guidelines (Section 2.3)



***An athlete who has previously been on the National Team is ineligible for NG Team nomination consideration unless this athlete qualified via Team Pursuit (Top 1/2 @ WSS/Olympics)**

