



HIGH PERFORMANCE BULLETIN 201

2022-23 World Cups and World
Championships Team Nomination


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1. INFORMATION

1.1 Purpose

The strategic purpose of the Speed Skating Canada (“**SSC**”) High Performance Bulletin for long track Team Nomination (the “**HP Bulletin**”) is to establish provisions that are designed, ultimately, to assign athletes to Teams who will achieve consistent international medal performances and perform at the highest level internationally on behalf of Canada at the World Single Distance Championships, the 2026 Olympic Winter Games - and beyond.

1.2 Objective

The objective of this HP Bulletin is to nominate (“**Nominate**” and the “**Nomination**”) medal potential athletes to World Cup, FISU Games and World Championships Team Individual Distances and Team Events. For greater certainty, in this HP Bulletin, “**Individual Distances**” shall mean “500m, 1000m, 1500m, 3000m (Ladies), 5000m, 10000m (Men) and Mass Start” and “**Team Events**” shall mean Team Pursuit and Team Sprint.

1.3 Definitions

Terms not otherwise defined within this HP Bulletin shall have the meanings set forth below:

Team: Consists of Athletes who have been Nominated and who have accepted their Nomination to a World Cup, World Championship, FISU Games or Olympic Games Event.

Event: Any ISU World Cup, ISU Junior World Cup, FISU Games or ISU World Championships (Senior or Junior) will be identified.

Selection Event: The Event where the bases for athlete Nomination to one or more Teams will occur.

HPAC-LT: HPAC-LT consists of up to three volunteer members of the High Performance Advisory Council – Long Track and the Chair (a staff member of SSC appointed at the sole, full and absolute discretion of the SSC Chief Executive Officer (the “**CEO**”).

1.4 Nomination Decision

The final Team Nomination shall be made at the sole, full and absolute discretion of the Chair. When applicable, the Chair shall consult relevant individuals to provide technical recommendations pursuant to this HP Bulletin.

1.5 Authority

All decision-making authority and all accountability reside with the Chair.

1.6 Conflict of Interest

In the exercise of the authority, if any, granted above, 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:

https://speedskating.ca/wp-content/uploads/2022/01/Conflict-of-Interest-Policy-V4_EN_2022.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.

1.7 Quorum

A quorum for any meeting of the HPAC-LT will consist of a majority of the HPAC-LT members serving on the HPAC-LT at the time of such meeting or decision. Any members found to be in a conflict of interest according to Section 1.5 above cannot be counted for quorum or for advising purposes on the topic(s) in which the member is in a conflict of interest.

Should quorum not be present when advising on a particular topic, either due to a declared conflict of interest or to the absence of one or more committee members, then a member of the HPAC-ST will advise in his or her place. If such member of the HPAC-ST is unable to attend such meetings or if there are two or more members of the HPAC-LT in a conflict of interest or absent, such members may be replaced by the additional members of the HPAC-ST. Voting shall be conducted as necessary in order to advise on the final recommendation of the committee.

1.8 Announcements

SSC will issue HP Bulletins throughout the season informing athletes, coaches, and other relevant SSC Committees and SSC Branches ("**PTSOs**") of updates and/or changes with respect, but not limited, to selection criteria and/or competitions. All HP Bulletins will be posted on the SSC Website.

As indicated herein, any amendments as per Section 1.8 of this HP Bulletin will be communicated through the release of updated Bulletins and/or Addendums specifying the changes.

1.9 Amendments and Unexpected Circumstances

1.9.1 Changes to this Document

The Chair reserves the right to make changes to this HP Bulletin which, in the Chair's sole, full and absolute discretion, are necessary to ensure Nomination of the best Teams possible for the World Cups, World Speed Skating Championships and the Olympic Games. Any changes to this document shall be communicated to the HPAC-LT and all high performance program athletes potentially eligible for a Team Nomination by sending an electronic communication to relevant athletes and their coaches, and also posting of the changes to the SSC website.


All athletes and coaches are reminded that it is their obligation to understand this HP Bulletin and to make themselves aware of any subsequent changes. Athletes are encouraged to check with their coach(es), athlete representatives, the Chair or the SSC HP program staff to confirm if there are any changes to this HP Bulletin.

This clause shall not be used to justify changes to the HP Bulletin after a Selection Event which formed part of the Chair's Nomination process unless it is related to an unforeseen circumstance. The purpose of this clause is to allow for changes to this document, or International Skating Union (the "ISU") communications, that may become necessary due to a typographical error, a lack of clarity in a definition or wording before it has an impact on athletes. The purpose of such changes must be identified to avoid disputes over the meaning of the provisions of this document rather than who to allow changes to be made to justify the Nomination of different athletes than would have otherwise been Nominated. Such changes must be reasonably justifiable in accordance with fundamental principles of natural justice and procedural fairness.

1.9.2 Unforeseen Circumstances

Speed Skating Canada's HP Bulletin is intended to apply as drafted assuming specifically that no athlete(s) shall be prevented from competing due to an unforeseen or unanticipated circumstance. However, situations may arise where unforeseen circumstances or circumstances beyond Speed Skating Canada's control do not allow competition or nomination to take place in a fair manner or in the best interests of the priorities and general principles for selection as indicated in these criteria, or do not allow the procedure for nomination as described in this document to be applied. In such a circumstance, should the Chair determine that unexpected or unusual circumstances have arisen during the process of applying these HP Bulletin 201 procedures, the Chair shall have discretion to resolve the matter as they see fit, taking into account factors and circumstances that they deem relevant, while taking the objective stated in Section 1.2 above into account.

In the event of unforeseen circumstances beyond the control of Speed Skating Canada that prevent the Chair from implementing Speed Skating Canada's internal nomination procedures fairly, as written, the Chief Executive Officer of Speed Skating Canada ("CEO") (or in the absence of a CEO, the interim CEO or such person the Board of Directors shall



appoint), shall have the sole, full and absolute discretion to resolve the matter as he or she sees fit, taking into account factors and circumstances that he or she deems relevant. Where possible, the CEO will consult with the Long Track management team, coaches and / or HPAC-LT to determine if the circumstances justify competition or nomination should take place in an alternative manner. In such circumstances, the CEO shall communicate the alternative selection or nomination process to all impacted individuals as soon as possible.

1.10 International Skating Union 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 a vote June 2022 which will determine the allocation process for quota positions available for each Event, Individual Distance and/or Team Event to each Member Federation.

2. GUIDELINES

2.1 International Skating Union Qualification

The applicable ISU Qualifying Times and conditions for approval of achieved Qualifying Times will be announced in [ISU Communications](#). For convenience, ISU Qualifying Times are also included in Appendix A of this HP Bulletin.

2.2 Athlete Eligibility

All athletes must meet the relevant ISU eligibility requirements in order to be considered for Nomination to an Event. In order to be eligible for Nomination to the Team, the athletes must also meet all of the following eligibility conditions:

- Be a Canadian citizen;
- Hold a valid Canadian passport that is valid for at least six months following the Selection Event;
- Meet the ISU citizenship and nationality criteria in order to be eligible;
- Hold a duly valid membership according to Speed Skating Canada's 2022-2023 Athlete Agreement and be a member in good standing;
- Have signed the SSC Declaration to Compete Agreement (Appendix B) no later than two weeks prior to the Selection Event in the case of pre-selected athletes, and no later than immediately following the Selection Event for all other athletes;
- Sign and submit the ISU Declaration Form no later than two weeks prior to the ISU Event.

2.3 Removal of Athletes

The Chair reserves the right to remove an athlete from competing at an Event if medical advice is such that competing in the Event would be potentially injurious to the Nominated athlete or if the athlete has not recovered sufficiently from an existing injury or illness.

2.4 Appeals

Following the announcement of the Team for an Event or Events, an athlete has 7 calendar days which to submit an appeal in accordance with the Speed Skating Canada Appeals Policy.

3. PROCESS

The Chair will Nominate athletes for each specific Event in accordance with the following general procedures. Athletes will be nominated, in order of priority, to a Team by one of three methods:

- Pre-selection
- Performance/results at designated Selection Event(s) as detailed in this Bulletin. Nomination is subject to any Bye request application being granted (See Appendix C)
- Additional athletes may be added for Nomination to the Team at the sole, full and absolute discretion of the Chair considering performance potential in the Team Pursuit, Mass Start and Individual Olympic distances.

3.1 Pre-Selection

Pre-selection decisions will be based on specific and objective results obtained by an athlete during the past or present skating season, in one or more Individual Distances, and are not subject to any decisions made with regard to Bye request application. Pre-selection to an individual distance at an event may or may not be available for all Events or Individual Distances. The pre-selection for each Event is detailed in the relevant Event section within this HP Bulletin.

- Pre-selection shall be determined before any such Selection Event, and therefore all athletes participating in the competition will be notified of the number of positions available for selection through performance results. Except in the case of Mass start, a minimum of one quota spot per Individual Distance will be reserved to be filled based on the results at the 2022 Canadian Long Track (CLT) Championships.
- Subject to the requirement described above that a minimum of one 2022 Fall World Cup quota spot per Individual Distance (other than Mass Start) must be reserved to be filled based on results at the 2022 CLT Championships, athletes who placed in the top 5 in an Individual Distance at the 2022 Olympic Winter Games will be pre-selected to the 2022 Fall World Cups and ISU Four Continents Championships in such Individual Distance on the basis of their finish position in such Individual Distance at the 2022 Olympic Winter Games.
- In the case of Mass Start, up to the maximum of two quota entries may be pre-selected should two athletes have finished in the top 5 in Mass Start at 2022 Olympic Winter Games.

Athletes who are pre-selected in a specific Individual Distance will be included in the maximum Team Nomination quota for each specified Event.

- Additional athletes may also be pre-selected at the sole, full and absolute discretion of the Chair. Pre-selection is normally restricted to a maximum number of athletes as detailed within each Event section of this HP Bulletin. However, the Chair has the

sole, full and absolute discretion to pre-select additional athletes to an Event if the performance(s) of an athlete, in the opinion of the Chair, is/are clearly superior to others in contention for selection and that these performances warrant such pre-selection.

3.2 Performance Results at Selection Events

Selection on the basis of performance results at designated Selection Event(s) is subject to any decisions made with regard to Bye request applications (see Appendix C).

Designated Selection Events will be named for the 2022-2023 World Cups, 2022 ISU Four Continents Championships, 2023 FISU Games, 2023 World Junior Championship, and 2023 World Speed Skating Championships - Single distances format.

In case of a tie in an Individual Distance at the designated Selection Event, times will be used to the thousandth of seconds. If a tie still exists, head-to-head comparisons of the athletes will be made by the Chair in the following order:

- Results at the most recent international Event in which both athletes raced that same Individual Distance (on the same day and in the same start group (Group A or Group B)) and;
- If no such results exist as indicated above, results at the 2021 Canadian Long Track Championships will be used, where both athletes raced that same Individual Distance (on the same day) and;
- If no such results exist in both instances above, results from an ISU sanctioned event in the 2019-2020 season, where both athletes raced that same Individual Distance (on the same day); or
- Except in the case of Mass Start, if no such results exist in all three instances above, an unsanctioned skate-off between the two athletes will be organized to occur within seven (7) days following the selection event. In the case of Mass Start, if no such results exist in the three instances above, the decision will be made by the Chair.

3.3 Mass Start and Team Pursuit

3.3.1 Team Pursuit

Athletes will be named by the Chair to the Team Pursuit Pools (Women and Men) at the time athletes are Nominated to the 2022-23 World Cups. The athletes Nominated to the Team Pursuit Pools will be selected based on the following priorities (listed in order of importance):

1. Athletes who have qualified for an Individual Distance at the World Cups in which a Team Pursuit will be contested.
2. At the sole, full and absolute discretion of the Chair, additional athletes may be added to the Team Pursuit Pool in order to field a competitive Team Pursuit Team.

3. The Chair may, in his or her sole, full and absolute discretion, grant an athlete a Bye onto the Team Pursuit Pool.

The Team Pursuit Team selected for each Event will be determined by the Team Pursuit coach and/or the HP program staff and coaches at each Event in accordance with the composition identified in Appendix D.

3.3.2 Mass Start

Subject to Byes, the Chair may, in his or her sole, full and absolute discretion, Nominate athlete(s) from the Mass Start Pool to the Team for Mass Start (up to quota) based on the recommendation by the coaches. Unless otherwise pre-selected to the Event In question, to be eligible for the Mass Start Pool, athletes must compete in the Canadian Long Track Championships and World Speed Skating Championships – Single Distance Format Skate-Off Mass Start events. In Nominating an athlete for the Team for Mass Start, the Chair may in its sole, full and absolute discretion consider the following (listed in no particular order of priority):

- Athletes who have met the Mass Start Profile (as defined below), where at a minimum, each such athlete has achieved at least one A-standard qualifying time;
- Results at the respective Selection Events for the Mass Start and other Individual Distance(s);
- Athletes who have been Nominated in other Individual Distance(s);
- International historical Mass Start performances of the athlete;
- Ability of such athlete to work together with the other mass start athletes, for the best Canadian Team result and;
- Other factors as may be identified by the Mass start coaches or the HP program staff.

Table 1. Mass Start Profile A & B Standards

	Women		Men	
	<i>A Standard</i>	<i>B Standard</i>	<i>A Standard</i>	<i>B Standard</i>
1500m	1:57.32	1:59.57	1:45.70	1:47.95
3000m	4:08.18	4:12.68	---	---
5000m	---	---	6:22.08	6:29.58

3.3.3 Team Sprint

Athletes for the Team Sprint Team will be made up of athletes who have qualified for an Individual Distance at the Event. The Team Sprint Team selected for each Event will be determined by the Team Sprint coach(es) and/or the Team Leader at each Event.

3.4 Filling Entry Quota

If the processes herein result in less than the maximum Team quota being selected for either gender, the Chair has the sole, full and absolute discretion to Nominate, or not to

Nominate, any remaining Team positions. For greater certainty, the Chair may determine in his or her sole, full and absolute discretion not to fill the maximum Team entry quota.

3.5 Unfilled Entry Quota

In the event that entry quota spots in an Individual Distance remains unfilled, the Chair may fill such vacancy with one or more athletes already selected to the Team in the following order of priority:

1. the finishing order per distance and gender from the Selection Event; and
2. the sole, full and absolute discretion of the HP program staff and/or coaches at each Event.

3.6 Financial Support

SSC will financially support a maximum number of Nominated athletes to Events as per Appendix E. This number may be reduced or increased at the sole, full and absolute discretion of the Chair, for budgetary reasons or other considerations.

4. ISU WORLD CUP TEAM NOMINATION

4.1 ISU World Cup Schedule

As per ISU Communication 2505, the following ISU World Cup schedule has been set:

ISU World Cup 1 November 11-13, 2022 Stavanger, NOR	1500-M, 500-W, 3000-W, TP-M 1500-W, 500-M, 5000-M, TP-W MS SF-W, MS SF-M, 1000-W, 1000-M, MS F-W, MS F-M
ISU World Cup 2 November 18-20, 2022 Heerenveen, NED	MS SF-W, MS SF-M, 1000-W, 1000-M, MS F-W, MS F-M 1500-W, 500-M, 5000-M, TS-W 1500-M, 500-W, 3000-W, TS-M
ISU World Cup 3 December 9-11, 2022 Calgary, CAN	1500-M, 500-W, 3000-W, TP-M 1500-W, 500-M, 5000-M, TP-W MS SF-W, MS SF-M, 1000-W, 1000-M, MS F-W, MS F-M
ISU World Cup 4 December 16-18, 2022 Calgary, CAN	1500-M, 500-W, 5000-W, TS-M 1500-W, 500-M, 10000-M, TS-W MS SF-W, MS SF-M, 1000-W, 1000-M, MS F-W, MS F-M
ISU World Cup 5 February 10-12, 2023 Tomaszów Mazowiecki, POL	1500-M, 500-W, 3000-W, TP-M 1500-W, 500-M, 5000-M, TP-W MS SF-W, MS SF-M, 1000-W, 1000-M, MS F-W, MS F-M
ISU World Cup 6 February 17-19, 2023 Tomaszów Mazowiecki, POL	1500-M, 500-W, 3000-W, TS-M 1500-W, 500-M, 5000-M, TS-W MS SF-W, MS SF-M, 1000-W, 1000-M, MS F-W, MS F-M

4.2 Entry Quota

In accordance with ISU Communication 2505 for ISU World Cup Speed Skating 2022/23, Entry Quotas for World Cup 1 to 6, SSC has been granted maximum entry quotas for all events, stated as follows, except in the case of World Cup 3, as host nation Canada will receive full quota of 5 per distance:

Women 500	Women 1000	Women 1500	Women 3000/5000	Mass Start
4	4	5	4	2

Men 500	Men 1000	Men 1500	Men 5000/10000	Mass Start
4	5	4	4	2

4.3 Qualifying Time / Time Standard

Unless otherwise pre-selected in accordance with Section 4.4.1. below, in order to be nominated for ISU World Cup 1 and ISU World Cup 2, an athlete must have achieved the ISU World Cup Qualifying Time as listed in Appendix A in accordance with ISU Communication 2505, 3.1.2 Qualifying Times at an ISU sanctioned competition between the time period of July 1, 2021 up to and including the 2022 CLT Championships (the “Qualifying Period”).

Unless otherwise pre-selected in accordance with Section 4.4.1. below an athlete must have also achieved at least one of the following 2022 Senior CLT World Cup Qualifying Time Standards set forth in Table 2. below (each, a “2022 Senior CLT World Cup Qualifying Time Standard” and collectively the “2022 Senior CLT World Cup Qualifying Time Standards”) in an Individual Distance at least once in a sanctioned competition during the Qualifying Period.

To be eligible to be Nominated to an Individual Distance, an athlete must also have achieved the 2022 Senior CLT World Cup Qualifying Time Standard at least once in a sanctioned competition during the Qualifying Period in such Individual Distance.

Table 2. 2022 Senior CLT World Cup Qualifying Time Standards

Altitude	Women	Men	Low Land	Women	Men
500m	38.43	34.90	500m	39.18	35.65
1000m	1.16,19	1.09,16	1000m	1.17,69	1.10,66
1500m	1.57,32	1.45,70	1500m	1.59,57	1.47,95
3000m	4.08,18	---	3000m	4.12,68	---
5000m	7.06,60	6.22,08	5000m	7.14,10	6.29,58
10000m	---	13.15,71	10000m	---	13.30,71

4.4 ISU World Cup 1 and ISU World Cup 2 – Nomination

4.4.1 Pre-Selection

Athletes will be pre-selected in order of their finish position in an Individual Distance as per Section 3.1 in the following priority:

- Athlete(s) who placed in the top 5 in an Individual Distance at the 2022 Olympic Winter Games

The following athletes have been pre-selected for ISU World Cup 1 and ISU World Cup 2:

- Mass Start: Ivanie Blondin (2nd 2022 Winter Olympic Games)
- 500m: Laurent Dubreuil (4th 2022 Winter Olympic Games)
- 1000m: Laurent Dubreuil (2nd 2022 Winter Olympic Games)
- 1500m: Connor Howe (5th 2022 Winter Olympic Games)
- 3000m: Isabelle Weidemann (3rd 2022 Winter Olympic Games)
- 5000m: Isabelle Weidemann (2nd 2022 Winter Olympic Games)

4.4.2 Performance Results

Selection Events: Canadian Long Track Championships (“CLT Championships”), October 13-16, 2022

Athletes (other than those athletes who are pre-selected pursuant to section 4.4.1) who have achieved the 2022 Senior CLT World Cup Qualifying Time Standard in one or more Individual Distance during the Qualifying Period may be nominated to the Team for (1) each of the Individual Distances for which such athlete has achieved the 2022 Senior CLT World Cup Qualifying Time Standard and (2) the Team Pursuit Pool, in order of priority as follows up to the maximum entry quota allocated (Section 4.2) and subject to the Nominated athletes limitations set forth in [Appendix E](#):

1. Athletes already selected pursuant to Section 4.4.1;
2. Subject to Byes, athletes who have achieved the 2022 Senior CLT World Cup Qualifying Time Standard for such Individual Distance during the Qualifying Period and ranked within the top three at the 2022 CLT Championships for such Individual Distance will be ranked by their final placing in such Individual Distance according to the matrix below;
3. At the sole, full and absolute discretion of the Chair, skaters may be added to the Team, from the Team Pursuit Pool (as per Section 3.3.1) in order to field a competitive Team Pursuit Team;
4. Athletes who have achieved the 2022 Senior CLT World Cup Qualifying Time Standard in such Individual Distance during the Qualifying Period and ranked in positions four and five the 2022 CLT Championships in such Individual Distance may be added to the matrix and ranked by their final placing in such Individual Distance according to the matrix below;
5. The Chair may, at his or her sole, full and absolute discretion, nominate additional athlete(s) to the Team or choose to exclude athletes from the Team in order to field the most competitive team.

Rank	Distance	Gender	Position	Name
1	3000m	W	1	Isabelle Weidemann
2	500m	M	1	Laurent Dubreuil
3	1000m	M	1	Laurent Dubreuil
4	1500m	M	1	Connor Howe
5	5000m	M	1	
6	3000m	W	2	
7	3000m	W	3	
8	1500m	W	1	
9	1000m	M	2	
10	1000m	W	1	
11	1500m	W	2	
12	1000m	M	3	
13	500m	W	1	
14	1500m	M	2	
15	500m	M	2	
16	500m	W	2	
17	500m	W	3	
18	1500m	M	3	
19	1000m	W	2	
20	500m	M	3	
21	5000m	M	2	
22	5000m	M	3	
23	1500m	W	3	
24	1000m	W	3	
25	1000m	M	4	
26	1500m	W	4	
27	500m	W	4	
28	1000m	W	4	
29	1500m	M	4	
30	1500m	W	5	
31	1000m	M	5	
32	1000m	W	5	
33	1500m	M	5	

No athlete who finishes in the top 5 in an Individual Distance at CLT Championships may be added to the matrix for such Individual Distance if such athlete has failed to achieve the 2022 Senior CLT World Cup Qualifying Time Standard for such Individual Distance during the Qualifying Period. If such top 5 finisher in such Individual Distance at the CLT Championships has not achieved the 2022 Senior CLT World Cup Qualifying Time Standard for such Individual Distance during the Qualifying Period, such spot on the matrix shall remain blank and will not be filled.

If an athlete who is Nominated to the Team for an Individual Distance whose name appears on the matrix subsequently declines his or her spot in such Individual Distance, such athlete's name shall be removed from the matrix and such spot on the matrix shall remain blank.

For purposes of determining the athletes who shall be Nominated to the Team, if there is a blank in the matrix, the athlete occupying the next ranked quota spot sequentially on the matrix shall be next considered for Nomination to the Team in accordance with this Section 4.4.2 until the maximum entry quota is allocated.

If the maximum Nomination funded by SSC (Appendix E) has been reached and should there still be remaining quota, then athletes ranked on the matrix may be eligible for self-pay to the Fall World Cups after review on a case by case basis overseen by the Chair, National Program coaches and the HPAC-LT.

In the case of eligibility of Mass Start Nomination, athletes will be ranked by their final placing in Mass Start at CLT Championships and then considered for Nomination to the Team in order of the following priorities (listed in descending order of importance):

1. Athletes already selected pursuant to Section 4.4.1;
2. Athletes who have placed in the top two in the Mass Start at CLT Championships and have been Nominated for the 1500m or 3000m (women)/5000m (men) Individual Distances at World Cups 1 and 2 pursuant to Section 4.4 above;
3. Athletes who have placed in the top two in the Mass Start at CLT Championships and meet the Mass Start Profile in both distances;
4. Athletes who have placed in the top two at CLT Championships and meet the Mass Start Profile in one distance;
5. In the discretion of Chair based on qualifying in another Individual Distance on the Matrix

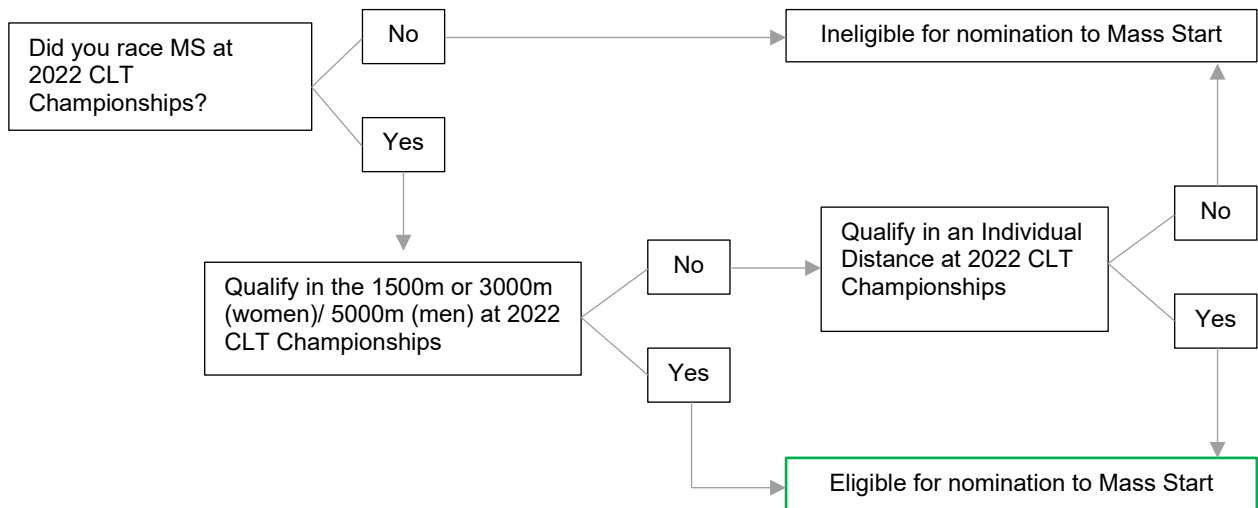


Figure 1. Mass Start Nomination to World Cups

4.5 ISU World Cup 3 – Nomination

4.5.1 Pre-Selection

Athletes will be pre-selected in order of their finish position in an Individual Distance as per Section 3.1 in the following priority:

- Athlete(s) who placed in the top 5 in an Individual Distance at the 2022 Olympic Winter Games.

The following athletes have been pre-selected for ISU World Cup 3 and ISU World Cup 4:

- Mass Start: Ivanie Blondin (2nd 2022 Winter Olympic Games)
- 500m: Laurent Dubreuil (4th 2022 Winter Olympic Games)
- 1000m: Laurent Dubreuil (2nd 2022 Winter Olympic Games)
- 1500m: Connor Howe (5th 2022 Winter Olympic Games)
- 3000m: Isabelle Weidemann (3rd 2022 Winter Olympic Games)
- 5000m: Isabelle Weidemann (2nd 2022 Winter Olympic Games)

4.5.2 Performance Results

Selection Event: Canadian Long Track Championships (“CLT Championships”), October 13-16, 2022

The priority of Nomination of athletes, and the Events they will be Nominated to race, will be based on the following (listed in order of priority):

1. Athletes who are Nominated to the Team for World Cup 1 and World Cup 2;
2. Athletes granted a Bye at the discretion of Chair for each event in which they were granted a Bye;
3. Athletes who are listed on the matrix based on their performances at the CLT Championships;
4. Athletes who have achieved the 2022 Senior CLT World Cup Qualifying Time Standard in such Individual Distance during the Qualifying Period and ranked in positions four and five at the 2022 CLT Championships in such Individual Distance whose positions do not appear on the matrix;
5. At the sole, full and absolute discretion of the Chair, skaters may be Nominated to field the most competitive team that can earn the maximum number of quota spots for the 2023 World Speed Skating Championships – Single Distance format.

If the maximum Nomination funded by SSC (Appendix E) has been reached and should there still be remaining quota, then athletes may be eligible for self-pay to World Cup 3 and 4 after review on a case by case basis overseen by the Chair, National Program coaches and HPAC-LT.

4.6 ISU World Cup 4 – Nomination

4.6.1 Pre-Selection

Athletes will be pre-selected in order of their finish position in an Individual Distance as per Section 3.1 in the following priority:

- Athlete(s) who placed in the top 5 in an Individual Distance at the 2022 Olympic Winter Games.

The following athletes have been pre-selected for ISU World Cup 3 and ISU World Cup 4:

- Mass Start: Ivanie Blondin (2nd 2022 Winter Olympic Games)
- 500m: Laurent Dubreuil (4th 2022 Winter Olympic Games)
- 1000m: Laurent Dubreuil (2nd 2022 Winter Olympic Games)
- 1500m: Connor Howe (5th 2022 Winter Olympic Games)
- 3000m: Isabelle Weidemann (3rd 2022 Winter Olympic Games)
- 5000m: Isabelle Weidemann (2nd 2022 Winter Olympic Games)

4.6.2 Performance Results

Selection Event: Canadian Long Track Championships (“CLT Championships”), October 13-16, 2022

The priority of Nomination of athletes, and the Events they will be Nominated to race, will be based on the following (listed in order of priority):

1. Athletes who are Nominated to the Team for World Cup 1 and World Cup 2;
2. Athletes granted a Bye at the discretion of Chair for each event in which they were granted a Bye;
3. Athletes who are listed on the matrix based on their performances at the CLT Championships;
4. **For World Cup 4 only, athletes who have placed in the top three (3) positions at CLT Championships in the 5000m (women) and 10000m (men) and have achieved the Time Standard during the Qualifying Period in those respective distances;**
5. Athletes who have achieved the 2022 Senior CLT World Cup Qualifying Time Standard in such Individual Distance during the Qualifying Period and ranked in positions four and five at the 2022 CLT Championships in such Individual Distance whose positions do not appear on the matrix;
6. At the sole, full and absolute discretion of the Chair, skaters may be Nominated to field the most competitive team that can earn the maximum number of quota spots for the 2023 World Speed Skating Championships – Single Distance format

If the maximum Nomination funded by SSC (Appendix E) has been reached and should there still be remaining quota, then athletes may be eligible for self-pay to World Cup 3 and 4 after review on a case by case basis overseen by the Chair, National Program coaches and HPAC-LT.

4.7 ISU World Cup 5 and ISU World Cup 6 – Nomination

4.7.1 Pre-Selection

Athletes will be pre-selected to World Cup 5 and World Cup 6 based on the following criteria:

- 1. Athletes who are in a SQRL quota position for an Individual Distance in points after World Cup 4 for the ISU World Speed Skating Championships – Single Distance Format allocation**
- 2. Athletes who are in a SQRL quota position for an Individual Distance by time after World Cup 4 for the ISU World Speed Skating Championships – Single Distance Format allocation**

4.7.2 Performance Results

Selection Event: World Speed Skating Championships Skate-off, January 5-8, 2023

The priority of Nomination of athletes, and the Events they will be Nominated to race, will be based on the following (listed in order of priority):

1. Athletes already selected pursuant to Section 4.7.1;
2. Athletes granted a Bye at the discretion of Chair for each Individual Distance in which they were granted a Bye;
3. At the sole, full and absolute discretion of the Chair, skaters may be added to the Team, from the Team Pursuit Pool (as per Section 3.3.1) in order to field a competitive Team Pursuit Team;
4. Athletes who have achieved the ISU World Cup time standard in the relevant Individual Distance and for each such Individual Distance, the top-ranked finisher at the Selection Event not already selected to World Cup 5 and 6 in accordance with section 4.7.1 listed above;
- 5. In the case of the Mass Start Events, athletes who have been Nominated to race in the Mass Start at any of World Cups 1-4 will be selected to race the Mass Start at World Cups 5 and 6; and**
6. At the sole, full and absolute discretion of the Chair, skaters may be Nominated to field the most competitive team that can earn the maximum number of quota positions for the 2023 World Speed Skating Championships – Single Distance format and/or 2023-24 World Cup Quota.

If the maximum Nomination funded by SSC (Appendix E) has been reached and should there still be athletes who have qualified for Nomination based on the criteria set forth in Section 4.7.2 above, then such athletes may be eligible for self-pay to attend World Cup 5 and 6 subject to review and approval on a case by case basis by the Chair, in consultation with the National Program coaches and HPAC-LT.

S. FOUR CONTINENTS /WORLD CHAMPIONSHIPS TEAM NOMINATION

5.1 Schedule

As per ISU Communication 2514, the following 4 Continents / World Championships schedule has been set:

2022 4 Continents Championships December 2-4, 2022 Quebec City, CAN	500-W, 500-M, 3000-W, 5000-M, TS-W, TS-M 1500-W, 1500-M, MS-W, MS-M 1000-W, 1000-M, TP-W, TP-M
2022 World Speed Skating Championships – Single Distances format March 2-5, 2023 Heerenveen, NED	3000-W, 5000-M, TS-W, TS-M TP-W, TP-M, 500-W, 500-M MS SF-W, MS SF-M, 1000-W, 1000-M, MS F-W, MS F-M 1500-W, 1500-M, 5000-W, 10000-M
2022 World Junior Championships February 10-12, 2023 Inzell, GER	500-W, 500-M, 1500-W, 1500-M, MS SF-W, MS SF-M 1000-W, 1000-M, 3000-W, 5000-M TP-W, TP-M, TS-W, TS-M, MS F-W, MS F-M

5.2 Entry Quota

5.2.1 4 Continents Championships

In accordance with ISU Communication 2514, ISU Rule 208, Section 2.5, Entry Quota for 4 Continents Championships will be allocated to ISU members according to the Special Qualification Ranking List (the “SQRL” time ranking) for each competition based on the results achieved in designated World Cup Events during the 2022 season. In addition, as per ISU Communication 2514, a maximum of 10 Women and 10 Men may be entered by each ISU member at the 4 Continents Championships.

An updated 2022/23 season version of ISU Communication 2514 will be posted on the ISU website by October 2022 at the following link. Any reference to ISU Communication will be updated to the new ISU Communication number once published:

<https://www.isu.org/speed-skating/rules/ssk-communications>

5.2.2 World Speed Skating Championships – Single Distance Format

In accordance with ISU Communication [2514](#), ISU Rule 208, Section 2.5, Entry Quota for World Speed Skating Championships – Single Distance Format will be allocated to ISU members according to the Special Qualification Ranking List (the “**SQRL**” time ranking) for each competition based on the results achieved in designated World Cup Events during the 2022-23 season.

5.2.3 World Junior Championships

In accordance with ISU Communication [2514](#), ISU Rule 208, 2.6.1, Entry Quota for the World Junior Championships, each ISU Member may enter a total of 5 Women and 5 Men. For each competition substitutes can be named among the maximum 5 competitors entered for the Championships.

5.3 Qualifying Time

In order to be nominated for 4 Continents Championship, World Speed Skating Championships and/or World Junior Championships, an athlete must have achieved the respective ISU Championships Qualifying Time as listed in Appendix A in accordance with ISU Communication [2514](#), 4.2.1 (4 Continents), 4.2.2 (World Junior Championships), 4.2.3 (World Speed Skating Championships – sprint), 4.2.4 (World Speed Skating Championships – single distance format) Qualifying Times at an ISU sanctioned competition since July 1, 2021 and by the last date of entry for the Championship concerned.

5.4 Four Continents Championships – Nomination

Nomination for the 4 Continents Championships will be according to Entry Quota allowed as per [ISU Communication 2514](#) and [ISU rule 208, Section 2.5](#).

5.4.1 Pre-Selection

Skaters who are pre-selected to compete in any of the 2022 Fall World Cups 1-4 will be selected to compete in the 4 Continents Championships.

In accordance with Section 5.2.1 above, up to 10 men and 10 women may be selected to the 4 Continents Team on the basis of the order of their finish position in an Individual Distance on the SQRL (based on World Cups 1-2). These athletes will then be ranked according to the 4 Continents Matrix; which shall be released as soon as practicable following the release of the SQRL by the ISU.

Athletes nominated to the 4 Continents Team pursuant to this Section 5.4.1 shall have the right of first refusal with respect to their earned quota spots.

If, after applying this Section 5.4.1, the maximum quota for either or both genders has not been attained, either due to pre-selected athletes declining their nomination or because the SQRL ranking does not result in the maximum quota being attained, additional

athletes, up to a maximum quota of 10 men and 10 women, may be nominated to the 4 Continents Team pursuant to Section 5.4.2 below.

5.4.2 Performance Results

Selection Event: CLT Championships, October 13-16, 2022

Any available entry quotas may be filled in accordance with the order of final placing at the 2022 CLT Championships in the respective Individual Distance according to the 4 Continents Matrix and up to the maximum entry quota per gender (Section 5.2.1), provided that the athlete in question has met the 4 Continents Qualifying Time (below) during the qualifying period at an ISU sanctioned event. For the avoidance of doubt, in the situation where there are remaining entry quotas but there are no unnamed athletes on the 4 Continents Matrix who have satisfied the 4 Continents Qualifying Time at an ISU sanctioned event during the qualifying period, SSC may fill the remaining entry quotas based on the 2022 CLT Championships final results in the respective distance.

It is important to note that pre-selected athletes (Section 5.4.1) will remain on the 4 Continents matrix in the position that they earned as a result of their pre-selection and that, in the case that they decline their entry, the resulting available entry quota for the respective Individual Distance will go to the next ranked and eligible¹ athlete on the matrix in sequential order based on the athlete's position on the matrix.²

- If the athletes racing the Mass Start event at World Cups 1-2 decline their entry for the 4 Continents Championships, resulting in available quota spots for the Mass Start event at the 4 Continents Championships, the following process will be used, in order of priority, to fill the available quotas:
- Athletes who have been pre-selected for the 1500m or 3000m (women) / 5000m (men) Individual Distance(s) and ranked by their final placing in Mass Start on the SQRL (based on World Cups 1-2)
- Athletes who have been Nominated for the 1500m or 3000m (women) / 5000m (men) Individual Distance(s) and ranked by their final placing in Mass Start at the 2022 CLT Championships

¹ The use of the term 'eligible' shall be understood as the athlete having satisfied the 4 Continents Qualifying Time at an ISU sanctioned event during the Qualifying Period.

² For example, if the first ranked 5000m male athlete on the 4 Continents Matrix declines his quota for the 4 Continents Team, the next ranked and eligible 5000m male skater on the 4 Continents Matrix will receive the declining athlete's quota. However, the athlete who receives the declined spot will not be ranked first on the Matrix, but rather will retain the position on the Matrix that he had earned by virtue of his results at the CLT Championships.

Table 3. 2022 4 Continents Qualifying Times

	Women	Men
500m	40.00 (40.50)	36.20 (36.60)
1000m	1.20.00 (1.21.00)	1.11.90 (1.12.80)
1500m	2.03.00 (2.05.00)	1.51.00 (1.52.50)
3000m	4.24.00 (4.28.00)	---
5000m	---	5.48.00 (6.5 2.00)

5.5 World Speed Skating Championships Single Distance Format – Nomination

Canada is permitted to enter a maximum quota of three (3) skaters per distance at the World Speed Skating Championships – Single Distance Format for the 500m, 1000m and 1500m for both Women and Men, 3000m for Women and 5000m for Men. A maximum quota of two (2) is permitted for the Mass Start in both Women and Men, 5000m for Women and 10000m for Men. The quota will be determined in accordance with ISU Rule 208, 2.2.1.

The Chair may, in its sole discretion, grant an athlete a Bye onto the World Single Distance Championships Team due to illness, injury or exceptional circumstances as per Appendix C of this Bulletin.

6.5.1 Performance Results

Selection Event: ISU World Cup 6, February 17-19, 2023, Tomaszów Mazowiecki, POL,

- Subject to Byes, athletes will be nominated to the World Speed Skating Championships Team according to Entry Quota determined by the ISU in Section 5.2.2. If Canada has a quota of 3 or fewer skaters for a particular distance according to the SQRL list, the following process will be used:
 - If Canada has a quota of one (1) for a particular Individual Distance, and an athlete is ranked in the top eight (8) on the SQRL after World Cup #6, then this skater will be selected for Nomination to the Team. If no Canadian athlete is ranked in the top eight (8) on the SQRL list, then the one (1) quota position will be selected based on the finishing time rank in the distance of eligible skaters at World Cup #6.
 - If Canada has a quota of two (2) for a particular Individual Distance, and an athlete is ranked in the top eight (8) on the SQRL after World Cup #6, then this skater will be selected for Nomination to the Team. If Canada has a quota of two (2) for a particular Individual Distance, and both athletes are ranked in the top eight (8) on the SQRL after World Cup #6, then these two skaters will be selected for Nomination to the Team. If

no Canadian athletes are ranked in the top eight (8) on the SQRL list after World Cup #6, then the two (2) quota positions will be selected based on the finishing time rank in the distance of eligible skaters at World Cup #6.

- If Canada has a quota of three (3) for a particular Individual Distance, the first skater selected will be the highest ranked Canadian on the SQRL points ranking list after World Cup #6 will be selected for Nomination to the Team. The second Canadian skater on the SQRL will be Nominated to the Team if such athlete is ranked in the top eight (8) on the SQRL after World Cup #6. The third Canadian skater on the SQRL will be Nominated to the Team if such athlete is ranked in the top eight (8) on the SQRL after World Cup #6. If the second and third ranked Canadian skaters are not ranked in the top eight (8) on the SQRL, the remaining quota positions will be selected based on the finishing time rank in the distance of remaining eligible skaters at World Cup #6.
- In the case of the 5000m (Women) and 10000m (Men):
 - If Canada has a quota of one (1), and an athlete is ranked in the top eight (8) on the SQRL after World Cup #6, then this skater will be selected for Nomination to the Team. If no athlete is ranked in the top eight (8) on the SQRL list, then the one (1) quota position will be selected from the finishing time rank in the distance of eligible skaters at World Cup #6.
 - If Canada has a quota of two (2), and an athlete is ranked in the top eight (8) on the SQRL after World Cup #6, then this skater will be selected for Nomination to the Team. If Canada has a quota of two (2), and both athletes are ranked in the top eight (8) on the SQRL after World Cup #6, then these athletes will be selected for Nomination to the Team. If no Canadian athletes are ranked in the top eight (8) on the SQRL list after World Cup #6, then the two (2) quota positions will be selected from the finishing time rank in the distance of eligible skaters at World Cup #6.
- In the case of Mass Start, the following process will be used:
 - If Canada has a quota of one (1), the first skater Nominated to the Team will be the highest ranked Canadian on the SQRL points ranking list after World Cup #6.
 - If Canada has a quota of two (2), the top two (2) ranked Canadian skaters on the SQRL will be Nominated to the Team.
- At the sole, full and absolute discretion of the Chair, skaters may be added to the Team, from the Team Pursuit Pool (as per Section 3.3.1) in order to field a competitive Team Pursuit Team.

5.5.2 Reserve Positions

Reserve positions are in name only and should Canada receive reserve spots (which are based on the SQRL list), the next ranked skater from World Cup #6 for the respective Individual Distance will be entered should the position become available. If an athlete has not qualified in another Individual Distance, he/she will only be eligible to attend the

Event should the position become available prior to the departure of the team or final entries' submission deadline as per ISU rules, depending on which occurs first. If a reserve position becomes available after the final entries' submission, the next ranked skater from World Cup #6 for the respective Individual Distance who is already qualified for another Individual Distance and is attending the Event will be entered.

6.6 World Junior Championships – Nomination

5.6.1 Pre-Selection

Athletes will be pre-selected (up to a maximum of 1 quota spot per gender for Allround, 1 quota spot per gender for Sprint and 1 quota spot per gender for Long Distance) based on qualification to the 2023 World Speed Skating Championships pursuant to section 5.5.

5.6.2 Performance Results

Selection Event: Canadian Junior Long Track Championships, January 5th – 6th, 2023 (Quebec City)³

The priority of selection of athletes and the Individual Distances they will be nominated to race, will be based on the following:

Priority 1

Subject to Byes and pre-selection, the first three (3) athletes per gender in the “Allround ranking” (total sammelagt points) will be nominated according to:


- Ranking determined as the cumulative total of 4 distances, in sammelagt,
- Distances used: 500m (first), 1000m (first), 1500m, 3000m (women), 5000m (men)
 - The athletes who place in the top three for the Allround ranking per gender will not be considered for priority 2 below

Priority 2

Subject to Byes and pre-selection, the first athlete per gender in the “Sprint ranking” & the first athlete per gender in the “Long Distance ranking” (total sammelagt points) will be nominated according to:

- Ranking determined as the cumulative total of 3 distances, in sammelagt,
- Distances used for Sprint ranking: 500m (first), 1000m (first), 1500m
- Distances used for Long Distance ranking: 1000m (first), 1500m, 3000m (women), 5000m (men)

³ Junior athletes qualified to participate in the World Speed Skating Championships Skate-off can compete in the World Speed Skating Championships Skate-off Event and be eligible for nomination to the World Junior Championships. Results will be combined with the Canadian Junior Long Track Championships and ranked in order of time for each Individual Distance.



Should an athlete meet criteria above in two categories (Sprint ranking & Long Distance ranking) the athlete will be selected to the category with the closest performance percentage to the sammelagt junior world record for that category.

Priority 3

The Chair may, at his or her sole, full and absolute discretion, nominate additional athlete(s) to the Team or choose to exclude athletes from the Team in order to field the most competitive team.

ISU rules require Allround skaters to have the junior ISU time standards listed in Appendix A in all distances. ISU rules require single distance skaters to have the junior ISU time standards listed in Appendix A in order to be able to compete in that distance. ISU Time standards must be skated in an ISU sanctioned event between July 1, 2021 and the January 30, 2023.

6. FISU WINTER WORLD UNIVERSITY GAMES TEAM NOMINATION

6.1 2023 FISU Games Winter World University Games general information

As per FISU Games Sport Bulletin #2 the following eligibility criteria and games information has been set:

2023 FISU Games January 10-22, 2023 Lake Placid, USA	500m, 1000m, 1500m, W-3000m, M-5000m, Mass Start, Team Pursuit, Mixed Team Relay
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- Students who are currently officially registered for and pursuing a full programme of study leading toward a degree or diploma at the university or similar institute whose status is recognized by the appropriate national academic authority of their country;
- Former student of the institution mentioned in above who have obtained their academic degree or diploma in the year preceding the event.

Detailed information for the 2023 FISU Winter World University Games can be found at: <https://usports.ca/en/international/universiades/winter-2023>

6.2 Entry Quota

Entry quota will be in accordance with [2023 FISU Winter World University Games Usports Sport Bulletin #2 \(July 2022\)](#)

Women 500	Women 1000	Women 1500	Women 3000	Mass Start
4	4	4	3	2
Men 500	Men 1000	Men 1500	Men 5000	Mass Start
4	4	4	3	2

6.3 2023 FISU Winter World University Games – Nomination

A maximum of eight (8) athletes, 4 per gender will be nominated for the 2023 FISU Winter World University Games. Athletes must be at least 18 and no older than 25 years of age on the 31 December of the year of the event (i.e. born between 1 January 1998 and 31 December 2005). Athletes will be eligible for Nomination to the 2023 FISU Winter World University Games as per Section 3.6 of this HP Bulletin.

6.4 Performance Results

Selection Event: Canadian Long Track Championships (“CLT Championships”), October 13-16, 2022

Four (4) athletes per gender who are not already selected to the Fall World Cup 1-2 Team will be Nominated to the 2023 FISU Winter World University Games as follows:

- The Top (4) eligible athletes per gender based on such athlete’s best performance in an Individual Distance (excluding Mass Start) at the CLT Championships as a percentage of the Individual Distance 2022 CLT FISU Games Performance Index time set forth in Section 6.4 (the “2022 FISU Games Performance Index times”).
- Athletes qualifying in a specific distance are eligible to compete in other distances at the 2023 FISU Winter World University Games. Athletes will be prioritized based on their ranking of eligible competitors in the distances at the 2022 Canadian Long Track Championships.
- Athletes who qualify for World Cup 3 and/or 4 as per section 4.5.3 (specific to WC 3 & 4 held in Calgary) will be eligible to participate in the 2023 FISU Winter World University Games.

Table 4. 2022 FISU Games Performance Index time

	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

7. LANGUAGE

This HP Bulletin 201 was originally drafted in English and was translated into French. In the event of a discrepancy between the English and French versions, the English version shall be used to understand the intended drafting of the provision(s) in question. Should such a situation arise, Speed Skating Canada will ensure that any discrepancies are corrected as soon as possible and will assist any impacted individuals with resolving the matter.



APPENDICES

APPENDIX A: ISU QUALIFYING TIMES

As per ISU Communications, in order for a result to be a valid Qualifying Time, it must have been achieved in an ISU sanctioned event in the period between July 1, 2021 (World Cups) or July 1, 2022 (Championships) and the entry deadline for the ISU World Cup or World Championship Event concerned. For the Mass Start and Team Events, any of the listed Qualifying Times will apply.

The ISU Speed Skating Technical Committee has determined Qualifying times required for participation in ISU Speed Skating Championships. For all ISU Championships, except for the ISU World Junior Speed Skating Championships, two alternative sets of Qualifying times have been defined. The slower Qualifying time, listed in (brackets), applies for results achieved outside the high altitude ice rinks in Calgary (Olympic Oval), Salt Lake City (Utah Olympic Oval) and Ürümqi (Xinjiang Ice Sports Center). The following Qualifying time limits apply for ISU Speed Skating Championships:

ISU World Cup Qualifying Times

ISU World Cup

To be entered, a skater must have achieved the following Qualifying Time.

	Women	Men
500m	39.50 (40.00)	35.70 (36.20)
1000m	1.19.00 (1.20.00)	1.11.00 (1.12.00)
1500m	2.00.50 (2.02.00)	1.49.00 (1.50.50)
3000m	4.19.00 (4.22.00)	---
5000m	7.23.00 or 4.11.00 (7.33.00 or 4.14.00)	6.40.00 (6.45.00)
10000m	---	13.30.00 or 6.28.00 (13.40.00 or 6.33.00)

ISU Championships Qualifying Times

4 Continents Championships

To be entered, a skater must have achieved the Qualifying Time in all Individual Distance entered.

	Women	Men
500m	40.00 (40.50)	36.20 (36.60)
1000m	1.20.00 (1.21.00)	1.11.90 (1.12.80)
1500m	2.03.00 (2.05.00)	1.51.00 (1.52.50)
3000m	4.24.00 (4.28.00)	---
5000m	---	6.48.00 (6.52.00)

World Speed Skating Championships – Single Distance Format

To be entered, a skater must have achieved the following Qualifying Time in all individual distance entered.

	Women	Men
500m	40.00 (40.50)	36.20 (36.60)
1000m	1.20.00 (1.21.00)	1.11.90 (1.12.80)
1500m	2.03.00 (2.05.00)	1.51.00 (1.52.50)
3000m	4.24.00 (4.28.00)	---
5000m	7.25.00 or 4.15.00 (7.32.00 or 4.20.00)	6.48.00 (6.52.00)
10000m	---	13.40.00 or 6.35.00 (13.50.00 or 6.40.00)

World Junior Championships

To be entered, Allround skaters must have achieved the Qualifying Time in all Individual Distance entered.

	Women	Men
500m	42.50	38.50
1000m	1.25.00	1.16.00
1500m	2.12.00	1.58.00
3000m	4.45.00	---
5000m	---	7.05.00 or 4.05.00

APPENDIX B: DECLARATION TO COMPETE

Please place an "X" under the following Individual Distances in which you would like your Nomination to be considered, for each corresponding Event.

This form does not confirm your participation in the events listed, only that you intend to compete if Nominated and accept your Nomination.

Name: _____

Event	500m(1)	500m(2)	1000m	1500m	3000m	5000m	10000m	MS
ISU World Cup 1 Stavanger, NOR								
ISU World Cup 2 Heerenveen, NED								
ISU World Cup 3 Calgary, CAN								
ISU World Cup 4 Calgary, CAN								
ISU World Cup 5 Tomaszów Mazowiecki, POL								
FISU Games Lake Placid, USA								
ISU World Junior Championships Inzell, GER								
ISU 4Continents Quebec City, CAN								

By signing this Declaration to Compete, you agree to the Guidelines set forth in Section 2 of this HP Bulletin 201 and agree to participate in the Individual Distances indicated if Nominated and selected to the Team.

Athlete Signature

Date

Coach Approval – Signature

Date

APPENDIX C: GUIDELINES FOR THE ALLOCATION OF BYES

To World Cups and World Championship Teams

Purpose

The purpose of this section is to provide guidelines to the Chair in the consideration and granting of Bye requests.

Philosophy

In exceptional and unforeseen circumstances, the Chair may, in their discretion, determine that, where an athlete has not had the opportunity, through no fault of his or her 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 his or her performance is negatively impacted by an injury, illness or equipment breakage, the athlete may, subject 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.

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 Individual Event on the basis of their performances. However, and notwithstanding the aforementioned, if, compared to the performances of the other athletes seeking Nomination onto a Team or into an event, an athlete's recent performances demonstrate that they are at a superior level that would warrant Nomination onto a Team or that they should be granted permission to enter an event through a Bye, the Chair 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.

Note the following Bye policy considerations and application herein is specific only to athletes applying for byes onto the World Cup and World Championship Teams, the selection for which is outlined in this HP Bulletin 201.

Rules for Requesting a Bye to World Cups and World Championship Teams

- Bye Requests to the World Cup and/or World Championship Team Selection can only be made by athletes who finished in the Top 8 and Top ½ in an Olympic event at the 2022 Winter Olympic Games.
- Bye Requests to the Junior World Championships can only be approved by the sole discretion of the HPAC-LT chair.
- Bye requests must be made in writing to the HPAC-LT Chair in accordance with the timelines and procedures indicated below and herein.
- Unless physically incapable, only the athlete requesting a Bye is permitted to submit the request.
- If the Bye request is made as a result of an illness or injury, the athlete must provide documented evidence from a qualified Long Track appointed medical practitioner that the athlete was unable to compete in the Selection Event(s) due to the injury or illness. The HPAC-LT has the right to request further independent medical review after the Bye request has been submitted.
- In the case of a Bye request being made on the basis of equipment breakage, the request has to have been reported to and verified by the race referee and the High Performance staff (or other member of the HPAC-LT if the High Performance staff member is not available or present) immediately following the race in which the equipment breakage occurred.

Conditions for Applying for a Bye

Bye requests will be considered in two categories:

8. Pre-competition Illness or Injury

Pre-competition illness or injury, which prevents an athlete from competing in the Selection Event will only be considered if the athlete is ill or injured before the beginning of the Selection Event and the athlete is able to provide documentary evidence of their injury or illness. The athlete must request a Bye prior to the coaches meeting, or daily draw, for which the athlete is requesting the Bye. SSC staff and/or HPAC-LT must formally announce all pre-competition illness or injury Bye requests at this meeting so that all other competitors are made aware of the possibility of a Bye being granted.

In the case of selection to the Team Pursuit Team, where a cumulative ranking from multiple distances may be used, an athlete is eligible to make a Bye request if they are prevented from competing in one of the combined distances due to a pre-existing illness or injury.

A Bye request will be deemed ineligible if the athlete subsequently competes in the Selection Event for which the Bye request is made.

In the case of selection being based upon a cumulative ranking from multiple events, an athlete is eligible to apply for a Bye request to a subsequent ranking event (as specified in the relevant HP Bulletin) if they are prevented from competing in one of the ranking events due to a pre-existing illness or injury.

9. Injury, Illness or Equipment Breakage During the Selection Event

A Bye request for injury or illness or equipment breakage that occurs during the Selection Event must be made within 24 hours following the end of the Selection Event unless the athlete is physically incapable of making this request (in such a case, the athlete's coach may make the request).

Each Bye request must state clearly what the athlete is seeking, and supporting documentation (medical, race referee report, for example) must be provided at the time that the request is made.

Process for Reviewing a Bye Request

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

Following the completion of the Selection Event(s), the HPAC-LT will review all Bye requests and the Chair, in his or her sole and absolute discretion will make a decision on each Bye request with supporting rationale:

- In cases where multiple Bye applications are submitted, each Bye application will be assessed individually and on their own merit.
- If relevant, the HPAC-LT 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 Chair may impose certain conditions, which may include, but are not limited to a specific timeframe within which they must demonstrate a certain level of fitness or meet a specific performance requirement(s).

While making 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 performances of the athlete requesting the Bye.
- Results of the Selection Event(s) (by athletes in contention for the Team).
- Recent training and testing performances


In evaluating past performances, the Chair will assign higher weighting priority to those performances since January 1, 2022 immediately prior to the final selection event. However, occasionally this is not possible because of injuries, or the lack of opportunity for the athletes to compete. In such instances, performances beyond this period may be considered but will have a lower weighting in assessing the Bye request.

Other than Mass Start, following the consideration of the Bye request, the Chair may, at his or her sole, full and absolute discretion, award a Bye to an athlete who is:

- 0.5 sammelagt points faster than the last athlete selected in a specific distance based on the race skated at the selection event (that would mean 0.5 seconds in the 500m, 1 second in the 1000m, 1.5 seconds in the 1500m, 3 seconds in the 3000m, 5 seconds in the 5000m, and 10 seconds in the 10000m); or,
- 0.5 sammelagt point per race skated for a selection over cumulative points (4 distances skated = 2 sammelagt points, 500m skated twice = 1.0 sammelagt point).

In assessing the past performances of the athlete requesting the Bye and the history of the athletes who may be impacted by the Bye request (if granted), the Chair will give priority weighting to the best time (in ISU sanctioned events) of the athletes involved since January 1, 2022 including the selection competition(s).

For Mass Start, the Chair may, at its sole, full and absolute discretion, award a Bye to an athlete after the consideration of the factors and requirements described in this Appendix C, other than the sammelagt considerations described above.



In the case of a multiple Event Nomination if an athlete cannot complete the selection event due to exceptional circumstances (Section 1.9.2), the missing distances will be evaluated by using the personal best time (since January 1, 2022) for the athletes involved.

The Chair will only consider an athlete's personal best time for that distance recorded as far back as July 1, 2021. This time must be achieved in speed skating events listed on the ISU International Calendar or ISU 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 his or her 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 D: TEAM PURSUIT COMPOSITION

The specific composition of the three (3) or four (4) members Team Pursuit Team, if applicable, that will compete at the Event, including the athletes who will compete in each Event, will be determined at the sole, full and absolute discretion of the Team Pursuit coach(es) and/or Team Leader.

Different weightings will be determined according to the importance of factors considered in the decision-making process as they deem appropriate with the goal of fielding the best possible Team Pursuit Team. In no priority order, the following factors will be considered along with any other factors deemed relevant by the Team Pursuit Coach(es), IST Lead and/or Team Leader:

- Medal potential of the individual athletes selected to the Team Pursuit Team;
- Medal potential of the Team Pursuit Team composed solely of athletes otherwise qualified for the Event in an Individual Distance;
- Historical individual and Team Pursuit performances;
- Availability and demonstrated commitment to train as part of the Team Pursuit Team;
- International experience in the Team Pursuit event;
- International performance profile in the Team Pursuit event;
- Fit (i.e., ability to skate together, drafting, etc.) with other athletes already qualified for the Event(s) and selected to be part of the Team Pursuit Team;
- Positive influence and contribution to Team harmony;
- Other factors as may be identified by the National Team Team Pursuit coach(es), the IST Lead and/or Team Leader

APPENDIX E: SSC FUNDING MODEL FOR WORLD CUPS AND WORLD CHAMPIONSHIPS

World Cups and World Championships (Senior)

	World Cup 1&2 (NOR/NED)	World Cup 3&4 (CAN)	4Continents (CAN)	World Cup 5 (POL)	World Cup Final (POL)	WSS - Single Distance Format (NED)
Entry Quota (number of potential athletes)	As per quota	As per quota	As per quota	As per quota	As per quota	As qualified (max 3 per gender as per quota)
Maximum Nomination Funded by SSC (number of athletes)	Up to 16, as approved by the Chair	Up to 24 ⁴ , as approved by the Chair	Up to 20, as approved by the Chair (10 per gender)	To be determined as per section 4.6	To be determined as per Section 4.6	
Partial Funded (by ISU for Accommodation and Meals)	0	0	Up to quota by ISU	0	0	Up to quota by ISU
Self-Funded	As qualified*	As qualified*	0	As qualified	As qualified	As qualified

*Only athletes ranked on the 2022 Fall World Cup Matrix (4.4.2) are eligible for self-pay. Self-funded athletes must stay and travel with the team. The 2022-23 Athlete Categorization Model (ACM) will continue to apply to self-pay athletes' prioritization of services received.

⁴ At the discretion of the Chair, should the maximum nomination of 24 athletes be filled by the matrix (Section 4.4.2, priority 2) before selection for the 5000m (women) / 10000m (men) then additional athletes may be added for the 5000m (women) / 10000m (men) for World Cup 4 in order of their finishing position at the Selection Event..

World Cup Final and World Championships (Junior)

	Junior World Cup Final (AUT)	World Junior Championships (AUT)
Entry Quota (number of potential athletes)	As per ISU quota (World Junior Team)	As per ISU quota
Maximum Nomination Funded by SSC (number of athletes)	World Junior Team	10 (5 per gender)
Partial Funded (by ISU for Accommodation and Meals)	0	Up to quota by ISU
Self-Funded	0	0

FISU World Winter University Games

	FISU World University Games (USA)
Entry Quota (number of potential athletes)	As per FISU Games USport Bulletin #2
Maximum Nomination Funded by SSC (number of athletes)	8 athletes total (4 per gender)
Self-Funded	0