



High Performance Bulletin 208

National/NextGen Program Selection

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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 Speed Skating 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 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.

1.5 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 2022 will take precedence when determining the applicable field size and disqualifications.

1.7 Philosophy and Principles

Selection to a National Program Pool or Team will be based on the athletes that the Long Track High Performance program determines are in the best position to achieve the best possible results for Canada at international events; such as the Olympic Games, World Speed Skating 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 208 Appendix B – Guidelines for the Allocation of Byes, the Chair, for that purpose, and in their 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 and culture driven; and
- iii. Athlete Empowered.

1.8 Performance Focused

A performance focused team is a philosophy that any identification or selection to a National Program Pool or Team is earned, not deserved. The team and individual gain in a high-performance focused environment will significantly increase the Team and individual chances of success. This principle, in and of itself, will offer considerable opportunity to uplift the performance of the Speed Skating Canada Long Track National Program. Technical, Tactical, Mental Performance, Elite behaviours and Health key performance indicators will be identified to empower skaters in the national program.

1.9 Speed Skating Canada Coach and Culture Driven

The investment in building a Speed Skating Canada team culture identifies a High Performance focused environment for current and sustainable success of Speed Skating Canada’s long track HP program. Team culture focuses on a values based safe and inclusive daily training environment with Individual, Team Pursuit, Mass Start and Team Sprint training and preparation strategies fostering continual improvement toward World Cup, World Championships and Olympic performance objectives.



Emphasizing a World Cup, World Championship and Olympic performance focus will highlight attention to the racing team, placing importance on a higher number of World Cup wins and top 8 performances knowing that consistent success on the international stage is a key performance indicator for eventual Olympic podium performances.

1.10 Athlete Empowered

Empowerment is determined by the relationship between an athlete and their environment. Empowerment requires the engagement of the athlete in the planning and carrying out of their daily training, pre-competition, competition, and debriefing plans. Empowering the athlete creates a sense of responsibility, knowing they are valued and allows them to take ownership of their performance development which can in turn create a greater level 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 performance potential.

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 Format, 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

Priority 1: Athletes who have satisfied Senior International Carding nomination, under section 3.8 of Performance Bulletin 207 – Carding Criteria will be nominated for the National Team.

Priority 2: Athletes who have satisfied Senior National Carding nomination under section 3.9 Priority 1 of High Performance Bulletin 207 – Carding Criteria will be nominated for the National Team.

Priority 3: Athletes may also be added to the National Team at the discretion of the Chair on the basis of the following, in no particular order:

- Rankings (World Rank, World Championships) in the current 2023-2024 season
- Historical Performances (Top 8 and Top ½ finish (of the field) in an Olympic event at World Speed Skating Championships – Single Distance format and/or Olympics
- Previous National Team member
- The athlete being awarded an injury card from Sport Canada (AAP).

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 5-8 years from an Olympic podium performance to progress along the SSC 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 Olympic and Paralympic 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

Priority 1: The following athletes will be nominated to the NextGen Team in the following order of priority:

- 3.3.1. Athletes who have satisfied the nomination criteria for a Senior National card under Section 3.9, Priority 2 of HPB 207
- 3.3.2. Athletes who have satisfied the nomination criteria for a Senior National card under Section 3.9, Priority 3 of HPB 207.
- 3.3.3. Athletes who have satisfied the nomination criteria for a Development card under Section 3.10, Priority 1 of HPB 207.
- 3.3.4. Athletes who have satisfied the nomination criteria for a Development card under Section 3.10, Priority 2 of HPB 207
- 3.3.5. Athletes who have satisfied the nomination criteria for a Development card under Section 3.10, Priority 3 of HPB 207

Priority 2: Athletes may be added to the NextGen Team based of the following:

- 3.3.6 Athletes who are ranked 2nd and 3rd on the 2023-2024 Canadian Ranking List and have met the 2024 Canadian Long Track (CLT) Time Standard (Appendix B) for the relevant ISU group (Senior, Neo-Senior, Junior), for the respective distance will be ranked using performance

percentage to the relevant 2023 CLT Time Standard. Junior athletes will be evaluated against Neo-Senior time standards with the exception of those who have achieved the criterion outlined in section 3.3.4. In the case of Mass Start, athletes who have met the Mass Start profile (Bulletin 205, Section 3.3.2 and ranked in the top 3 on the 2023-2024 Canadian Ranking List. Time standards must be achieved at one of the competitions listed in Section 7.2)

3.3.7 Athletes will be ranked according to the 2023-2024 Canadian Ranking List in order of priority as follows:

- 3.3.7.1 All Senior, Neo-Senior (N1-N4), Junior athletes ranked 2nd and 3rd on the 2023-2024 Canadian Ranking List – Individual Distance Final Classification not already nominated as per HPB 208 Section 3.3.6 (above): , and further ranked by:
- 3.3.7.2 Using performance percentage to the 2023 CLT Time Standard for the relevant ISU group (Senior, Neo-Senior, Junior). Junior athletes will be ranked against Neo-Senior time standards.
- 3.3.7.3 All Senior, Neo-Senior (N1-N4), Junior athletes ranked 2nd and 3rd on the 2023-2024 Canadian Ranking list for Mass Start, will be ranked based on the 2023-2024 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).

The following guideline will be considered when selecting skaters to the NextGen Team according to Priority 2 only: 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).

Notwithstanding the foregoing, athletes who have previously been on the National Team are ineligible for NextGen Team nomination under Priority 1 or 2 unless the athlete qualified for the National Team through Team Pursuit (by finishing in the Top ½ of the field at Olympics and/or World Speed Skating Championships) .

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 athlete¹
- 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 2024 – 2025 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 pathway (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.

¹ 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 (Gap analysis) meetings with athletes, coaches, and IST;
- v. Yearly Training Program elite focused camps.

7. 2023-2024 CANADIAN RANKING LIST

7.1 General Information

The 2023-2024 Canadian Ranking List – Individual Distance Final Classification will include a series of competitions subject to regulations that are published by the HPAC-LT. The 2023-2024 Canadian Ranking List – Individual Distance Final Classification is made up of the Canada Cup Ranking Points (7.4) and World Cup Bonus – Canadian Ranking Points (7.5).

7.2 Competitions

The following competitions are included in the 2023-2024 Canadian Ranking List – Individual Distance Final Classification:

- i. Canadian Long Track Championships – 2-500, 2-1000, 1500, W-3000, M-5000, W-5000, M-10000, Mass Start
- ii. Canada Cup #1/Canadian Junior Championships – 2-500, 2-1000, 1500, W-3000, M-5000, W-5000m, M-10000m, Mass Start
- iii. Canada Cup Final - 2-500, 2-1000, 1500, W-3000, M-5000, W-5000, M-10000, Mass Start

7.2.1 World Cup Bonus Points:

Canadian Ranking List bonus points will be earned through individual performances at World Cups through the 2023-24 season. The 2023-2024 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 2023-2024 Canadian Ranking List – Individual Distance Final Classification will be published after the season for each individual distance. Bonus points will be earned as follows:

- i. The best individual World Cup points result (2-500, 2-1000, 1-1500, 2-W-3000/5000, 2-M-5000/10000, 1-Mass Start) in Fall World Cups (#1, #2, #3, or #4).
- ii. The best individual World Cup points distance result (2-500, 2-1000, 1-1500, 1-W-3000, 1-M-5000, 1-Mass Start) in Winter World Cups (#5 or #6).

Refer to Appendix C for the Canada Cup Ranking Points and World Cup Bonus Points Scoring tables.

7.3 Guidelines

The Canadian Ranking points system provides multiple opportunities to obtain points in each individual distance, from the national competitions listed above in Section 7.2. The following defines the number of races that will be used to calculate the final 2023-2024 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 4 of 6 race rankings (Combined Long Distance ranking)
- v. 5000m/10000m Men: best 4 of 6 race rankings (Combined Long Distance Ranking)
- vi. Mass Start Women and Men: best 2 of 3 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. An athlete who is in a pre-selected position for the Fall World Cups 1-4 as per HPB 205, section 4.4.1 will earn the maximum number of Canadian Ranking Points (100pts = equivalent of 1st place points) in the pre-selected distance at the 2024 Canadian Long Track Championships regardless of finish rank or participation in such preselected distance at the 2024 Canadian Long Track Championships. The remaining field of competitors will be competing for 2nd place ranking points (80pts = equivalent of 2nd place points, etc....) and so forth.
- iii. For Canada Cup 1, athletes who are in a pre-selected position for the Winter World Cups 5-6 as per HPB 205, section 4.5.1 will earn the relevant Canadian Ranking Points (e.g.: 100pts, 80,pts, 70pts) based on the order of their points ranking on the World Speed Skating Championships – Single Distance Format SQRL, relative to any other preselected athletes in the distance, regardless of finish rank or participation in such preselected distance at Canada Cup 1. Based on the number of preselected athletes in any given distance, the remaining field of competitors will be competing for the next available Canadian Ranking Points in such distance.
- iv. 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. For greater clarity Senior Mass Start ranking will precede Junior Mass Start ranking.
- v. 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 for that distance will earn the higher ranking.
- vi. Athletes who do not finish or do not start a race due to injury or illness will not be awarded Canadian Ranking points for that race unless the athlete is in a preselected position for the Fall World Cups 1-4 as per HPB 205, section 4.4.1, or Winter World Cups 5-6 as per HPB 205, section 4.5.1.
- vii. Athletes who are disqualified in a race will not receive ranking points for that race.
- viii. Only Canadian athletes are eligible to receive Canadian Ranking points.
- ix. In the case of Mass Start, Canadian Ranking points will be assigned as per the official race results and to Canadian athletes only.
- x. Athletes who have satisfied the nomination criteria for Senior International Carding priorities (HPB 207 Section 3.8) and Senior National Carding (HPB 207 Section 3.9, Priority 1 only), will be ranked above the line² on the 2023-2024 Canadian Ranking list – Individual Distance Final Classification for the distance(s) in which they have satisfied the criteria. Athletes who have not met Senior International Carding priorities or Senior National Carding

² When a skater is ranked “above the line”, they have satisfied nomination to the National Team as per HPB 208, Section 2.3, Priority 1 and 2 only. When a skater moves above the line they will be removed from the Canadian Ranking List. Any Canadian Ranking List points a skater above the line has earned through the season will not be redistributed to skaters below the line.



priorities at the 2024 World Speed Skating Championships will remain on the 2023-2024 Canadian Ranking List.

- xi. For Canada Cup Final, athletes who are ranked above the line in a particular distance based on their finish position at the 2024 World Speed Skating Championships as per HPB 208 section 7.4, point x. (above) will earn Canadian Ranking Points for such distance regardless of their finish rank or participation in such distance at Canada Cup Final. Based on the number of athletes who are above the line in any given distance, the remaining field of competitors will have the opportunity to earn the next available Canadian Ranking Points in such distance.

The ISU Points scoring table as published in [ISU Communication 2587](#) is listed in Appendix C.



APPENDICES

APPENDIX A: 2023 CANADIAN LONG TRACK (CLT) TIME STANDARDS

2023 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

2023 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

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, 2024.
- Bye requests to the National Program can only be made by athletes who finished in the top 8 and top 1/2 at 2024 World Speed Skating Championships 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 20th, 2024.

- An athlete who races after March 2nd, 2024, is ineligible to apply for a bye to the National Program, unless otherwise approved by the Chair.
- An athlete granted a bye to the 2023-2024 National Program is ineligible to apply for a bye to the 2023-2024 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.
- The athlete being awarded an injury card from Sport Canada (AAP).

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, 2023, 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, 2021. 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 format beyond this 12-month period and up to 2022 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, 2020. 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

Canadian Long Track Championships, Canada Cup 1, and Canada Cup Final

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

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

The ISU Points scoring table as published in [ISU Communication 2587](#):

Based on the results of Division A and Division B, World Cup points are awarded according to the points tables below.

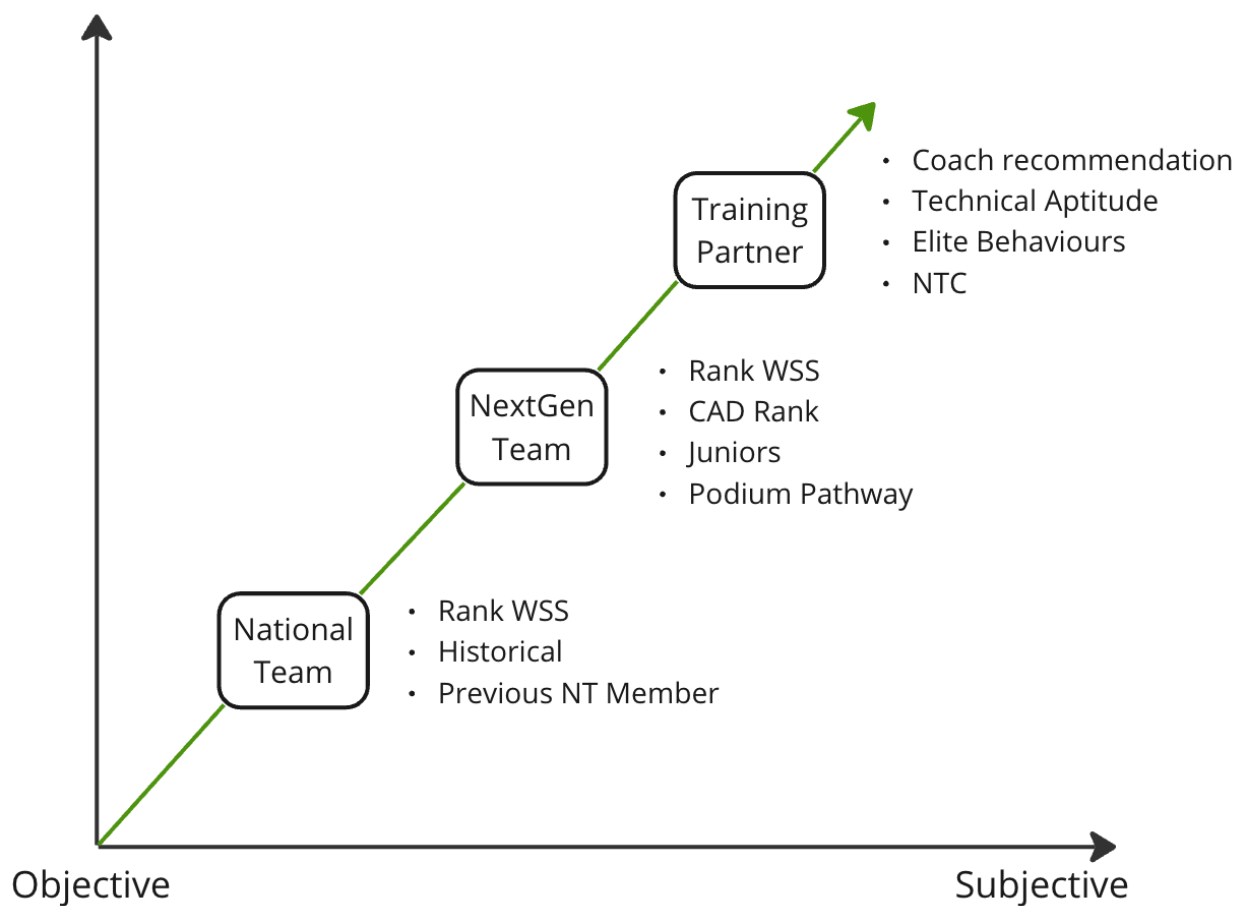
Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
500/1000/1500/MS Division A	60	54	48	43	40	38	36	34	32	31	30	29	28	27	26	25	24	23	22	21
Division B*	20*	19*	18*	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
3000/5000 Division A, TS and MGR	60	54	48	43	40	38	36	34	32	31	30	29	28	27	26	25	24*	23*	22*	21
Division B*	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
5000/10000 Division A	60	54	48	43	40	38	36	34	32	31	30	29	28*	27*	26*	25	24	23	22	21
Division B*	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Team Pursuit races	60	54	48	43	40	38	36*	34*	32*	31	30	29	28	27	26	25	24	23	22	21
Division B*																				
Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40

* Place 1-2-3 in the Division B will be awarded with extra 8-5-3 points respectively

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.

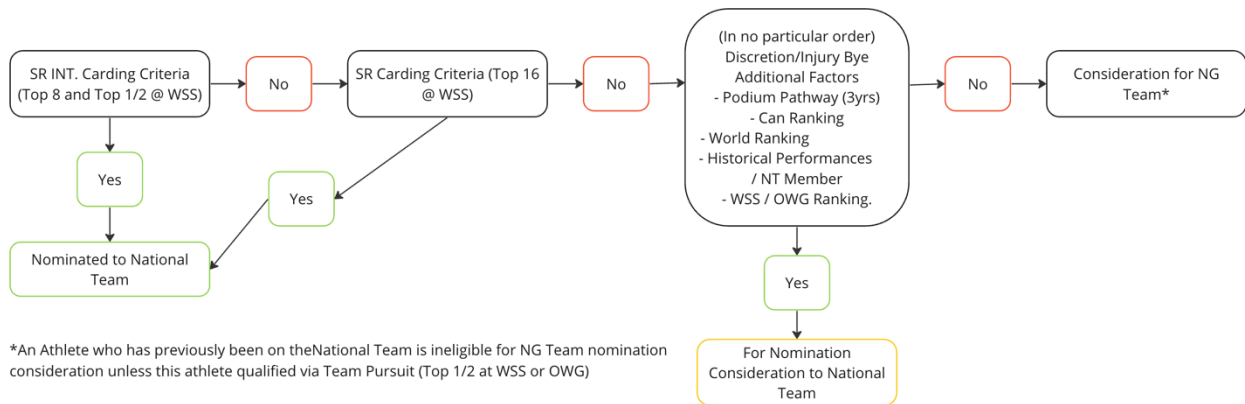
Discretion



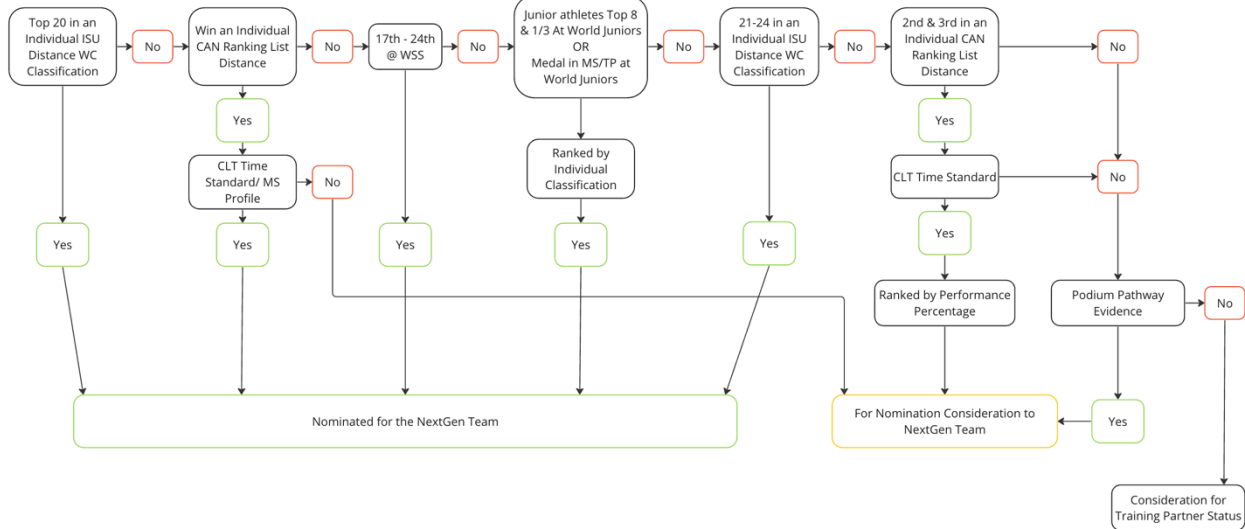
APPENDIX E: NATIONAL PROGRAM NOMINATION

The following infographics are to be used in conjunction with the text in High Performance Bulletin 208 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)



NextGen Team Nomination Guidelines (Section 3.3)



National Team Training Partner Nomination Guidelines (Section 4.3)

