



Canadian Youth Long Track Championships

*February 9-11, 2024
Quebec City, QC*

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Note: Significant changes highlighted in yellow(updated January 22, 2024)

TABLE OF CONTENTS

1. INFORMATION.....	3
1.1. Purpose	3
1.2. Objectives	3
1.3. Amendments	3
2. ENTRY REQUIREMENTS.....	3
2.1. Entry Deadline	3
2.2. Entry Criteria.....	4
3. COMPETITION FORMAT	4
3.1. Program & Events List.....	4
3.2. Safety Equipment.....	5
3.3. Olympic Style Event – 500m	5
3.4. Canadian Mass Start Event – 300m	5
3.5. Team Pursuit (4 Lap) Event.....	6
3.6. ISU Mass Start Event – 7 Lap	6
3.7. Canadian Mass Start Super Final – 1500m	8
3.8. Ability Based Super Final – 1000m	9
4. RESULTS & AWARDS.....	9
5. CAMP DAY INFORMATION.....	9
APPENDIX A – FRESH STARTS	10
APPENDIX B – PAIRING AND DRAWING FORMAT	12
APPENDIX C – SPEED SKATING CANADA WITHDRAWALS FORM	13

1. INFORMATION

1.1. Purpose

The purpose of the Canadian Youth Long Track Championships Bulletin is to identify the technical regulations, eligibility criteria and competition formats related to the Canadian Youth Long Track Championships. This bulletin should be used in conjunction with HP Bulletin 202.

1.2. Objectives

The Canadian Youth Championships are intended to be the focal point of athlete preparation for skaters in the LTAD Training to Train stage of development. These Championships provide meaningful, high profile and developmentally appropriate racing which are a source of motivation and an opportunity for recognition of the best developing skaters in Canada. This event will serve as a primary introduction to national competitions where skaters represent their Provincial or Territorial Sport Organization (PTSO).

The events raced at the Canadian Youth Long Track Championships reinforce the training objectives for skaters in the Training to Train stage of development. Events consider a holistic approach to skating and strive to develop not only the physical but also the **Cognitive**, **Mental**, and **Social** aspects of skating. The philosophy behind these competitions is to create racing environments which engage the athletes cognitively through the means of close racing. Furthermore, social consideration of team events and the mixing of age groups create social interactions between skaters as well as provide different mental challenges. Formatted as a *Single Distance* championships, there will be PTSO awards or overall champion.

1.3. Amendments

Changes to this document may be necessary to ensure the objectives of the competition are being met and the safety of the participants is being upheld. Any changes to this document will be communicated electronically to all PTSO's and posted to SSC's website. Such changes must be reasonably justifiable in accordance with fundamental principles of natural justice and procedural fairness.

2. ENTRY REQUIREMENTS

2.1. Entry Deadline

Preliminary Entries - 18 days prior (January 22, 2024)

- The Preliminary PTSO Entry Forms are received by SSC.
- Includes all **eligible** skaters' information (Name, Identified Gender, SSC#, Birth Date, Age Class, 500m Seed Time, Club/PTSO).
 - Regarding participants gender category, refer to [SSC's Equity, Diversity and Inclusion Policy](#), Section 5
- An eligible skater is defined as any skater who has met the entry requirements and **intends to accept a position on the PTSO's team if selected by their PTSO**. A PTSO may impose additional eligibility criteria on its skaters.

- PTSO's are encouraged to include alternates with the preliminary entry to facilitate the reallocation of positions should additional positions become available to the PTSO.
- PTSO's who know prior to the Preliminary Entry deadline of available positions (quota the PTSO will not use) are asked to advise SSC of the release of those positions as soon as possible.
- Forms will be sent to the PTSOs and will be available on the SSC website.

Notification - 14 days prior (January 26, 2024)

- Unused guaranteed entry positions shall be reallocated to the next fastest eligible skater from any PTSO, using 500m entry times. PTSOs will be notified of additional positions available at least fourteen (14) days prior to the competition start date.

Final Entries - 10 days prior (January 30, 2024)

- Final entries are to be confirmed and submitted to the SSC contact person on the PTSO Entry Form.
- Includes all qualified and confirmed skaters' information including all personal information listed above **and 500m seed times**.

Replacement Skaters

- No skaters, replacement or otherwise, will be accepted after the Final Entry deadline.

Summary of Deadlines

Preliminary Entries are due by:

- **January 22, 2024**

Notification will be sent by:

- **January 26, 2024**

Final Entries are due by:

- **January 30, 2024**

2.2. Entry Criteria

To be eligible to enter the CYLT Championships, athletes must be age category Youth 11, Youth 12, or Youth 13.

- The maximum number of entries per division is 24 skaters.
- PTSO entries are detailed in the chart below (based on provincial/territorial registration numbers). Unused entries into each division will be allocated based on the next fastest skater using their 500m seed time on the entry list.

Alberta	2	Nunavut	2
British Columbia	2	Ontario	2
Manitoba	2	Prince Edward Island	2
New Brunswick	2	Quebec	2
Newfoundland & Labrador	1	Saskatchewan	2
Northwest Territories	2	Yukon	1
Nova Scotia	2		

3. COMPETITION FORMAT

3.1. Program & Events List

Division	Day 1	Day 2
Boys / Girls 11 12 13	Olympic Style 500m OS ISU Mass Start 7 Lap Final Mass Start 1000m Ability Super Final	Mass Start 300m Mass Start 1500m Super Final 4 Lap Team Pursuit

Note: All Mass Start races will be contested on the inner racing lane.

3.2. Safety Equipment

- Safety equipment for all events, including the 500m OS distance, is the same as for Mass Start events. Note relevant regulations ([SSC D3-300](#) /ISU Communication [2584](#) and ISU Communication [2586](#)).

3.3. Olympic Style Event – 500m

- Seeding will be based upon the submitted season best 500m Olympic Style times*.
- See Appendix A for Fresh Start allowance.

3.4. Canadian Mass Start Event – 300m

The 300m Canadian Mass Start will be seeded using these steps, in order as required:

- 500m Olympic Style results at the CYLTC.
500m seed time (In the case of no time achieved during the 500m Olympic Style, the 500m seed time, with indoor-outdoor conversion of 109.5%, if necessary, will be used for subsequent seeding) **Example OUTDOOR 50.6s / 109.5% = 46.21s INDOOR**

A maximum of 6 skaters will be placed on the line for any given race.

300m: Heats (6 skaters on the line)

A	B	C	D
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13
17	18	19	20
24	23	22	21

300m: Finals (6 skaters on the line)

Final A	1 st plus next two fastest seconds from the Heats
Final B	Remaining seconds, plus next four fastest 3rds
Final C	Remaining 3rds, plus next four fastest 4ths
Final D	All remaining skaters

3.5. Team Pursuit (4 Lap) Event

- Team Pursuits shall be skated on the inner racing lane.
- Team Pursuit teams will be formed based upon **ability** using the skaters 500m times. Categories as follows with all skaters being eligible to participate:

Boys Category	11 – 13
Girls Category	11 – 13

- The 500m results will be compiled into 1 list per gender. Teams will be compiled using groups of 4 skaters, except for the final groupings in which teams may be composed of 3-5 skaters in the event that there are uneven numbers.
- All skaters must complete the team pursuit and the time of the final skater will be used as the finishing time.
- Using a handicapped performance measure (See below), the 500m times of the skaters will be combined to create a handicap. As a result, the winners of this event will be the team that best executes the team pursuit rather than the team who has the fastest time.
- This ability-based format of Team Pursuit will train skaters to execute a team pursuit with relative ability skaters, by limiting discrepancies in ability, the skaters in each team will be closer together and should therefore be able to implement a more representative strategy of this event.
- No skater may be a member of more than one Team Pursuit team.
- Team Pursuit pairings will be seeded upon the average 500m seed times of all skaters listed on the team. The fastest team facing off against the next fastest team, so on and so forth.
- All Team Pursuits will be conducted as a final.
- Any withdrawals from the Team Pursuit event should be submitted to the Competitors Steward / Recorder or Host Organizing Committee the evening before the event with changes accepted up to the end of the warm-up on the day of the event.
- A minimum of three (3) skaters to a maximum of five (5) skaters may take part in the Team Pursuit.
- Two Team Pursuit teams will race at a time. In the case of an odd number of teams, the team with the slowest average combined time will race without a pair.
- Format:
 - The 500m times from day 1 will be added together and divided by the number of skaters to create an average.
 - The average time will be multiplied by a factor of 3.2 and this will give a projected finishing time.
 - The finishing time will be calculated as a percentage of the projected finish time.
 - Teams will be ranked based on their percentage time. The team with the lowest percentage calculation is the winner.

Ex. 500m Times of the 4 Skaters: 40.15, 40.27, 40.33, 40.49

- Total Time: 161.24
- Average: $161.24 / 4 = 40.31$
- Projected $40.31 \times 3.2 = 2:08.99$ (128.99 seconds)
- Time Skated: 2:15.10 (135.10 seconds)
- Percentage of projected time: $(135.10 / 128.99) \times 100 = 104.74\%$

3.6. ISU Mass Start Event – 7 Lap

- For the 7 Lap ISU Mass Start event, a maximum of 24 skaters will start the race, with a maximum of 6 skaters in each row. The start positions will be based on the rankings from the 500m OS event. The race will be conducted in the following manner.

Lap 0

- The start takes place in the middle of the finishing straight (1000m finishing line). The finish of the race will be at the finishing line at the end of the finishing straight (500m finishing line).
- At the start of the race at the finish line 7 laps indicated to go.

Lap 1

- Formation lap, no one shall increase speed to gain a racing advantage. At the end of the lap a gun will sound to signal the start of the racing laps. At the finish line 6 laps indicated to go.

Lap 2

- Race lap, at finish line 5 laps indicated to go.

Lap 3

- Race lap, at the end of the lap a bell signals the start of a sprint lap. At finish line 4 laps indicated to go.

Lap 4

- Race lap, intermediate sprint points awarded to the first 3 skaters at the finish line, 3-2-1. At finish line 3 laps indicated to go.

Lap 5

- Race lap, at finish line 2 laps indicated to go.

Lap 6

- Race lap, at the end of the lap a bell signals the start of the final sprint lap. At finish line 1 lap indicated to go.

Lap 7

- Race lap, points given to first 6 skaters at the finish line 30, 20, 10, 4, 2, 1.

Allocation of sprint points:

- Intermediate Sprint: The first three (3) skaters will earn 3-2-1 sprint points.
- Final Sprint: The first six (6) will earn 30-20-10-4-2-1 sprint points.

Race results

- a) The first three skaters of the final sprint (places 1 to 3) will be ranked 1 - 2 - 3 in the race.
- b) The other competitors will be ranked according to their accumulated sprint points in the intermediate and final sprints.
- c) For competitors with the same total of sprint points, final time at the finish will break the tie.
- d) Competitors without sprint points will be ranked according to their final time at the finish.
- e) Competitors not finishing the race will be ranked according to the number of laps they have completed before being lapped or otherwise having abandoned the race. If two or more competitors abandon the race for any reason (e.g., fall, injury, broken skates) on the same lap, they will be ranked according to their last intermediate time.
- f) For competitors that do not finish the race, points earned by the competitor in the intermediate sprints will not be considered for the final race result, these intermediate sprint points will not be reallocated to other competitors.

Mass Start Racing Rules

- a) General racing rules shall conform with ISU Rule 253, paragraph 4b (Special Regulations and Technical Rules, Speed Skating)
- b) The race will be conducted under the principles of “Fair Play”.
 - i. No competitor shall cause the obstruction of other competitors.
 - ii. Competitors shall take care during racing to avoid causing dangerous situations.
 - iii. Any conduct deemed unsporting can lead to disqualification. The referee has the authority to disqualify the competitor(s) concerned.
 - iv. An obstructed competitor may be advanced to the next round at the sole discretion of the referee.
- c) Competitors overtaken with one full lap by the leading Skater must abandon the race immediately.
 - i. Lapped competitors and other competitors abandoning the race must move to the outer part of the track and enter the coaches' box on the crossing straight as soon as possible after they have been overtaken or abandoned the race and shall remain in the coaches' box until the race is over.
 - ii. Technical equipment may be used for signalling overtaken competitors.
- d) The referee is empowered to stop the race (ISU Rule 216, paragraph 2g) if there are safety concerns in the case of a fallen or injured competitor(s)
 - i. The race will then be stopped by a gunshot or whistle from the starter or by the referee. Technical equipment may be used for signalling a stop of the race.
 - ii. The referee decides if and when a fresh start of the race will be held.
 - iii. The full distance of the race will be re-skated if the race is stopped for safety concerns and a fresh start will be held.
 - iv. No fresh start will be allowed for competitors who were disqualified for rule violations, who were lapped or abandoned the race before the incident happened that caused the stop of the race.
 - v. If a “crash” occurs during the first lap with a large group of (6 or more) skaters involved, the race will be stopped, and a fresh start will then follow immediately.
- e) Disqualifications
 - i. During the starting procedure competitors moving forward and out of their starting row before the shot is fired will be disqualified.
 - ii. The first lap must be skated “in one group” without fast accelerations. Breach of this rule will lead to a disqualification.
 - iii. Serious obstructions or other unsporting behaviour against other competitor(s) will lead to a disqualification.

3.7. Canadian Mass Start Super Final – 1500m

- Ranking for the 1500m Canadian Mass Start event will be based on points earned from the 300m, 500m and 7 Lap events. There will be a maximum of 8 skaters per final.

3.8. Ability Based Super Final – 1000m

- This event is purely **ability** based, not age based.
- Skaters will be ranked in each respective gender using their 500m time from Day 1 of the event. (With respect to DNF, penalty, or fall the skaters 500m seed time (with correction if necessary) will be used for subsequent seeding)
- Finals will be composed of 8 skaters. All skaters will be included in a Super Final.
- Starting position will be based on rank. (1st ranked skater will be 1st on the start line)

4. RESULTS & AWARDS

- Individual distance champions and medalists will be awarded for the 300m, 500m, 7 Lap ISU Mass Start & 1500m. No overall champion will be awarded.

5. CAMP DAY INFORMATION

The Camp Day on February 9, 2024, is an important part of the overall experience for skaters. Activities are designed to connect the participants socially, have fun, and to help them learn about the sport. The Camp Day is optional but highly recommended!

Social

Fun games and group challenges are designed to help the skaters get to know each other before the competition starts. There will also be information about Safe Sport initiatives for skaters to learn about available tools and resources designed to keep them safe and provide support.

Cognitive

Video sessions with coaches and officials will be run to help the skaters gain new perspectives on racing skills and the rules of competition. Connecting with the officials is intended to help skaters learn how calls are made and better understand what is expected for a fair and safe competition.

Physical

Training within age categories will help the skaters to prepare for competition, experience a collaborative coaching session and be exposed to new coaching feedback, while skating with new friends.



APPENDICES

APPENDIX A – FRESH STARTS

Allowance of Fresh Starts in 500m Olympic Style Event at CYLT Championships

As the primary objective of CYLT Championships is skater development and the 500m event is used for subsequent event seeding at the CYLT Championships, skaters will be provided the allowance of a fresh start under the following conditions.

A. Under the following circumstances, skaters will be granted a fresh start and are still eligible for medals and national ranking:

- The athlete has been interfered with through no fault of their own (Ex. Cross Over Issue)
- Equipment failure prior to the race in which the Chief Referee has been notified.
- Discretion of the Chief Referee.

B. Under the following circumstances, skaters are eligible for a fresh start for seed times only:

- The athlete does not finish the race on account of a fall or disqualification.
- If an athlete is disqualified at the start (double false start), they will be given a Fresh Start immediately, with their current race pair.
- Unintentional Did Not Start (DNS).
- If an athlete fails to change lanes.
- Discretion of the Chief Referee.

APPENDIX B – PAIRING AND DRAWING FORMAT

This appendix outlines the pairing and drawing format for CYLT Championships. The reverse order may be applied if the Chief Referee with the sport expert/event organizer, and/or referees determine it necessary (e.g., safety, ice conditions, weather, entry times, number of entries).

500m Olympic Style Event Pairing and Drawing Format

RANKING ORDER (Draw based on best Qualifying times)		STARTING ORDER
GROUP 1	Fastest 4	Pair 1 Pair 2
GROUP 2	Next fastest 4	Pair 3 Pair 4
GROUP 3	Next fastest 4	Pair 5 Pair 6
GROUP 4	Next fastest 4	Pair 7 Pair 8
GROUP 5	Next fastest 4	Pair 9 Pair 10
GROUP 6	Next fastest 4	Pair 11 Pair 12

APPENDIX C – SPEED SKATING CANADA WITHDRAWALS FORM

Competition Date: _____	Withdrawal Distance: _____	<input type="checkbox"/> 300m <input type="checkbox"/> 500m OS <input type="checkbox"/> 1000m <input type="checkbox"/> 1500m <input type="checkbox"/> 7 Lap Mass Start <input type="checkbox"/> Team Pursuit
	Time of Event on Race Schedule: _____	
Athlete Name: _____	Athlete Signature: _____	

Official reason for withdrawal

Med or Coach Name: _____	Med or Coach Signature: _____
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FOR CHIEF REFEREE USE ONLY:	
Date Received: _____	Time Received: _____
Chief Referee Signature: _____	