



## *Competitions Format Bulletin*

### *2014-2015 BCSSA AD & Competitions Committees September 2014*

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This bulletin represents the joint effort of the BCSSA Athlete Development Committee (ADC, formerly HPC) and Competitions Committee. Competition formats for major BC Speed Skating competitions are contained within this bulletin. Where appropriate, links to supplementary resources are included.

# BC Short Track Championship (BCST) Format

## Dates & Locations

The BCST Championships will be held March 7-8, 2015 in Nechako Lakes. The event is the qualifier for Team BCSSA for the Canada West Short Track Championship to be held in Selkirk (MB) on March 21-22, 2015. Skaters will be required to confirm their Intent to Participate in Canada West (via online form) by February 27th, 2015.

## Eligibility & Seeding

BCST will be open to Provincial Stream skaters. Eligible skaters include Learn to Train (L2T) and older skaters, who have achieved *each* (of the respective) times in a sanctioned competition during the 2014-2015 season prior to February 28th, 2015. Coaches of skaters who are close to achieving the time standards should contact ADC ([bcssa.athletedev@gmail.com](mailto:bcssa.athletedev@gmail.com)) before the February 28th deadline to discuss eligibility.

	Male	Female
<b>L2T</b>	200m (mass start): 28.0 1200m: 3:00.0	200m (mass start): 28.0 1200m: 3:00.0
<b>F11/12, M12/13</b>	400m: 50.0 1500m: 3:20.0	400m: 54.0 1500m: 3:30.0
<b>F13/14, M14/15</b>	400m: 47.0 1500m (100m track): 3:10.0	400m: 51.0 1500m (100m track): 3:20.0
<b>C4L Open</b>	500m: 52.0 1500m (111.12m track): 2:45.0	500m: 57.0 1500m (111.12m track): 2:55.0
<b>C4L Masters</b>	500m: 1:00.0	500m: 1:05.0

BCST skaters will compete for final placings/medals in the following age categories (as determined by the critical birthdate of June 30, 2014):

- L2T (male, female)
- F11, F12, F13, F14
- M12, M13, M14, M15
- C4L Open (male, female): ages 15-29
- C4L Masters 30+ (male, female)
- C4L Masters 35+ (male, female)
- C4L Masters 40+ (male, female)
- C4L Masters 45+ (male, female)
- C4L Masters 50+ (male, female)
- C4L Masters 55+ (male, female)
- C4L Masters 60+ (male, female)
- C4L Masters 65+ (male, female)
- C4L Masters 70+ (male, female)
- C4L Masters 75+ (male, female)
- C4L Masters 80+ (male, female)
- C4L Masters 85+ (male, female)

Please note that medals will be awarded to each age category (as defined above) at the BCST, regardless of combination or splitting of groups. However, in order to promote meaningful competition, while working within the LTPAD framework, age categories may be combined for racing.

L2T skaters will skate in one cross-gender skating group, unless there are 8 or more qualified skaters in both the L2T female and L2T male age categories. L2T skaters will be seeded into heats for the first distance based on the submitted 1200m seed time (see above for details). Subsequently, skaters will be seeded into heats based on cumulative points within their skating group.

T2T skaters will skate official distances in their respective age categories (age class championship format). T2T skaters will be seeded into heats for the first distance based on the submitted 1500m seed time (see above for details). Subsequently, skaters will be seeded into heats based on cumulative points. T2T super finals (see table below for details) will be mandatory exhibition events to allow for ability racing outside of age categories.

Competitive for Life Open skaters will skate in their gender-specific age category. The meet coordinator (in consultation with the event Tech Rep) will create skating groups for Competitive for Life Masters skaters (like-gender or cross-gender combinations). All C4L skaters will be seeded into heats for the first distance based on the submitted seed time (see above for details). Subsequently, skaters will be seeded into heats based on cumulative points.

### **Events Skated**

Where appropriate, events skated are based on the events that would be skated by the appropriate age group at the Canadian Age Class Championships, as determined by SSC.

	<b>L2T</b>	<b>T2T F11/12, M12/13</b>	<b>T2T F13/14, M14/15</b>	<b>C4L Open</b>	<b>C4L Masters</b>
<b>Track</b>	100m	100m	100m/111.12m	111.12m	111.12m
<b>Day 1</b>	1200m, 200m*, Club Relay Challenge	1500m, 200m*, Club Relay Challenge	1500m, 200m*, Club Relay Challenge	1500m, 500m	777m, 1000m
<b>Day 2</b>	400m, 2000m points race	400m, 2000m points race, 400m super final**	400m, 3000m points race, 500m super final (111.12m track)**	1000m, 3000m points race	500m, 1500m (super final)

\* Combined pursuit/mass start format

\*\* T2T super finals will be pre-seeded ability finals based on seed times. Skaters will compete in 2-year gender-specific ability groups. The results of the T2T super finals will NOT be used in the cumulative results of BCST

### **Points Awarded and Final Awards**

Overall placings and medals (gold, silver, bronze and iron) will be awarded in age categories, regardless of

skating groups. Final placings will be calculated by summing the ranking points that each skater has earned in the final for each event. Where a final is not skated in age categories, ranking points are still assigned within each age category. Top points in each age category will be assigned to the highest-ranked skater in the highest-ranked final, followed by the next ranked skater in the highest-ranked final or the highest-ranked skater in the next-ranked final.

**In-Competition Rules**

- The racing rules of SSC, and where applicable, the ISU, will be used. Exceptions to the rules are noted in this 2014-2015 BC Competition Format Bulletin.
- Should a skater need to retire from competition due to illness or injury, the coach must obtain approval (in writing) from the Chief Referee. Notification must then be given to the Recorder and to the event Tech Rep, in writing. Points will be retained once approved by the ADC. If a skater retires for any reason without notification and approval by the ADC, then that skater’s points will be forfeited and no credit will be received for that competition.
- Starting procedure: the horn start will be used at BCST.

**Racing Formats- L2T and T2T**

Advancing through the rounds of competition, towards the final, will occur as per the [most recent SSC Competitions Bulletin](#). The number of skaters per event is as follows:

<b>Distance</b>	<b>Skaters on Line</b>
200m Pursuit 200m Mass Start	1/side (8 teams on the ice together) 3
400m	4
1200m/1500m	6
Points Race	8
Relay	4 teams

Any special racing formats/regulations are listed below:

- 200m Pursuit/200m Mass Start- see SSC Competition Bulletin page 8
- 3000m Points Race (100m track)- see SSC Competition Bulletin page 9
- 2000m Points Race (100m track)- see SSC Competition Bulletin page 10
- Club Relay Challenge (CRC)- see box below.

**Club Relay Challenge Format**

The CRC is sponsored by the Fort St James Falcons Speed Skating Club (in recognition of Keith Gordon). This event intends to develop team and relay skills while encouraging club spirit and interclub relations. The format of this event for the 2014-2015 season is currently under review and a revised Bulletin, with the complete format, will be released shortly.

### **Racing Formats- Competitive for Life**

Advancing through the rounds of competition, towards the final, will occur as per the [most recent SSC Competitions Bulletin](#). The 3000m points race (111.12m track) will be run using the same rules as the T2T 3000m points race (100m track), with the exception that the race will be 27 laps in duration as opposed to 30 (due to the difference in track size).

# BC Long Track (BCLT) Championship Format

## Date & Location

The BCLT Championship will be held January 17-18, 2015, in Prince George. The event is the official test event for the 2015 Canada Winter Games, and is the qualifier for Team BCSSA for the Canadian Age Class Long Track Championship to be held in Saskatoon (SK) on February 7-8, 2015. Skaters will be required to confirm their Intent to Participate in Canada West (via online form) by January 12th, 2015.

## Eligibility & Seeding

BCLT will be open to all skaters in the Train to Train (T2T) age category and older, as well as Learn to Train (L2T) skaters who have a personal best 200m mass start time (short track or long track) of less than 28.0 seconds. The LT FUNale is co-hosted with BCLT. FUNale skaters are not considered to be part of the BCLT and will not receive provincial medals. BCLT skaters will compete for final placings/medals in the following age categories (as determined by the critical birthdate of June 30, 2014):

- L2T (male, female)
- F11, F12, F13, F14
- M12, M13, M14, M15
- C4L Open (male, female): ages 15-29
- C4L Masters 30+ (male, female)
- C4L Masters 35+ (male, female)
- C4L Masters 40+ (male, female)
- C4L Masters 45+ (male, female)
- C4L Masters 50+ (male, female)
- C4L Masters 55+ (male, female)
- C4L Masters 60+ (male, female)
- C4L Masters 65+ (male, female)
- C4L Masters 70+ (male, female)
- C4L Masters 75+ (male, female)
- C4L Masters 80+ (male, female)
- C4L Masters 85+ (male, female)
- C4L Masters 90+ (male, female)

Please note that medals will be awarded to each age category (as defined above) at the BCLT, regardless of combination or splitting of groups. However, in order to promote meaningful competition, while working within the LTPAD framework, age categories may be combined into skating groups for racing.

L2T skaters will skate in one cross-gender skating group, unless there are 8 or more qualified skaters in both the L2T female and L2T male age categories. L2T skaters will be seeded into heats for the first distance based on the submitted 200m mass start seed time (short track or long track). All submitted seed times must be from the current or previous skating season, skated in a sanctioned competition. Subsequently, skaters will be paired (or seeded into heats) based on cumulative points within their skating group.

T2T skaters will skate in the following four skating groups: F11/12, F13/14, M12/13, M14/15. T2T skaters will be paired for the first distance based on the submitted 100m seed time. Times may be from an indoor or outdoor oval. All submitted seed times must be from the current or previous skating season, skated in a sanctioned competition. Short track times will not be accepted. Skaters with no applicable seed time will be seeded last in their skating group. Subsequently, skaters will be paired (or seeded into heats) based on cumulative points within their skating group.

Competitive for Life Open skaters will skate in their gender-specific age category. The meet coordinator (in consultation with the event Tech Rep) will create skating groups for Competitive for Life Masters skaters (like-gender or cross-gender combinations). All C4L skaters will be paired for the first distance based on the submitted 500m seed time. Times may be from an indoor or outdoor oval. All submitted seed times must be from the current or previous skating season, skated in a sanctioned competition. Short track times will not be accepted. Skaters with no applicable seed time will be seeded last. Subsequently, skaters will be paired based on cumulative Sammelagt points.

### **Events Skated**

	<b>L2T</b>	<b>F11, F12, M12, M13</b>	<b>F13, F14, M14, M15</b>	<b>C4L Open</b>	<b>C4L Masters</b>
<b>Format</b>	<i>Mass start</i>	<i>Combined mass start (MS) and Olympic style (OS)</i>	<i>Combined mass start (MS) and Olympic style (OS)</i>	<i>Olympic style</i>	<i>Olympic style</i>
<b>Day 1</b>	200m (heat and final), 100m (heat and final)	100m (OS final), 500m (OS final)	100m (OS final), 500m (OS final)	L500m, L1500m M500m, M3000m	500m, 1500m
<b>Day 2</b>	300m (heat and final), 1200m (super final), 1200m relay*	300m (MS heat and final), 3000m (MS super final), 1200m relay*	300m (MS heat and final), 3000m (OS final), 5-lap team pursuit*	L1000m, L3000m M1500m, M5000m	1000m, 3000m

\*The meet coordinator (in consultation with the event Tech Rep and Chief Referee) may choose to race the L2T/T2T team events at the completion of the day Saturday or Sunday, as weather and ice conditions dictate.

### **Points Awarded and Final Awards**

Final placings/medals (gold, silver, bronze and iron) will be awarded in age categories, regardless of skating groups. Final placings will be calculated by summing the ranking points that each skater has earned in the final for each event. Where a final is not skated in age categories, ranking points are still assigned within each age category. Top points in each age category will be assigned to the highest-ranked skater in the highest-ranked final, followed by the next ranked skater in the highest-ranked final or the highest-ranked skater in the next-ranked final.

Sammelagt points will be used for the Competitive for Life categories. All-round awards will be awarded based on lowest Sammelagt point totals.

## **In-Competition Rules**

- The racing rules of SSC, and where applicable, the ISU, will be used. Exceptions to the rules are noted in this 2014-2015 BC Competition Format Bulletin.
- Should a skater need to retire from competition due to illness or injury, the coach must obtain approval (in writing) from the Chief Referee. Notification must then be given to the Recorder and to the event Tech Rep, in writing. Points will be retained once approved by the ADC. If a skater retires for any reason without notification and approval by the ADC, then that skater's points will be forfeited and no credit will be received for that competition.
- Starting procedure: a gun or horn start system (with the electronic sound being like that of a gun) will be used at BCLT.
- Re-skates (Olympic Style races only): per ISU Rule 262.
- Lane positions (Olympic Style races only): per ISU Rule 239.

## **Racing Formats- L2T and T2T**

Where appropriate, racing formats will occur as per the [most recent SSC Competitions Bulletin](#). The following text heavily references the SSC Bulletin:

- Mass Start Events- For all mass start events the round progression (semis to finals) shall be the same as used in Short Track. If the racing lane is less than 6 metres wide, a maximum of 6 skaters will be placed on the line for any given race, if the track is greater than 6 metres wide a maximum of 7 skaters will be allowed.
- Olympic Style Events- All ISU racing rules apply. Quartets may be conducted for all distances of 1000m or greater.
- Relays and Pursuits- see box below.

### **Relays and Pursuits**

1. All relays and pursuits shall be skated on the inner racing lane except at the relay exchange area.
2. No skater may be a member of more than one relay or pursuit team.
3. All Pursuits and relays will be conducted as a final, with the winner declared based on fastest time skated.
4. Relays:
  - a. Relay teams will be determined based on best time skated in the 300m at BCLT. Skaters will be serpentine-seeded into gender-specific groups.
  - b. Relay Teams will include 3 skaters with each team member completing 1 lap. Three relay teams may compete at a time.
  - c. See the [most recent SSC Competitions Bulletin](#) for Relay Format details.
  - d. Relays are considered a mass start race and safety equipment shall conform to Rule D3-300/D3-301. Please note that all skaters, including those aged 15 and over, will be required to wear a helmet as per D3-301.
5. Pursuits:
  - a. Pursuit teams will be determined by skater's choice. Coaches must submit their skaters'



pursuit teams by the end of competition on Saturday. Remaining skaters will be assigned to a team.

- b. A minimum of three (3) skaters to a maximum of four (4) skaters may take part in a pursuit. The third skater on the team to complete the distance will determine the finishing time for the team. Two pursuit teams will race at a time.

## Short Track Regional FUNale Format



### Dates & Locations

There will be five Short Track Regional FUNale meets hosted around the province at the end of February or early March. The following chart illustrates which clubs are assigned to each Regional FUNale meet. Skaters are encouraged to participate in their local Regional FUNale and will earn points towards their club's ranking for BCSSA Awards when participating in their local event. Skaters may compete in Regional FUNales outside of their home region, but will not earn points for their club. The intention of dividing the province into five regions is to limit the travel time for younger skaters and their families, and to build the speed skating community locally.

Coastal	Fraser Valley	Interior/ Okanagan	Central	North
Esquimalt	Langley	Kelowna	Terrace	Chetwynd
Pacific Blades	Ridge Meadows	Kamloops RCR	Prince George	Dawson Creek
Peninsula	Mission	Kamloops LB	Nechako Lakes	FSJohn
Vancouver	Matsqui	Vernon	FSJames	
Richmond	Sardis	Salmon Arm	Mackenzie	
Burnaby		Nelson	Williams Lake	
Port Coquitlam		Kimberley		

- Northern Regional FUNale: TBC
- Central Regional FUNale: March 8th, Vanderhoof (cohosted with BC ST Championship)
- Interior/Okanagan Regional FUNale: March 14, Kamloops Long Blades
- Fraser Valley Regional FUNale: February 27, Mission
- Coastal Regional FUNale: TBC

### Eligibility & Seeding

The Regional FUNale meets are open to all skaters in the BCSSA Regional Stream: all AS, FUNd and Special Olympics skaters, plus L2T and older skaters who did not/will not participate at BCST. This includes skaters who have previously competed and those who have no formal competition experience. Please note that skaters must be registered as "Competitive" skaters with BCSSA and SSC to compete in

sanctioned events, including the Regional FUNale meets.

The seed time collected for T2T and younger skaters should be the 200m CCW mass start race (100m track). The seed time collected for C4L Novice (i.e. those older than T2T) skaters should be the 500m (111.12m track).

### **In-Competition Rules**

The ST Regional FUNale meets are the end of season celebration for Regional Stream skaters. Regions across the province may choose to celebrate differently based on local needs. In order to be officially endorsed as the region's ST Regional FUNale (and to receive associated BCSSA hosting grants), the host club must meet with the event's assigned BCSSA Competition Committee Representative prior to releasing the event announcement and ensure that the following five conditions are met.

1. **Skater safety and fair play are paramount.** The FUNales are required to carry, at minimum, a BCSSA Regional Sanction. Please see the [BCSSA Sanction Overview](#) for details. Note that there are specific requirements for a BCSSA Regional Sanction, including track certification, minimum officiating standards, protective padding requirements and medical requirements.
2. **The FUNales are a skater-focused celebration!** The event should not follow the same format as a traditional Interclub. It is an opportunity to showcase the local community and the sport of speed skating. Suggestions include:
  - a. Limit the ice time to allow all skaters to travel to and from the event on the same day. This eliminates accommodation costs for families and allows families to spend part of their weekend together away from the arena. Creative scheduling allows for each skater to race many events in a short period of time. Multi-day events are discouraged; an option to register in only one day must be provided if multi-day events are unavoidable.
  - b. Create a community event:
    - i. Invite the Mayor or local dignitary to come out to be a part of the event, e.g. a ceremonial first start.
    - ii. Challenge another ice user group to a friendly ice challenge with some of the skaters, i.e. the local ringette or hockey team.
    - iii. Host a "pot luck" for the skaters, parents, officials and invited guests.
    - iv. Invite local mascots for an exhibition mascot race.
  - c. Create a "theme" as part of the event. Include entertainment for the younger skaters, e.g. face painting.
  - d. Do a team challenge. Assign each skater to a team and tabulate team points.
  - e. Take pictures and create a virtual photo journal to be shared with all participants after the event. Be sure to include a photo consent clause in the signed registration document.
3. **The FUNales should cater to each skater's ability.** The FUNales are not age-class championships. In keeping with recommendations from Speed Skating Canada in *Racing on Skates*, all T2T and younger skaters must be grouped together based on speed, regardless of gender (i.e. mixed-gender, ability racing format). Consideration may be given to factors such as skater size and age. All C4L Novice skaters (i.e. those older than T2T) should be grouped together based on speed and developmental factors, e.g. age and number of years experience. It is highly

recommended that skater groupings be released to local coaches in advance of the event to allow for feedback on the placement of skaters.

4. **Each FUNale should be uniquely memorable.** All skaters should receive a keepsake to commemorate the event (e.g. participation award, event-specific gift or individual recognition awards). These keepsakes are best distributed on-site to the skaters. It is strongly recommended that the host club organize an awards ceremony where each skater can be individually recognized. Tabulating results to determine cumulative results is not recommended and placement-based awards are not acceptable keepsakes. This is consistent with LTPAD, which encourages a focus on learning competition basics, skill and speed development, personal bests and having fun. As results are not being tabulating to award cumulative placings, it is not necessary to record the meet in real-time. Recording and the generation of a protocol can be done after the completion of the event.
  
5. **Races must appropriately develop the skater.** The events at the FUNales should be a combination of traditional races and skills-based races; individual and team events. The choice of events and the sequence has been left to the discretion of the host club, in order to accommodate each clubs' unique hosting situation (i.e. venue, amount of ice time, skill level of skaters etc.). Please see the [BCSSA Regional Stream Events Manual](#) for suggested events. Note that T2T and younger skaters *must* be racing primarily on a 100m track (or smaller). The only event that is *mandatory* for T2T and younger skaters at the Regional FUNale is the 200m (CCW) race, which is the standard seed time for this age group. It is recommended that each skater have more than one opportunity to race the 200m, if possible. The only event that is *mandatory* for C4L Novice skaters at the Regional FUNale is the 500m race (111.12m track), which is the standard seed time for this age group.  
The host club is required to release the tentative list of events to the coaches of all registered skaters in advance of the Regional FUNale, such that participating skaters and coaches can familiarize themselves with the events.

### **ST Regional FUNale Planning Checklist**

	<b>Mandatory To Do Items</b>	<b>Timeline</b>
	Secure ice time	Early season
	Apply online for BCSSA Sanction	Minimum 2 weeks prior
	Secure First Aide	
	Secure event Officials	
	Ensure adequate safety mats	
	Plan the “celebration” (dignitary, food, fun activities, theme etc.)	
	Meet preparations - arrangements for volunteers, helmet covers, track preparations, supplies, etc.	
	Plan and purchase awards (medals, ribbons, goodie bags)	
	Plan awards presentation - place, time & “how”	
	Consult with coaches in the region re. skills-based & team races	1 month prior
	Gather registrations (including age, age class, and whether the skater is a BCSSA Competitive skater)	Deadline 1 week prior
	Finalize racing groups and races. Release list to coaches in the region for feedback	5 days prior
	Ensure each participant has mandatory distance planned (200m for all T2T & younger skaters; 500m (111.12m track) for all C4L Novice skaters)	5 days prior
	Ensure each skater participates in at least one team event	5 days prior
	Prepare and submit protocol (minimum requirement: mandatory distance times listed)	Maximum 2 weeks post
	Complete and submit all required post-event paperwork	Maximum 2 weeks post

## Long Track FUNale Format



### **Dates & Locations**

The Long Track FUNale meet will be co-hosted with the BCLT in January. FUNale events should be scheduled in a manner which allows the FUNale skaters to interact with skaters competing in BCLT, but does not require FUNale skaters to be present for the entire weekend.

### **Eligibility & Seeding**

The LT FUNale is open to all skaters who are not participating in BCLT. This includes skaters who have previously competed and those who have no formal competition experience. Please note that skaters must be registered as “Competitive” skaters with BCSSA and SSC to compete in sanctioned events, including the LT FUNale.

Skaters must be grouped together based on speed, regardless of gender (i.e. mixed-gender, ability racing format). The seed time collected for skaters should be the 200m CCW mass start race. LT or ST seed times are acceptable.

### **Events Skated**

Please see the [BCSSA Regional Stream Events Manual](#) for suggested events. Note that a combination of traditional races, skills-based races, individual races and team events are recommended. The choice of events and the sequence has been left to the discretion of the host club, in order to accommodate each club's unique hosting situation (i.e. venue, amount of ice time etc.). The only event that is mandatory at the LT FUNale is the 200m mass start race, which is the standard LT seed time for younger skaters. It is recommended that each skater have more than one opportunity to race the 200m, if possible.

The host club is required to release the tentative list of skaters and events to the coaches of all registered skaters in advance of the LT FUNale, such that participating skaters and coaches can familiarize themselves with the events.

### **Points Awarded and Final Awards**

In the LT FUNale, there is no ‘advancement’ from one round to another. Points are not awarded for individual race results. There is no need to record/post the times during the meet; the protocol can be generated after the event. Only the 200m (mass start) times must be recorded and submitted to the office to be included in the database; however, times may also be kept for other races. The age and the age class of each skater are also required to submit to the office.

All skaters should receive a keepsake to commemorate the event (e.g. participation award, event-specific gift or individual recognition awards). These keepsakes are best distributed on-site to the skaters. It is strongly recommended that the host club organize an awards ceremony where each skater can be individually recognized. Tabulating results to determine cumulative results is not recommended and placement-based awards are not acceptable keepsakes. This is consistent with LTPAD, which encourages a focus on learning competition basics, skill and speed development, personal bests and having fun.

### **In-Competition Rules**

The LT FUNale meets are required to carry a BCSSA Regional Sanction at minimum; however, it will likely be co-sanctioned with the BCLT under a BCSSA Provincial Sanction. Clubs should use this event as Officials training. Volunteers will require organizational skills for easy flow of the event on and off the ice. Even when non-certified officials and volunteers are being used, the Event Organizer/Meet Co-ordinator should submit a list of names to ODC.

Helmet covers (or some alternative method of identifying skaters (e.g. bibs)) are required. Skater safety is paramount. It is required that SSC Regulation D3-100 be followed for all skaters. First Aid/Medical Requirements are outlined in the sanction application.

## Provincial Relay Challenge Format



### **Dates & Locations**

The Provincial Relay Challenge (PRC) is comprised of the 10-minute, 2-person relay challenge. The PRC can be skated at any practice or competition (exhibition event) during the 2014-2015 season, provided the requirements listed below are met. Practices do not have to carry a sanction to be eligible. All entries into the PRC must be received by the Competition Committee by March 18, 2015.

### **Eligibility & Seeding**

New for the 2014-2015 season, the PRC has nine categories:

- L2T all-female
- L2T all-male
- L2T mixed gender
- T2T all-female
- T2T all-male
- T2T mixed gender
- Junior all-female (skating age 15-18)
- Junior all-male (skating age 15-18)
- Junior mixed gender (skating age 15-18)

Skaters may skate with any teammate, from any club (within a category). Skaters are encouraged to enter the PRC multiple times with the same, or a different, teammate. If circumstances require teams of mixed age categories, the team may be entered into the older age category (e.g. a L2T female and a T2T male skating together in a team would be eligible for the T2T mixed gender category).

### **Events Skated**

The PRC is comprised of the 10-minute, 2-person relay. Each skater on the team must have skated at least one complete lap to make the "team" eligible. The relay must be skated on the 100m track for the L2T and T2T categories. The relay must be skated on the 111.12m track for the Junior categories.

### **Points Awarded and Final Awards**

There are no points associated with the PRC. Official submissions are accepted exclusively via the [PRC Online Submission Form](#). Hardcopies of [PRC Recording Sheets](#) are available for tracking during the event. All eligible submitted entries will be ranked from highest number of laps skated to lowest level of laps skated. The team with the highest number of laps skated (in each category) at the end of the season will be declared the provincial champion.

Should two teams (in a category) have skated the same number of laps, a tie would be broken in the



following manner: the number of entries into the PRC (during the current skating season) for each team member would be added together. The team (of those tied) with the higher “participation number” will be declared the winner. This is to promote season-long participation in the PRC. Both team members will receive a commemorative prize and have their names recorded on the provincial plaque.

### **In-Competition Rules**

- All submitted results must have been counted by a certified coach or official, dedicated to counting laps for that particular team.
- An “event timer” (separate from the lap counter(s)) shall be assigned the task of monitoring the time for the duration of the race. The person starting the event (certified starter or otherwise) is the recommended person to play the role of event timer. When ten (10) minutes has been completed, the event timer shall fire one (1) shot or blow one harsh/loud whistle, signalling the end of 10 minutes. All skaters will then complete the lap which they are skating, which shall be counted as their final lap.