



2015-2016

***Provincial Performance Program
Skater Selection***

***2014-2015 Athlete Development Bulletin #3.0
October 2014***

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This bulletin outlines the requirements, as established by the BCSSA ADC (formerly HPC), to be eligible for the 2015-2016 Provincial Performance (PP) Program. These requirements must be completed during the 2014-2015 season.

Introduction

The Provincial Performance (PP) Program is aimed at increasing the number of BC skaters on the National Team/Development Team, and at increasing the medal count for BC at the Canada Winter Games. Year-long training programs that include physiological testing, strength training, team pursuit/relay training, competitions and camps are essential elements of this program. Nomination to the program is for the whole season but funding adjustments may be made throughout the season. Skaters nominated to Levels 1-3 of the PP Program receive additional support through the Canadian Sport Institute in the form of IPS (Integrated Performance System) carding.

Skaters in the PP Program are on a pathway towards the Development Team (DT) and the National Team (NT); a goal of the PP Program is to ensure that these skaters are being adequately supported at a provincial level.

- Level 1 and 1a skaters are expected to be performing at levels consistent with the NT/DT within a year.
- Level 2 skaters are expected to be performing at levels consistent with the DT within two years. Junior-aged Level 2 skaters are expected to be contenders for being named to the Canadian Team sent to the World Junior Championships.
- Level 3 skaters are expected to be performing at levels consistent with the DT within four years. In the short term, Level 3 skaters are expected to qualify for the next Canada Winter Games (if age appropriate).
- Level 4 skaters (ISU Juniors only) are entering the Provincial Performance system.

ADC will review potential candidates for the 2015-2016 BCSSA PP Program in April of 2015. All candidates must be BCSSA members in good standing and must be Canadian Citizens. Skaters who have achieved the required standards will be notified by ADC.

BCSSA PP Program Requirements: Short Track

Potential candidates include skaters who have met **one (1)** of the qualification requirements (see below) during the 2014-2015 season. Where applicable, times must be skated on a 111.12m track during the 2014-2015 season in a sanctioned competition (BCSSA/Provincial, SSC or ISU). Manual times will be adjusted upwards by 0.2 seconds.

Level	Qualification Requirements
Level 1 (All ages)	<ul style="list-style-type: none"> Rank top 16 in the 2014-2015 SSC Senior Ranking
Level 1a (All ages)	<ul style="list-style-type: none"> Rank top 18 in the 2014-2015 SSC Senior Ranking <u>or</u> Rank top 3 in the 2014-2015 SSC Junior Ranking
Level 2 (All ages)	<ul style="list-style-type: none"> Rank top 20 in the 2014-2015 SSC Senior Ranking <u>or</u> Rank top 10 in the 2014-2015 SSC Junior Ranking
Level 3 (ISU Junior or first year NeoSenior in 2014-2015)	<ul style="list-style-type: none"> Rank top 22 in the 2014-2015 SSC Senior Ranking* <u>or</u> Rank top 32 in the 2014-2015 SSC Junior Ranking <u>or</u> Skate 500m time within 110% of the fastest 500m time (per gender) skated at the 2015 Canadian Senior Championship** <p style="text-align: right;"><i>*applies exclusively to first year NeoSenior skaters</i> <i>**applies exclusively to first year NeoSenior and ISU Junior skaters</i></p>
Level 4 (ISU Junior in 2014-2015)	<ul style="list-style-type: none"> Achieve a 2014-2015 SSC Junior Ranking <u>or</u> Skate 500m time within 115% of the fastest 500m time (per gender) skated at the 2015 Canadian Junior Championship <u>or</u> Place in the top 5 overall in the F13, F14, M13 or M14 categories Canada West

For more details about the 2014-2015 Speed Skating Canada (SSC) Ranking System, please see the [SSC High Performance Bulletin #162](#).

BCSSA PP Program Selection Requirements: Long Track

Potential candidates include skaters who have skated **two (2)** of the defined time standards and who have met minimum competition participation standards during the 2014-2015 season.

All times must be skated on a 400m oval during the 2014-2015 season in a sanctioned competition (BCSSA/Provincial, SSC or ISU). Manual times will be adjusted upwards by 0.2 seconds. Note that Level 4 times are equal to the standards for skaters to compete in the 2015 Canadian Junior Long Track Championship. Skaters may achieve the indoor (in) qualification time or the outdoor (out) qualification time (must be skated on an outdoor oval).

Male

Level	Competition Participation Standard	500m	1000m	1500m	3000m	5000m	10 000m
1 (all ages)	5+ LT competitions	35.05	1:09.04	1:47.11	n/a	6:36.45	13:50.10
1a (all ages)	5+ LT competitions	35.73	1:10.38	1:49.15	3:55.27	6:40.19	13:58.01
2 (all ages)	4 LT competitions	36.75	1:13.06	1:51.74	3:57.49	6:58.89	14:29.63
3 (ISU Junior or first year NeoSenior in 2014-2015)	3 LT competitions (minimum 2 SSC sanctioned)	38.91	1:17.52	2:00.00	4:17.19	7:14.00	n/a
4 (ISU Junior in 2014-2015)	2 LT competitions: BCLT or Cdn Jr* + 1 other	42.0 (in) 46.2 (out)	1:21.0 (in) 1:31.6 (out)	2:03.0 (in) 2:23.5 (out)	4:26.0 (in) 5:04.1 (out)	7:21.0 (in) 8:46.8 (out)	n/a

Female

Level	Competition Participation Standard	500m	1000m	1500m	3000m	5000m
1 (all ages)	5+ LT competitions	38.90	1:17.76	2:00.73	4:15.50	7:22.90
1a (all ages)	5+ LT competitions	39.50	1:18.49	2:01.49	4:16.67	7:26.95
2 (all ages)	4 LT competitions	40.94	1:21.40	2:07.44	4:28.34	7:46.22
3 (ISU Junior or first year NeoSenior in 2014-2015)	3 LT competitions (minimum 2 SSC sanctioned)	43.50	1:26.06	2:15.88	4:41.16	n/a
4 (ISU Junior in 2014-2015)	2 LT competitions: BCLT or Cdn Jr* + 1 other	47.0 (in) 51.0 (out)	1:31.0 (in) 1:41.6 (out)	2:21.0 (in) 2:37.6 (out)	4:56.0 (in) 5:36.0 (out)	n/a

*If age-eligible

Appendix: Canadian and Canadian Junior Records

All records were referenced directly from [Speed Skating Canada's website](#) at the end of the 2013-2014 season. Canadian records broken during the 2014-2015 are not considered.

Long Track Canadian Records

Distance	Male	Female
500m	34.03	37.22
1000m	1:07.03	1:12.68
1500m	1:42.01	1:51.79
3000m	[3:41.96]	3:53.34
5000m	6:14.01	6:48.97
10000m	13:10.58	[14:19.73]

Long Track Canadian Junior Records

Distance	Male	Female
500m	34.66	38.53
1000m	1:08.56	1:16.16
1500m	1:46.19	1:58.16
3000m	3:45.98	4:04.49
5000m	6:27.68	7:15.56
10000m	[13:41.39]	n/a

Short Track Canadian Records

Distance	Male	Female
500m	40.125	43.241
1000m	1:21.815	1:27.895
1500m	2:06.565	2:17.194

Short Track Canadian Junior Records

Distance	Male	Female
500m	41.949	43.922
1000m	1:25.599	1:33.32
1500m	2:12.702	2:26.94