

CATEGORY [Stream]	LTPAD Age Category	Required Elements		Suggested Elements (at the discretion of the host club)					Competition Objective	Celebrating Success
		Track	Official Distances	Interclub Format	Target Age	Target Times	Divisions	Additional Events		
REGIONAL B [Regional]	Active Start	100m	50m, 200m	Super finals	< 8 years old	50m: 13.0 200m: 45.0	Mixed gender	50m CW, 100m, L'd'W, partner relays	Fun experience in a supportive environment	Participation awards for all
REGIONAL A [Regional]	FUNDamentals	100m	200m, 800m	Super finals	6-10 years old	200m: 35.0 800m: TBD	Mixed gender, ~8-12 skaters	100m, 200m pursuit, 300m, L'd'W, partner relays	Developmental competition focused on skill development through fun races	Participation awards for all
PROVINCIAL C [Regional --> Provincial]	L2T	100m	200m, 400m, 1200m	Super finals	8-12 years old	200m: 28.0 400m: 54.0 1200m: 3:00.0	Mixed gender, ~12 skaters	200m pursuit, 300m, 2000m PR, 1500m partner relay, 2000m relay	Developmental competition provides an opportunity to showcase skills and measure personal improvements	Individual achievement awards for all, personal bests
PROVINCIAL B [Provincial]	Pre-PHV and PHV T2T	100m	200m, 400m, 1500m	Super finals OR cumulative H/F, advancement by time	10-15 years old	200m: 25.0 400m: 50.0 1500m: 3:10.0	Mixed gender, ~12 skaters	200m pursuit, 3000m PR, 3000m relay	Developmental competition allows participants to demonstrate the benefits of practice and hard work with an introduction to mental and physical challenges to prepare for racing in later stages	"Trinket" awards by placement, personal bests
PROVINCIAL A [Provincial --> Performance]	Post-PHV T2T	100m and 111.12m	400m, 500m (111.12m), 1500m (100m)	Super finals OR cumulative H/F, advancement by time	12-16 years old	400m: 44.0 500m: 54.0 1500m: 2:55.0	Mixed gender, ~12-16 skaters	200m, 1500m (111.12m), 3000m PR, 3000m relay	Developmental competition provides an opportunity to learn competition skills and the ability to cope with mental and physical challenges	"Trinket" awards by placement, personal bests
COMPETITIVE FOR LIFE [Provincial]	C4L Open and C4L Masters	111.12m	500m, 1000m	Super finals	15+ years old	500m: 58.0 1000m: 2:00.0	Mixed gender	777m, 1500m, 3000m PR	Developmental competition provides an opportunity for personal improvement and challenge, social interaction and promotion of physical fitness	Personal bests
PERFORMANCE [Performance]	L2C to T2W	111.12m	500m, 1000m, 1500m	Single Distance H/F, advancement by place	14+ years old	500m: 50.0 1000m: 1:40.0 1500m: 2:42.0	Gender specific	3000m PR, 3000m relay	Developmental competition allows participants to develop race strategies, produce performance on demand and adapt to competitive environment	Personal bests