



Competitions Format Bulletin

2018-2019 BCSSA Athlete Development & Competitions Committees November 2018

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This bulletin represents the joint effort of the BCSSA Athlete Development Committee (ADC) and Competitions Committee. This bulletin outlines the competition formats for major BC Speed Skating competitions. Supplemental links are included for more information.

BC Short Track Championship (BCST) Format

Dates & Locations

The BCST Championships will be held March 2-3, 2019 in Prince George. A Sport Jury will be created for the duration of the event. The Sport Jury is comprised of the Chief Referee, the Recorder, the Technical Director (or designate) and a representative of the Athlete Development Committee. All format changes proposed during the event need to be approved by the Sport Jury. The BCST is the qualifier for Team BCSSA for the Canada West Short Track Championships to be held in Grand Prairie (Alberta) on March 23-24, 2019.

Eligibility & Seeding

BCST will be open to Provincial Stream and Performance 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 2018-2019 season prior to February 25th, 2019. Times used for seeding in the competition must also meet the requirements stated above.

Age-appropriate skaters who meet the defined time standards are considered *eligible* to compete at BCST. However, eligible skaters may not necessarily be *appropriate* Provincial Stream skaters based on other skater characteristics, e.g. competitive experience, social maturation and psychological readiness. All skaters, including those who are eligible for BCST, are also eligible to participate in the ST FUNales. The FUNales may be a more appropriate option for some skaters.

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

BCST skaters will compete for final placings/awards in the following award categories (as determined by the critical date of June 30, 2018):

- L2T-B female (8-9), L2T-A female (10-11), L2T-B male (9-10), L2T-A male (11-12)
- F11, F12, F13, F14, M12, M13, M14, M15
- Performance*: ages 14+ (male, female)
- C4L Junior: ages 15-18 (male, female)
- C4L Senior: ages 19-29 (male, female)
- 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)

**To enhance skater safety, the Performance group will be included in the BCST exclusively in years when the event is skated on Olympic-sized ice*

Please note that awards will be awarded to each award category (as defined above) at the BCST, regardless of combination or splitting of skating groups.

L2T skaters will skate in their respective age (award) categories (age class championship format). L2T skaters will be seeded into heats for the first distance based on the submitted 1200m seed time. Subsequently, skaters will be seeded into heats based on cumulative points.

T2T skaters will skate official distances in their respective age (award) categories (age class championship format). T2T skaters will be seeded into heats for the first distance based on the submitted 1500m seed time. 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 (award) categories. 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.

Performance skaters will skate in gender-specific skating groups and will be seeded into the 500m, 1000m and 1500m qualifying rounds in a single distance format. The 3000m points race will be based on cumulative points.

Competitive for Life skaters will skate in one mixed-gender skating group. The Meet Coordinator/Recorder (in consultation with the event Tech Rep and Chief Referee) may define subgroupings if appropriate for safety reasons. All C4L skaters will be seeded into heats for the first distance based on the submitted 1000m seed time. 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 (Canada West), as determined by SSC.

	L2T	T2T F11/12, M12/13	T2T F13/14, M14/15	Performance	C4L
Track	100m	100m	100m/111.12m	111.12m	111.12m
Day 1	1200m, 200m*	1500m, 200m*	1500m, 200m*	1500m, 500m	1000m, 500m
Day 2	400m, 2000m points race, BC Relay Championship	400m**, 2000m points race, 400m super final, BC Relay Championship	400m**, 3000m points race, 500m super final (111.12m track), BC Relay Championship	1000m, 3000m points race	777m, 1500m (super final)

* Combined pursuit/mass start format

** Based on scheduling, the Recorder (in consultation with the event Tech Rep and Chief Referee) may move qualifying rounds of the T2T 400m event to Day 1

Points Awarded and Final Awards

Overall placings and awards will be awarded in award 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 award categories, ranking points are still assigned within each award category. Top points in each award 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 2018-2019 BC Competition Format Bulletin.
- Should a skater need to retire from competition due to illness or injury, the coach must complete and sign a written withdrawal sheet, signed by 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.

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:

Distance	Skaters on Line
200m Pursuit 200m Mass Start	1/side 4 (F11/12 and M12/13); 3 (F13/14 and M14/15)
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](#)
- 3000m Points Race (100m track)- see [SSC Competition Bulletin](#)
- 2000m Points Race (100m track)- see [SSC Competition Bulletin](#)
- BC Relay Championship- see box below.

BC Relay Championship Format

The BC Relay Championship 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.

1. All L2T and T2T skaters are eligible to, and expected to, compete in the relay. Clubs must submit their relay teams *by the completion of the Coaches' Meeting for the competition* using the official [Team Submission Form](#). Any skater who subsequently chooses not to compete in the relay (e.g. for reason of injury or illness) must withdraw from the relay by notifying the chief referee in writing prior to leaving the arena on Saturday. Points accumulated during the competition will be retained only if a skater properly withdraws from the relay, as indicated above.
2. Teams may be comprised of three (3) or four (4) skaters. No skater may be a member of more than one relay team.
3. Divisions: there will be three (3) divisions:
 - a. **L2T**: L2T male and female skaters. There must be at least one skater of each gender on the team.
 - b. **T2T female**: F11-F14 skaters.
 - c. **T2T male**: M12-M15 skaters.

Skaters must compete in the same group in which they raced the individual distances of the BCST Championship.

4. Team composition: to be eligible for final ranking in the BC Relay Championship, teams must be comprised exclusively of skaters from within a Region. See the "ST Regional FUNale Format" below for the breakdown of Regions. All remaining skaters will combine to form exhibition teams. Coaches will be asked to identify these skaters at the Coach's Meeting.

These skaters will then be seeded onto exhibition teams at the discretion of the sport jury. Exhibition teams will not be eligible for final placing in the BC Relay Championship.

5. Distance: the L2T teams will compete in a 2000m relay (skated on the 100m track). The T2T teams will compete in a 3000m relay (skated on the 100m track).
6. Final results will be determined by time, skated in “finals”. Teams will be assigned into finals based on “seeding score”: the average of the 400m seed times (prior to the competition, skated on the 100m track) of the skaters on that team. The top four (4) teams will race in Final A, the next four (4) teams in Final B etc. The winner can come from any final.

Racing Formats- Competitive for Life/Performance

Advancement 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 19-20, 2019 in Fort St John. A Sport Jury will be created for the duration of the event. The Sport Jury is comprised of the Chief Referee, the Recorder, the Technical Director (or designate) and a representative of the Athlete Development Committee. All format changes proposed during the event would need to be approved by the Sport Jury. The event is the qualifier for Team BCSSA for the Canadian Age Class Long Track Championship to be held in Winnipeg (Manitoba) on February 9-10, 2019.

Eligibility & Seeding

BCLT will be open to all skaters who are Train to Train (T2T) age 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 award categories (as determined by the critical date of of June 30, 2018):

- L2T-B female (8-9), L2T-A female (10-11), L2T-B male (9-10), L2T-A male (11-12)
- F11, F12, F13, F14, M12, M13, M14, M15
- C4L Junior: ages 15-18 (male, female)
- C4L Senior: ages 19-29 (male, female)
- 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 final awards will be awarded to each award 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, award categories may be combined into skating groups for racing.

L2T skaters will skate in the following two skating groups: L2T-B female/L2T-A female (i.e. all L2T females together) and L2T-B male/L2T-A male (i.e. all L2T males together). 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 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 seeded for the first distance based on the submitted 300m 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 seeded into heats based on cumulative points within their skating group. Skaters will be paired into Olympic Style events based on submitted seed times. Times may be from on indoor or outdoor oval. Submitted seed times must be from the current of previous skating season, skated in a sanctioned competition. Skaters with no applicable seed time will be seeded last.

Competitive for Life, Junior and Senior skaters will skate together, in gender-specific categories (i.e. C4L Junior/Senior Male and C4L Junior/Senior Female). The Meet Coordinator/Recorder (in consultation with the event Tech Rep and Chief Referee) will create skating groups for Competitive for Life Masters skaters (like-gender or mixed-gender combinations). All C4L skaters will be paired for the Day 1 distances based on the submitted seed times. 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. Pairings for the 1000m will be based on the 500m results. Pairings for the 3000m/5000m will be based on the 1500m results.

Events Skated

	L2T	F11, F12, M12, M13	F13, F14, M14, M15	C4L Junior and Senior	C4L Masters
Format	<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>
Day 1	300m (Canadian MS heat and final), 5 lap (ISU MS final), 2 lap team pursuit*	300m (Canadian MS heat and final), 7 lap ISU MS final, 3 lap team pursuit*	300m (Canadian MS heat and final), 7 lap ISU MS final, 5 lap team pursuit*	500m, 1500m	500m, 1500m
Day 2	100m (Canadian MS heat and final), Canadian MS 1200m (super final)	500m (OS final), Canadian 1500m (MS super final)	500m (OS final), 1500m (OS final)	1000m, M5000m/F3000m	1000m, 3000m
	Randy Sulyma open MS 5000m				

*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 will be awarded in award 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 award categories, ranking points are still assigned within each award category. Top

points in each award 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 points.

In-Competition Rules

- The racing rules of SSC, and where applicable, the ISU, will be used. Exceptions to the rules are noted in this 2018-2019 BC Competition Format Bulletin.
- Should a skater need to retire from competition due to illness or injury, the coach must complete and sign a written withdrawal sheet, signed by 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.

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:

- Canadian Mass Start Events- For Canadian 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- Quartets may be conducted for all distances of 1000m or greater.
- Pursuits- see box below.

Pursuits

1. All pursuits shall be skated on the Olympic Style racing lanes.
2. Pursuit teams will be determined by skater's choice. Coaches must submit their skaters' pursuit teams *by the completion of the Coaches' Meeting for the competition*. Remaining skaters will be assigned to a team. No skater may be a member of more than one pursuit team.
3. 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.
4. All pursuits will be conducted as a final, with the winner declared based on fastest time skated.

Short Track FUNale Format



Dates & Locations

There may be up to five Short Track FUNale meets hosted around the province in mid-February. The ST FUNale meets are the end of season celebration for Regional Stream skaters and Provincial Stream skaters who will not be attending BCST. The following chart illustrates which clubs are assigned to each FUNale meet. Skaters are encouraged to participate in their local FUNale and will earn points towards their club's ranking for BCSSA Awards when participating in their local event. Skaters may compete in 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	Central	North
Esquimalt	Langley	Kelowna	Prince George	Dawson Creek
Peninsula	Ridge Meadows	Kamloops RCR	Nechako Lakes	FSJohn
Vancouver	Mission	Kamloops LB	FSJames	
Richmond	Matsqui	Vernon	Williams Lake	
Burnaby	Sardis	Salmon Arm		
Port Coquitlam		Nelson		
		Kimberley		

- Northern FUNale: TBD
- Central FUNale: TBD
- Interior FUNale: February 23, 2019 (Vernon)
- Fraser Valley FUNale: February 9, 2019 (Chilliwack)
- Coastal FUNale: TBD

*Please check the [BCSSA Events & Results Calendar](#) for updates

Eligibility & Seeding

The FUNale meets are open to all BCSSA skaters. 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 FUNale meets. BCSSA skaters in the Performance Stream are encouraged to be involved in the event as officials, coaches, race leaders or “big buddies”.

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

In-Competition Rules

Regions across the province may choose to celebrate their year-end competition differently based on local needs. In order to be officially endorsed as the region’s ST FUNale, 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 “potluck” 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 skaters 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 tabulated 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 FUNale is the 200m (CCW) race. The only event that is *mandatory* for skaters older than T2T at the FUNale is the 500m race (111.12m track). Note that select skaters will be using the FUNale as a last-chance opportunity to achieve the required seed times for BCST. Where appropriate (i.e if a given skater is close to achieving the required seed time), skaters should be given the opportunity to skate the official seed times for their age category. It may be helpful for the host club to place a checkbox on the club entry spreadsheet for registrants to indicate if they are attempting to meet BCST seed times. However, the need to achieve seed times should not overshadow the celebratory nature of the event!
The host club is required to release the tentative list of events to the coaches of all registered skaters in advance of the FUNale, such that participating skaters and coaches can familiarize themselves with the events.

ST FUNale Planning Checklist

Mandatory To Do Items	Timeline
Secure ice time	Pre-season/ 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 7-10 days 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 skaters older than T2T)	5 days prior
Ensure each skater participates in at least one team event	5 days prior
Prepare and submit protocol	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 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.

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 2018-2019 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, 2019.

Eligibility & Seeding

The PRC has nine categories for the 2018-2019 season:

- L2T all-female
- L2T all-male
- L2T mixed gender
- T2T all-female
- T2T all-male
- T2T mixed gender
- Junior all-female (skating age 14-18)
- Junior all-male (skating age 14-18)
- Junior mixed gender (skating age 14-18)

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 (available on the BCSSA Events & Results Calendar on the PRC deadline date). 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.