# 2019-2020 Competitions Format Bulletin
## December 2019, v1.1

This bulletin outlines the competition formats for major BC Speed Skating competitions. Supplemental links are included for more information.

# BC Cup Short Track (ST) Format

## Dates & Locations

There will be two BC Cup ST competitions during the 2019-2020 season. BC Cup ST #1 will be held November 16, 2019 in Prince George. BC Cup ST #2 will be held December 14, 2019 in Richmond. A Sport Jury will be created for the duration of each 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 events need to be approved by the Sport Jury. The BC Cup ST competitions form part of the qualification process for the BCST Championship to be held in Abbotsford on March 14-15, 2020.

## Eligibility & Seeding

The BC Cup ST competitions are open to all L2T, T2T, Junior and Senior skaters who are registered as competitive or elite members of BCSSA. Skaters will compete for final Cup Points in the following award categories (as determined by the critical date of June 30, 2019):

- 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
- Junior: ages 14-18 (male, female)
- Senior: ages 19-29 (male, female)

Please note that Cup Points will be awarded to each award category (as defined above) at the BC Cup ST competitions, regardless of combination or splitting of skating groups.

L2T skaters will skate in their respective award categories. L2T skaters will be seeded as follows:

- 1200m seeding: based on the submitted personal best 1200m time (skated in a sanctioned competition)
- 400m seeding: based on the submitted personal best 400m seed time (skated in a sanctioned competition)
- 200m seeding: based on the submitted 200m (mass start or pursuit) personal best seed time (skated in a sanctioned competition)
- 2000m points race seeding: based on seeding points, earned as follows:
    - 50% of skating group ranking points accumulated in the 200m event
    - 50% of ranking points accumulated by ranking the 1200m personal best time (skated in a sanctioned competition) of all skaters in the 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 as follows:

- 1500m seeding: based on the submitted personal best 1500m time (skated in a sanctioned competition)
- 400m seeding: based on the submitted personal best 400m seed time (skated in a sanctioned

competition)
- 200m seeding: based on the submitted 200m (mass start or pursuit) personal best seed time (skated in a sanctioned competition)
- 2000m/3000m points race seeding: based on seeding points, earned as follows:
  - 50% of skating group ranking points accumulated in the 200m event
  - 50% of ranking points accumulated by ranking the 1500m personal best time (skated in a sanctioned competition) of all skaters in the skating group.

Junior and Senior skaters will skate together in gender-specific skating groups (i.e. Junior/Senior female and Junior/Senior male) and will be seeded into the qualifying rounds of each distance in a single distance format based on personal best seed times (skated in a sanctioned competition).

## Events Skated

|  | L2T | T2T F11/12, M12/13 | T2T F13/14, M14/15 | Junior, Senior |
|---|---|---|---|---|
| **Track** | *100m* | *100m* | *100m* | *111.12m* |
| **BC Cup #1** | 1200m, 400m | 1500m, 400m | 1500m, 400m | 1500m, 500m |
| **BC Cup #2** | 200m*, 2000m points race, relay (exhibition) | 200m*, 2000m points race, relay (exhibition) | 200m*, 3000m points race, relay (exhibition) | 500m, 1000m |

\* Combined pursuit/mass start format

## Points Awarded

Cup Points will be awarded in award categories, regardless of skating groups. Cup Points 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. Cup Points are cumulative across both BC Cup ST competitions, i.e. the maximum number of Cup Points available per skater is 4000 (4 x 1000 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 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. Points will be retained once approved by the Sport Jury. If a skater retires for any reason without notification and approval by the Sport Jury, 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 | 1/side |
| 200m Mass Start | 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
- Relays- see box below.

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**BC Cup Relay Format**

1. All L2T and T2T skaters are eligible to, and expected to, compete in the relay. Regions 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. 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 BC Cup #2.
4. Team composition: to be eligible for final ranking, teams must be comprised exclusively of skaters from within a Region. See the "ST Regional FUNale Format" for the breakdown of Regions. All remaining skaters will combine to form exhibition teams. Coaches will be asked to

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identify these skaters at the Coach's Meeting. These skaters will then be seeded onto exhibition teams at the discretion of the Sport Jury.

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- Junior and Senior

Advancement through the rounds of competition, towards the final, will occur as per the <u>most recent SSC Competitions Bulletin</u>.

# Short Track FUNale Format



## Dates & Locations

There may be up to five Short Track FUNale meets hosted around the province. Please check the BCSSA Events & Results Calendar for the date and location for each of the FUNales. 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 LB | Nechako Lakes | FSJohn |
| Cowichan | Mission | River City Racers | FSJames | |
| Vancouver | Matsqui | Vernon | Williams Lake | |
| Richmond | Sardis | Salmon Arm | | |
| Burnaby | | Nelson | | |
| Port Coquitlam | | Kimberley | | |

## 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. 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. The following five conditions ensure that the FUNales meet the desired goals of being safe, fun, community-building and celebratory:

1. **Skater safety and fair play are paramount**. The FUNales are required to carry a BCSSA Regional Sanction. Note that there are specific requirements for a BCSSA Regional Sanction, including track certification, minimum officiating standards, protective padding requirements and medical requirements. Details can be found on the [Meet Coordinator Resources page](#).

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).
_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.
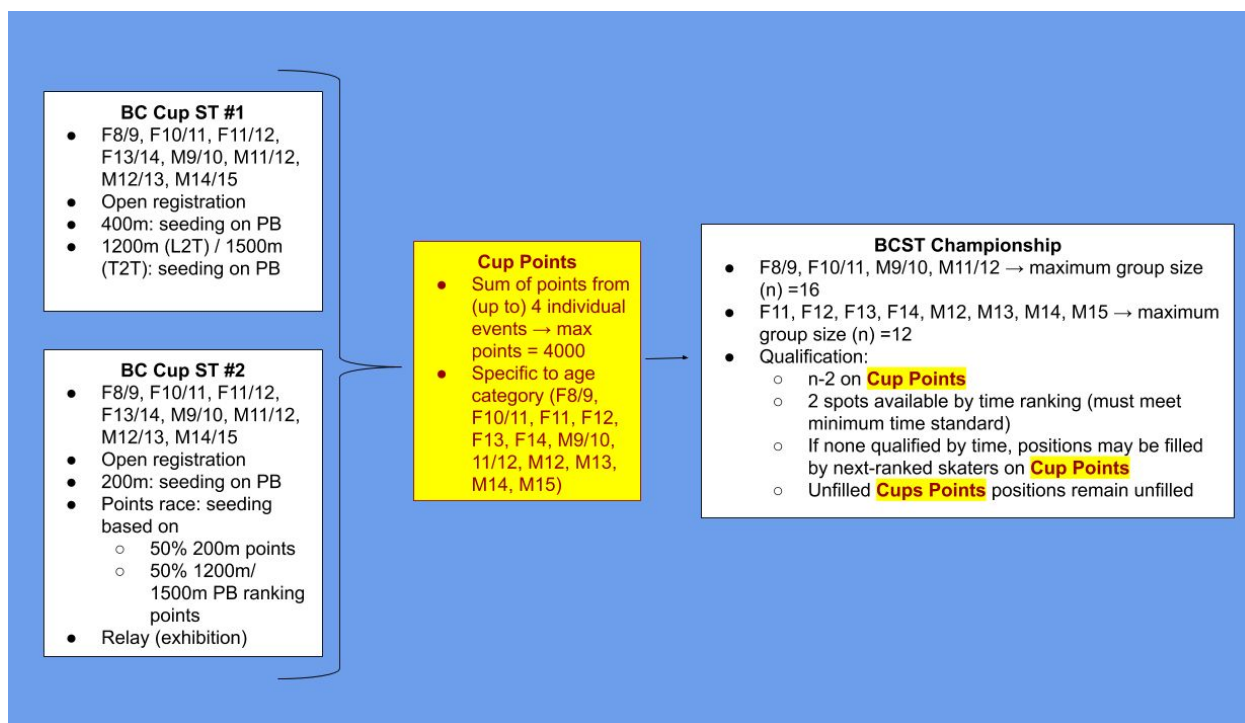
# BC Short Track Championship (BCST) Format

## Dates & Locations

The BCST Championships will be held March 14-15, 2020 in Abbotsford. 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 TBC on March 28-29, 2020.

## Eligibility & Seeding

BCST will be open to Learn to Train (L2T) and older skaters. L2T and T2T skaters qualify primarily based on results from BC Cups ST (see flowchart below for details). Note that the best chance for qualification to BCST is by accumulating Cup Points from both BC Cup ST events. The next best chance is to accumulate Cup Points from one BC Cup ST event. Finally, skaters may also qualify based on time (see details below).



L2T skaters qualifying by time will use the combination of their personal best 200m + 1200m time (skated in a sanctioned competition). T2T skaters qualifying by time will use the combination of their personal best 400m + 1500m time (skated on the 100m track in a sanctioned competition). Note that skaters who only participate in one (of two) BC Cups will use the Cup Points accumulated during their solo BC Cup, and remain eligible to qualify into the time-based positions. Similarly, skaters who participate in both BC Cups

remain eligible to qualify into the time-based positions.

L2T skaters qualifying by time, T2T skaters qualifying by time, all Junior skaters, all Senior skaters, and all C4L Masters skaters must have achieved *each* (of the respective) times in a sanctioned competition during the 2019-2020 season, prior to February 28th, 2020.

|  | **Male** | **Female** |
|---|---|---|
| **L2T** | 200m (mass start): 28.0<br>1200m: 3:00.0 | 200m (mass start): 28.0<br>1200m: 3:00.0 |
| **F11/12, M12/13** | 400m: 50.0<br>1500m: 3:20.0 | 400m: 54.0<br>1500m: 3:30.0 |
| **F13/14, M14/15** | 400m: 47.0<br>1500m (100m track): 3:10.0 | 400m: 51.0<br>1500m (100m track): 3:20.0 |
| **Junior, Senior** | 500m: 50.0<br>1500m (111.12m track): 2:45.0 | 500m: 55.0<br>1500m (111.12m track): 3:00.0 |
| **C4L 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, 2019):

- 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
- Junior: ages 14-18 (male, female)
- 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)

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 award categories (age class championship format). T2T skaters will skate official distances in their respective award categories (age class championship format). L2T and T2T skaters will be seeded into the 1200m/1500m, 200m and 400m qualifying rounds in a single distance format based on personal best seed times (skated in a sanctioned competition). The points race seeding will be based on cumulative points. T2T super finals (see table below for details) will be mandatory exhibition events to allow for ability racing outside of 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.

Junior and Senior skaters will skate in gender-specific skating groups (i.e. Junior/Senior Male and Junior/Senior Female) and will be seeded into the 500m, 1000m and 1500m qualifying rounds in a single distance format based on personal best seed times (skated in a sanctioned competition). The points race seeding will be based on cumulative points.

Competitive for Life skaters will skate in one mixed-gender skating group. The Sport Jury may define subgroupings if appropriate for safety reasons. All C4L skaters will be seeded into the qualifying round for the first distance based on the submitted 1000m personal best seed time (skated in a sanctioned competition). Subsequently, skaters will be seeded into the qualifying rounds of each distance 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 | Junior, Senior | 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 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. Points will be retained once approved by the Sport Jury. If a skater retires for any reason without notification and approval by the Sport Jury, 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 | 1/side |
| 200m Mass Start | 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.

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**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. Regions 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.

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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" for the breakdown of Regions. BC Relay Championship teams do not need to be comprised of the same skaters as regional teams at BC Cups. 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- Junior, Senior and Competitive for Life

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 25-26, 2020 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 Red Deer (Alberta) on February 8-9, 2020.

## Eligibility & Seeding

BCLT will be open to all competitive and elite 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 June 30, 2019):

- 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
- Junior: ages 14-18 (male, female)
- 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 female (i.e. all L2T females together) and L2T 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 (short track or long track) personal best seed time (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 personal best seed time (skated in a sanctioned competition). Short track times will not be accepted. 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 personal best seed times (skated in a sanctioned competition).

Junior and Senior skaters will skate together, in gender-specific categories (i.e. Junior/Senior Male and Junior/Senior Female). The Sport Jury will create skating groups for Competitive for Life Masters skaters (like-gender or mixed-gender combinations). Skaters will be paired for the Day 1 distances based on the submitted personal best seed times (skated in a sanctioned competition). Short track times will not be accepted. 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** | Mass start | Combined mass start (MS) and Olympic style (OS) | Combined mass start (MS) and Olympic style (OS) | Olympic style | Olympic style |
| **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 mS 1500m (super final) | 500m OS final, 1500m OS final | 1000m, M5000m/F3000m | 1000m, 3000m |
| | Randy Sulyma open MS 5000m** | | | | |

*The Sport Jury may choose to race the L2T/T2T team events at the completion of the day Saturday or Sunday, as weather and ice conditions dictate.
**The Sport Jury will determine, based on number of entries, if the Randy Sulyma open MS 5000m will be split into two races for safety

## Points Awarded and Final Awards

Final placings will be awarded in award categories, regardless of skating groups. Final placings (L2T and T2T) 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 Junior, Senior and 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 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. Points will be retained once approved by the Sport Jury. If a skater retires for any reason without notification and approval by the Sport Jury, 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.

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**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.

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# 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. 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 clubs' 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 is required to carry a BCSSA Regional 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 Coordinator 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.