

# **Speed Skating Alberta**

## **Selection Criteria**

### **Canadian Youth Short Track (W) Championships 2022**

**CYST (West) 2022**

**Selkirk, Manitoba**

**March 26/27, 2022**



## CANADIAN YOUTH SHORT TRACK (WEST) CHAMPIONSHIPS

**March 26-27, 2022, Selkirk Manitoba**

The Canadian Youth Short Track (West) Championships are intended to be the focal point of athlete preparation for skaters in the Train to Train stage of athlete development. These Championships provide meaningful, high profile and developmentally appropriate end of season events which are a source of motivation and an opportunity for recognition of the best developing skaters in Canada. These events will serve as a primary introduction to national competitions where skaters represent their Branch.

As these Championships are the first opportunity for young skaters to participate in national level competition, it is important that it be a positive experience. Many parents may be wondering what the standard of skating is. SSC's Competition Development Committee has compiled the average winning times and 12th placed times from Canada West and Canada East championships. This table can be used as a guide in managing participation decisions and performance expectations.

	<b>400m (1st)</b>	<b>400m (12th)</b>	<b>1500m (1st)</b>	<b>1500m (12th)</b>
<b>11F</b>	42.5	48.2	174.0	193.3
<b>12F</b>	40.8	46.7	171.6	187.3
<b>13F</b>	40.6	45.5	170.8	184.0
<b>14F</b>	40.7	46.0	168.9	179.3
<b>12M</b>	39.9	45.4	162.4	180.5
<b>13M</b>	38.5	42.8	157.8	175.9
<b>14M</b>	37.8	41.2	162.0	169.3
<b>15M</b>	37.8	41.8	159.2	174.0

### AGES

<b>Male</b>	<b>Female</b>
12	11
13	12
14	13
15	14

Alberta will be allowed a minimum of 3 spots per category with a possibility of more depending on other Branches not filling their quotas. Alberta will be notified as early as possible regarding extra positions available (usually 2 weeks prior to event). We often receive at least one extra position in each

category, sometimes more. In 2022, we are first in the sequence and so we are guaranteed at least 3 spots for each category (see Page 8 of [the Youth Competitions Bulletin 2021-22; Bulletin No. 2021.01](#)). As we sometimes go quite far down our rankings to fill spots, skaters and coaches should consider if they would benefit from going to CYST based on the times listed on the previous page. Some skaters are motivated regardless of how competitive they are while others would find the experience negative. We rely on coaches and parents to make the correct call.

## **ENTRIES**

We will have our final AB ranking done after the second qualifier (Lethbridge), which will be held on February 26-27<sup>th</sup>, 2022. It would help us if any skaters who wish to be considered for entry if they should qualify, would notify their club or the SSA office of their intent to participate. **Those skaters who have qualified for a spot based on final ranking from the two AB qualifying events, should send in their registration forms to SSA before March 4<sup>th</sup> 2022.**

**Preliminary Entries to SSC: March 11, 2022**

**Final Entries to SSC: March 16, 2022**

They should also indicate the number of banquet tickets they would need.

## **ALBERTA SELECTION FOR CYST**

Alberta skaters will be selected for CYST spots based on ranking points among their age class, earned from any 3 of the 4 following distances: 200m, 400m, 1500m and 3000m, skated in either the **Fall Classic in Edmonton on Nov 12-14, 2021** or from **the Lethbridge meet on Feb.26/27, 2022.**

**Note: Skaters will be grouped in the following T2T age divisions:**

**11/12 Female; 13/14 Female; 12/13 Male; 14/15 Male. Skaters will be ranked in their separate single year ages for CYST Qualifying.**

Ranking in each distance is as follows:

### **200m and 400m**

From their **best times** from any 200m or 400m skated at Edmonton on Nov 12-14, 2021 or in Lethbridge on Feb.26/27, 2022. Both events are encouraged to run 200m pursuits to seed the 200m mass start races. If there is insufficient time, the 200m pursuits can be eliminated. The Fall Classic in Edmonton will be running 200m pursuits. This is in alignment with the competition format as set out by SSC for CYST-W (bulletin noted above). In the event 200m pursuits are eliminated, the mass start will be seeded based on the 200m seed times coming into the event.

### **Points Races**

**2000m (11/12 year old females; 12/13 year old males)**

**3000m (13/14 year old females; 14/15 year old males)**

***Skaters are to be seeded into this event based on the cumulative points earned in the 200, 400 and 1500 distances.***

From their **best rank** in their age by *placement* in the finals in the 2000m or 3000m from either Edmonton or Lethbridge. The 2000m and 3000m finals will be run as points races and skaters will be ranked by single year age for CYST qualifying (skaters of the same age who are in the same final will be ranked according to their place in that final). Skaters of the same age category but in different finals will be ranked so that the skater in the higher final will be ranked ahead of any skater in the lower finals).

The two qualifying meets will mirror the events in the CYST-West Championships in Selkirk Manitoba on Mar 26/27. Therefore, the younger two T2T divisions will be racing a 2000m points

race with the older two T2T divisions racing a 3000m points race. Those T2T who choose not to race a 2000m or a 3000m points race at either of the two AB events will not be eligible to earn points in that distance but can still earn full points using their 3 best distances (200m, 400, 1500m) for ranking.

Only the results from **3 of the 4** distances (200m, 400m, 1500m, 2000/3000m) will count towards CYST qualifying.

### **1500m**

From their **best rank** by placement among their age in the 1500m from either Edmonton or Lethbridge.

**Note: Skaters will be grouped in the following T2T age divisions:**

**11/12 Female; 13/14 Female; 12/13 Male; 14/15 Male. Skaters will be ranked in their separate single year ages for CYST Qualifying**

The ranking points earned from the skater's best 3 distances will be added to determine their overall ranking in their age category for qualification on the Alberta Team into CYST 2022 in Selkirk Manitoba. The ranking points given for each distance are as follows:

Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	15
2	816	12	106	22	12
3	666	13	86	23	9
4	543	14	70	24	7
5	443	15	57	25	5
6	362	16	46	26	4
7	295	17	37	27	3
8	241	18	30	28	2
9	196	19	24	29	1.5
10	160	20	19	30	1

## **EVENTS**

Divisions	Distance	Skaters on the line
Boys 12 & 13, Girls 11 & 12	200m Pursuit Qualifier	1/side
	200m Mass Start Final	4
	400m	4
	1500m	6
	2000m Points Race	8
Boys 14 & 15, Girls 13 & 14	3000m Relay	4
	200m Pursuit Qualifier	1/side
	200m Mass Start Final	3
	400m	4
	1500m	6
	3000m Points Race	8
	3000m Relay	4

**PROGRAM**

Championships will take place over a two (2) day period.

	<b>Boys 12 &amp; 13 Girls 11 &amp; 12</b>	<b>Boys 14 &amp; 15 Girls 13 &amp; 14</b>
<b>Day 1</b>	1500m Heats 200m Pursuit 200m (Mass Start) Finals 1500m Finals Relay Heats (Time Permitting)	1500m Heats 200m Pursuit 200m (Mass Start) Finals 1500m Finals Relay Heats (Time Permitting)
<b>Day 2</b>	400m 2000m Points Race Relay Finals	400m 3000m Points Race Relay Finals

\*(order of racing, division sizes and round qualifying format may change and/or will be finalized by the meet organizers/SDC and will depend on length of the schedule and ice availability).

Relays may be run during the qualifying events if there is time to do so in the schedule. For more information on CYST Championships please see the [SSC 2022 Competitions Bulletin](#) on the SSC website (also available on the SSA website).

**SEEDING**

All 200m, 400m, and 1500m events are seeded individually based on season best times in each event. Seed times must be completed on a 100m track at an SSC sanctioned competition in the current season. If a skater does not have a seed time from the current year in a distance, the Sport Development Advisory Council will review times converted from the 111m track using an approved conversion formula. Any Branch requiring the formula should contact the National Office. The 500m time on a 111m track shall be used to convert times for the 200m and 400m events.

**FUNDING AND SUPPORT**

For 2022, entry fees for CYST will be the responsibility of each skater. All skaters representing Alberta will be eligible to use an Alberta short track pool suit (the AB suits do not have built in cut resistant protection and require a dyneema or Kevlar undergarment to be worn underneath). Please note that this competition requires the use of cut resistant protection meeting ISU standards (see SSC regulation D3).

SSA will fund/send a minimum of **2 coaches and 1 manager**. Each branch (Prov) is allowed to send a specified number of coaches and a manager based on the number of skaters they are sending up to a maximum of 6 coaches for 40+ skaters. Coaches must be certified at Intro to Comp, Comp Dev or level 4/5 to have access to the coaches' box. Coaches who have "in training" or "trained" status at Intro to Comp or higher may be permitted in the coaches box as part of their professional development if they are accompanied by a certified coach.

Clubs and coaches were asked in August 2021 to apply for the position(s) of SSA coaches/managers. After the application deadline passed, all applications were provided to a senior member of SSA and former SDC VP (Shawna Pearman) with a request to review the applications and to submit recommendations. These recommendations were discussed with, and approved by, the Technical Director. Important considerations included level of experience and training, regional representation, and gender equity. The SSA VP for SDC attended and chaired the meeting as a non-voting participant.

The following coaches will be the SSA Coaching Team at CYST-W in Selkirk:

**Head Coach: Marika Nadal (CSSA)**  
**Manager/Mentor: Liam McFarlane (ESSA)**  
**Assistant Coach 1: Brendan Yamada (CGSSC)**

**Assistant Coach 2: TBD**

**Assistant Coach 3: TBD**

**NOTE:** Assistant Coach 2 and 3 to be confirmed based on final number of skaters qualifying for CYST-W. These additional coaches will be chosen with development as the focus.

Coaches and managers were chosen based on several factors including: experience/certification, as well as providing valuable development opportunities to new coaches who have not yet had this supported experience.

For more information on CYST Championships please see the SSC Competition Bulletin that can be found on the SSA website under Skater-Resources.

If you have any questions regarding the CYST-West qualifying events please contact:

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**For further details and/or information please contact:**

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