



2023 Canada Winter Games Short Track Speed Skating Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the Host Society by detailing competition formats and scoring procedures, assist Provincial/Territorial (P/T) Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coach certification by stating minimum requirements, and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "Train to Compete" phase of its Long Term Development (LTD) model, or other suitable phase of LTD as justified by the NSO.

Technical Packages are developed 36 to 24 months prior to the Canada Games primarily by NSOs, following the Canada Games Council's (CGC) [Principles that Govern Technical Packages](#). As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

Relevant Games stakeholders, specifically Provincial/Territorial Sport Organizations (P/TSOs) and P/T team staff, are encouraged to review the Technical Package in detail to ensure a thorough understanding. If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will submit the requested change or clarification to the CGC for consideration. Timelines for requesting changes to major elements of the Technical Package (i.e. team sizes, age categories, eligibility restrictions, events, competition formats) are outlined in the Principles that Govern Technical Packages. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games stakeholders early.

TABLE OF CONTENTS

SPORT: SHORT TRACK SPEED SKATING	3
PARTICIPANTS	3
CLASSIFICATION	4
ELIGIBILITY	4
COMPETITION	6
TIE BREAKING RULES - COMPETITION	6
REGISTRATION & EVENT ENTRIES	6
SPORT SCORING POINTS	7
FLAG POINTS	8
TIE BREAKING RULES - FLAG POINTS	9
MEDALS	9
COMPETITION UNIFORM	10
EQUIPMENT	10
PROTEST & APPEALS	10
ANTI-DOPING	10
APPENDICES	11
APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS	12
APPENDIX 2 - PERFORMANCE GUIDELINES	14
APPENDIX 3 - AGE DISPENSATION	16
APPENDIX 4 - SHORT TRACK FIELD OF PLAY REGULATIONS	19
APPENDIX 5 - FIELD OF PLAY APPEAL PROCEDURE	40

2023 Canada Winter Games

Short Track Speed Skating Technical Package

1. SPORT: SHORT TRACK SPEED SKATING

2. PARTICIPANTS

2.1. Athletes

5 males; 5 females

All registered athletes must intend to compete in at least one event.

2.2. Staff

1 Short Track coach and 1 Short Track manager.

1 Short Track staff member must be male; 1 Short Track staff member must be female.

One of the two coaches for Short Track and Long Track must be female.

2.3. Additional Team Staff*

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have the same access as athletes and team staff.

- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's venue access
 - Sport Operational Zone (Zone 2)
 - Back of House Zone (Zone 3)

* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

One skate technician will be added to the list of Major Technical Officials that will be accessible to all teams at the Short Track venue. Teams will be able to use their own technicians (i.e. coach). However, no accreditation for additional staff will be granted to the Field of Play.

2.4. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- [Support for Nursing Mothers Policy](#)
- [Participant Assistant Policy](#)

3. CLASSIFICATION

Competitors who have reached the age of 14 on June 30th, 2022 but have not reached the age of 19 as of June 30th, 2022.

Year of birth: July 1, 2003 to June 30, 2008 inclusive.

Age exemptions for exceptional athletes may be granted through the 2023 Canada Winter Games Minimum Age Exemption Criteria - please see Appendix 3.

4. ELIGIBILITY

4.1. Athletes

All athletes must meet the eligibility regulations outlined in CGC's [Eligibility Policy](#).

Excluded from the Canada Games are:

- National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) **National Team, NextGen Team or National Team Training Partner** (i.e. recognized as a National Team member regardless of event participation)
- Athletes who have previously competed at the following events:
 - Senior World Championships

- Senior World Cups
- Olympic Games
- ISU Four Continent Championships
- FISU Games

If a skater competed in one of the above competitions in Long Track, they would remain eligible to compete at the Canada Winter Games in Short Track.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., if an athlete is granted National Team status for the first time, carding status or competes in an excluded event after November 20, 2022 they will still be considered eligible to compete at the 2023 Canada Games).

* Athletes who hold a C1 card (as defined by Sport Canada’s Athlete Assistance program) or are in their first year of National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective P/T Team Chef de Mission and approved by the Canada Games Council’s Eligibility Committee.

4.2. Coaches

Coaches registered in the Canada Games electronic registration system must be certified under the National Coaching Certification Program (NCCP) Competition Stream, Development Context (certified status) in Speed Skating.

Coaches must be so certified no later than 90 days prior to the opening ceremony (November 20, 2022).

Please note that “NCCP Competition-Development Certified, Not Renewed” does not qualify under the coaching standards for the 2023 Canada Winter Games.

Please refer to the CGC’s [Coach Certification Policy](#) for additional information:

For more information on the coach certification pathway for Speed Skating, please see Appendix 1.

4.3. Manager

Team Managers are not required to have any coaching certification. Branches may set their own criteria based upon the perceived needs within the branch. However, any Team Manager without the minimum Introduction to Competition certification will not be allowed in the coaching box.

5. COMPETITION

5.1. Events

Speed Skating Canada Rules shall prevail.

Short Track Events (scheduled over 5 days)

Men and women: 500m, 1000m, 1500m, 3000m Points Race (all compete), 3000m relay.

These events shall be skated on a standard 111.12m oval track on a 30m X 60m ice surface. The racing format is outlined in the ST Field of Play Regulations (Appendix 4).

6. TIE BREAKING RULES - COMPETITION

If there is a tie after the normal speed skating rules are applied, ties will not be broken in assigning individual ranks. Athletes will be given the same rank and the next rank is eliminated.

7. REGISTRATION & EVENT ENTRIES

7.1. Canada Games Council Registration Deadline

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 14 days prior to the Opening Ceremony (February 4, 2023).

7.2. Event Entry Deadline

Event entries for each participant will be confirmed at the Coach/Manager meeting held prior to the first event.

8. SPORT SCORING POINTS

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

8.1. Individual Events

- The Province/Territory's three best results in every event will count towards the Provincial/Territorial ranking point total
- Athletes will be ranked from first through last place
- Athletes who register but do not compete will not be ranked. If an athlete does not start the first round of an event the athlete does not receive any points
- A penalty/disqualification in any race will place the skater in last place position in that race
- Athletes who complete an event will be ranked ahead of those who start but do not complete the event
- Athletes who start but do not complete the event will receive last place points unless there is a penalty/disqualification
- Athletes who do not complete a race will be ranked ahead of a penalized/disqualified skater in the race
- In the case where a skater starts a race but does not complete an event due to injury, that skater will receive a rank based upon the placement in the following round. For example, if the skater is taken out in the semi final and cannot race the final, they would be placed in the B final and receive last place ranking for that final
- In the case of the 3000m points race, a skater who does not compete will be ranked last and receive the last place points in their race, below any skater who may be penalized
- If there is a tie for first place both skaters will receive first place points. The next ranked skater will receive third place points. Similarly if there is a tie for third place both skaters will receive third place points and the next ranked skater will receive fifth place points.
- Each event will be scored separately
- Sport scoring points will be awarded based on the ranking achieved as determined by the *Distance Classification Table - Short Track Speed Skating* in Appendix 4
- Sport scoring points will be awarded from the *Sport Scoring Table - Individual Distance* in Appendix 4

In speed skating, medals are not awarded to penalized skaters. When there are multiple penalties it can be necessary to award the remaining medal(s) to the highest ranked skater(s) in the subsequent final (usually the B final).

8.2 Team Relay

- Teams will be ranked from first through last place
- Teams who register but do not compete will not be ranked. If a team does not start the first round of an event the team does not receive any points
- A penalty/disqualification in any race will place the team in last place position in that race
- Teams who complete an event will be ranked ahead of those who start but do not complete the event
- Teams who start but do not complete the event will receive last place points unless there is a penalty/disqualification
- Teams who do not complete a race will be ranked ahead of a penalized/disqualified team in the race
- In the case where a team starts a race but does not complete an event due to injury, that team will receive a rank based upon the placement in the following round. For example, if the team is taken out in the semi final and cannot race the final, they would be placed in the B final and receive last place ranking for that final
- If there is a tie for first place both teams will receive first place points. The next ranked team will receive third place points. Similarly if there is a tie for third place both teams will receive third place points and the next ranked team will receive fifth place points.
- Each event will be scored separately
- Sport scoring points will be awarded based on the ranking achieved as determined by the *Distance Classification Table - Short Track Speed Skating* in Appendix 4
- Sport scoring points will be awarded from the *Sport Scoring Table - Team Events* in Appendix 4

In speed skating, medals are not awarded to penalized teams. When there are multiple penalties it can be necessary to award the remaining medal(s) to the highest ranked team(s) in the subsequent final (usually the B final).

9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Short Track Speed Skating, Flag Points will be awarded separately for female and male events based on the total of sport scoring points awarded. The Flag Points for Short Track Speed Skating and Long Track Speed Skating will be combined to give an overall ranking for Speed Skating (separate for female and male).

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in Section 10 (Tie Breaking Rules - Flag Points), Flag Points will be awarded as follows:

Placing	Points	Placing	Points	Placing	Points
1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1
3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		
5th	6	10th	2		

10. TIE BREAKING RULES - FLAG POINTS

Should a tie occur in the final Provincial/Territorial standings, the Province/Territory with the greatest number of event first places will be assigned the highest ranking. If a tie still exists, the procedure is repeated for second places, then third places, etc.

If the tie persists, the Province/Territory with the highest team standing in the last event completed will be assigned the highest ranking, then the second last event, etc.

11. MEDALS

The Canada Games will award medals to athletes only.

GOLD: 18 in total; 8 for each individual event, 10 for the ST relay

SILVER: 18 in total; 8 for each individual event, 10 for the ST relay

BRONZE: 18 in total; 8 for each individual event, 10 for the ST relay

12. COMPETITION UNIFORM

Provincial/Territorial team colours must be worn. Additional information on each Provincial/Territorial team's colours can be found in Appendix C of the CGC's [P/T Team Uniform and Sponsorship Policy](#).

Appropriate speed skating attire as described in the Procedures and Regulations of Speed Skating Canada (D3-100) shall be worn.

13. EQUIPMENT

For Short Track, the equipment worn by the skaters must conform to D3-100 of the SSC Procedures and Regulations.

All Short Track skaters are required to wear cut resistant clothing (undergarment or racing suit) that meets the ISU standards as described in ISU Communication 1265.

14. PROTEST & APPEALS

14.1. Canada Games Council Appeal Policy

Appeals relating to the Short Track Speed Skating Technical Package or any decisions made by the CGC will be made in accordance with the CGC's [Appeal Policy](#).

14.2. Competition Protests

Refer to Appendix 5 - Field of Play Appeal Procedure.

15. ANTI-DOPING

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

16. APPENDICES

Please review the attached appendices as they form an integral part of this technical package.

- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines
- APPENDIX 3 - Age Dispensation
- APPENDIX 4 - Short Track Field of Play Regulations
- APPENDIX 5 - Field of Play Appeal Procedure

APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS

NCCP Competition-Development Coach Training and Certification Pathway for Speed Skating

This program is for coaches coaching Canada Winter Games and ISU Junior A, B, C level & up athletes (Train to Train, Learn to Compete, Train to Compete).

Step 1

Attend Multi-Sport Modules:

1. Developing Athletic Abilities Pre-course assignment online (www.coach.ca). Login to The Locker.
2. Developing Athletic Abilities multi-sport module (MSM). Register through a province/territory (www.coach.ca).
3. Prevention & Recovery of Injuries
4. Psychology of Performance

Step 2

Register for Speed Skating Canada Comp-Dev training & certification program.

Contact: Speed Skating Canada (info@speedskating.ca)

Step 3

Attend Speed Skating Training Modules:

1. Introductory Webinar
 2. Developing Speed Skating Physiology Webinar
 3. Performance Planning Webinars
 4. Performance Planning Workshop (2 days)
 5. Plan a Practice – Comp-Dev Webinars
 6. Technical Model Webinar
 7. Analyze Performance (Technical/Tactical) Workshop (2 days)
 8. Tapering and Peaking Webinar
 9. Manage a Sport Program Webinar
- *Webinars take place May - September

Attend Multi-Sport Modules (can occur at any time prior to evaluation):

1. Making Ethical Decisions
2. Managing Conflict
3. Leading Drug-Free Sport

Complete Multi-Sport Online Evaluations:

1. Making Ethical Decisions
2. Managing Conflict
3. Leading Drug-Free Sport

Speed Skating Evaluation:

1. Portfolio: to include the following submissions
 - a. Developing Speed Skating Physiology
 - i. Two (2) sample training protocols for speed (alactate/lactate), aerobic power, lactate capacity
 - b. Performance Planning
 - i. A Yearly Training Plan
 - ii. A sample microcycle from each macro cycle
 - iii. A training camp program
 - iv. A competition plan
 - c. Plan a Practice
 - i. Three (3) sample practice plans from different periods of the season
 - d. Analyze Performance Technical
 - i. Analysis of a skater, straight away, corner, start
 - ii. Corrective exercises for identified performance gaps
 - e. Analyze Performance Tactical
 - i. A race analysis
 - ii. A race plan
 - iii. A competition plan
 - f. Taper and Peaking
 - i. A four (4) week training plan leading to a major competition
 - g. Manage a Sports Program
 - i. A communication plan for skaters, parents and stakeholders
 - ii. A performance recruitment plan
2. Direct Observation – in Training
3. Direct Observation – in Competition

APPENDIX 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective NSO, at the request of the CGC and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

Parameters for establishing meaningful data for each P/TSO to assess their talent pool for Canada Winter Games included an examination of top 16 results. The following was calculated: mean, median, and standard deviation. The summary of data provides a snapshot of the competition from previous Canada Winter Games and a window into potential performance outcomes for future Games.

The summary of data that follows is not intended to represent minimum performance standards expected of athletes nor to guide provinces/territories in their selection of athletes but to provide a historical perspective on athlete performance at the Games.

Summary of data compiled from 2019 and 2015 Canada Winter Games:

500m - ranked times skated by all athletes who qualified for the quarter finals (not including skaters advanced due to obstruction or a penalty)

1000m - ranked times skated by all athletes who qualified for the quarter finals (not including skaters advanced due to obstruction or a penalty)

1500m - times for this distance were not included in the assessment of data as results are determined more by tactics than speed. Comparison of times in this case are not an accurate reflection of competitiveness within the field.

A skater who has a time within one standard deviation of the mean will likely skate fast enough to qualify for the quarter final. As tactics are an important element of short track speed skating, a fast time alone does not assure placement in the quarter finals.

A skater who is one standard deviation faster than the mean time has podium potential. As tactics are an important element of short track speed skating, a fast time alone does not assure a place on the podium.

Short Track Summary

Women	2015 CWG		2019 CWG	
	500m	1000m	500m	1000m
Median	47.40	1:41.90	46.80	1:36.60
Mean	47.50	1:41.80	46.90	1:36.80
Standard Deviation	0.9	2.5	1.5	2.0
Podium Potential	46.60	1:39.30	45.40	1:34.80
Top 16 (quarterfinalist)	48.50	1:44.20	48.40	1:38.80
Men	2015 CWG		2019 CWG	
	500m	1000m	500m	1000m
Median	44.70	1:34.70	43.20	1:29.10
Mean	44.70	1:35.30	43.40	1:28.80
Standard Deviation	1.3	1.7	0.7	1.1
Podium Potential	43.30	1:33.60	42.70	1:27.70
Top 16 (quarterfinalist)	46.00	1:37.00	44.10	1:29.90

Additional Areas for Consideration	Guidelines
Volume of Training	Speed Skating Canada's LTPAD model links T2C level with recommended volume of training. More information can be obtained from Speed Skating Canada's LTPAD documents.
Level of Competition	Athletes who compete at the Canada Games will have preferably competed in a Short Track Canada Cup.

APPENDIX 3 - AGE DISPENSATION

Speed Skating Canada (SSC) has established a minimum age of 14 on June 30th, 2022 for participation in the 2023 Canada Winter Games. This age corresponds with the minimum Junior Age of the International Skating Union (ISU). While this minimum age provides a developmentally appropriate age threshold for most participants and chronological age is a simple and valid means to define participation, exceptions are possible. As recognized by the scientific literature supporting SSC's Long Term Participant and Athlete Development Model (LTPAD), individuals have different rates of growth, development and maturation, developing physically, socially, intellectually and emotionally at different rates.

The purpose of the minimum age criterion is to help ensure that participation in the Canada Winter Games is developmentally appropriate for participating skaters. The intent behind the criterion is to avoid situations where athletes are encouraged to pursue developmentally inappropriate and potentially harmful training and competition experiences. The purpose of the exemption process is to address the exceptional athlete whose growth, development and maturation is in advance of the majority of skaters.

The Canada Winter Games is a high-profile event among funders and the media in which the speed skating competition includes racing events that are considered developmentally appropriate for skaters who have experienced peak height velocity (PHV) and whose linear growth is decelerating. This is generally associated with athletes exiting the Training to Train, or within the Learning/Training to Compete stages of development, and a social environment appropriate for individuals in late adolescence and early adulthood. With the established age category, the vast majority of skaters are nearing physical maturity with their linear growth rate decelerating. Further, the large majority of age eligible skaters will have gained the life and sport experiences to enable them to cope with the emotional and social stress of a weeklong multi-sport experience.

Any provincial/territorial sport organization wishing to request a minimum age exemption must submit their request in writing to the Manager, Sport Development at Speed Skating Canada Head Office at least 4 weeks prior to the first provincial/territorial selection event for the 2023 Canada Winter Games. Requests for exemption should be made using the age reclassification form available from Speed Skating Canada and include the information described below.

The Sport Development Advisory Council will review the request and render a decision within 21 days of having received the application for a minimum age exemption.

Assessment Criteria for Exemptions to the 2023 Canada Games Minimum Age Regulation

The provincial/territorial sport organization should demonstrate in their request for exemption that an athlete's skating ability, growth, development and maturation are at a level which corresponds to that of the majority of athletes exiting the Training to Train stage of development and that participating in the Canada Winter Games will be a meaningful, developmentally appropriate competitive experience for the skater. All skater development data submitted will be compared to normative data for the population at large, and the skating results of participants meeting the minimum age criteria in the current season and at previous Canada Winter Games. Specifically, SSC will be seeking to confirm that the skater's growth, development and maturation is consistent with skaters exiting the Training to Train stage of development. As part of the submission, the following documentation should be provided:

Skater Development Information

The following documentation with regards to the skater's development should be submitted:

1. A list of the competitions and training attended by the athlete in the previous year that would prepare him/her for this event; and a summary of training history prior to the previous season, including number of years' experience in speed skating and other sport programs.
2. All physiological testing results available from the past 12 months including VO2 Max, Wingate, Vertical Jump, Leger-Boucher and other recognized testing protocols. Results submitted will be compared to normative data for athletes at the beginning of the Learning to Compete Stage of Development.
3. Records of the athlete's height taken at 3-month intervals, over the previous 36 months period. Measurements should follow the protocol laid out in the document: "The Role of Monitoring Growth in Long-Term Athlete Development" (Istvan Balyi & Richard Way). If less than 36 months data are available, current data should still be submitted. This data will be reviewed to confirm that the athlete has entered a phase of decelerating growth.
4. Examples of successful participation in other sporting competitions or other experiences that support this athlete's readiness for the 2023 Canada Games.

Other Documentation

1. A letter of support from the named Canada Winter Games coach stating that, in his/her opinion, the athlete has the social and emotional maturity to cope with the stress of participation in the Canada Games.
2. A letter of support from the skater's primary coach confirming the skater's readiness to participate in the Canada Winter Games. As part of this letter the coach should include

- his or her level of certification and coach certification number.
3. A list of steps that the provincial/territorial sport organization will take to ensure the athlete is prepared for and does have a positive experience at the Canada Winter Games, including formal support from the Branch for the submission.
 4. A letter of support from the Chef de Mission.

PLEASE NOTE: Any athlete who is granted an exemption to compete and is subsequently nominated to their provincial/territorial Canada Games team will need to submit signed waiver and release forms to the Speed Skating Canada national office prior to the date that their nomination must be submitted to the Canada Games Council/Host Society.

The waiver and release forms are available from Speed Skating Canada.

APPENDIX 4 - SHORT TRACK FIELD OF PLAY REGULATIONS

Schedule of Events

- Day 1 (Saturday) Team Practice
- Day 2 (Sunday) Team Practice
- Day 3 (Monday) 1500m (heats and quarters) & 500m (prelims and heats)
- Day 4 (Tuesday) 1500m (semis and finals) & Relay heats
- Day 5 (Wednesday) Rest Day/Team Practice
- Day 6 (Thursday) 500m (quarters, semis, and finals)
- Day 7 (Friday) 1000m (prelims, heats, quarters, semis, and finals)
- Day 8 (Saturday) 3000m finals and Relay finals

Entries

- The Entries shall be restricted to a maximum of 65 Ladies and 65 Men.
- Each Branch must submit a 500m and 1500m time for each skater. The times submitted must have been skated in a Speed Skating Canada sanctioned competition during the current season (2022-23).
- Each Provincial/Territorial association must confirm the time submitted with the date and location of the competition. Times must be submitted on the “SSC in-house Branch registration form” directly to the Competitors Steward no later than February 4, 2023.

Sanction

- This event shall have a Speed Skating Canada Sanction.

Records

- Skaters are eligible to break Canada Games records as well as Canadian Junior ISU records.

Seeding Procedures

Any comments regarding the seeding list of participants, qualifying schedule and other distributed official documents can be addressed to the Competitors Steward up to the adjournment of the Team Leaders’ meeting convened prior to the first day of racing.

1500m

Seeding for the first round of the 1500m distance will be according to the following priority:

- 1500m ranking achieved at Canadian Junior Short Track Championships
- 1500m ranking achieved at Short Track Canada Cup 2

- Combined entry times from an SSC sanctioned competition (**500m + (1500m/3) = ranking time**). *In the case of a tie seeding will be determined by a random draw conducted by the Competitors Steward.*

500m

Seeding for the first round of the 500m distance will be according to the following priority:

- 500m ranking achieved at Canadian Junior Short Track Championships
- 500m ranking achieved at Short Track Canada Cup 2
- Combined entry times from an SSC sanctioned competition (1500m + 500m). *In the case of a tie seeding will be determined by a random draw conducted by the Competitors Steward.*

1000m

Seeding for the first round of the 1000m will be made on the basis of the sum of ranking points earned in the 1500m and 500m distances of the present competition. *In the case of a tie seeding will be determined by a random draw conducted by the Competitors Steward.*

Provincial/Territorial Seeding

Except for Quarter-Finals and Semi-Finals: If any skater is to be placed in a race which contains a skater from the same province/territory, that skater will be moved to the next available race, unless that skater would be placed in a race on the next row. In that case the skater will be exchanged with the previously placed skater, or with their predecessors on the same row, if necessary, to avoid placement of skaters of the same province/territory in a race. If there are no more races available to move a skater to, then the Competitors Steward, with the approval of the Chief Referee, may reverse skaters on a previous line, but only within that line, commencing with the lowest ranked skater, to resolve the matter. Reversing skaters between lines is not allowed. If the matter cannot be resolved then the skater will be placed in the originally designated race.

Skaters earn ranking points during the final rounds for each distance according to the Distance Classification Table for Short Track Speed Skating.

Seeding - Second and Subsequent Rounds of Any Session

For each of the distances, a classification will be made in which the participants are ranked:

- by block; Finalists, Semi Finalists, Quarter Finalists, etc.;
- by position (finish place) within the respective block;
- by position (finish place) within the subsequent previous Qualifying Rounds;
- by best time in any race in the current session.

Further ties will not be broken for Final Classifications.

For any intermediate distance classifications:

- In the case of equal times over the distance, a draw will take place to establish the order;
- In the case where there are no times available, a draw will take place for the respective Skaters/Teams to determine their rank in comparison to the others with the same position (finish place).

Note: A race with 1 Skater/Team will not be skated and the qualified Skater/Team will be advanced accordingly or be assigned the corresponding rank and points. Races shall not be combined.

Lane Positions

For the first round of a distance lane positions will be drawn by the Competitors Steward. For each subsequent round the lane position will be decided by the times skated in the preceding round, referring to ISU rule 296 paragraph 8. Skaters will be assigned lane positions from the inside of the track to the outside in the order of their times commencing with the fastest time.

Format for the 1500m Event

Seeding

Seeding for the first round of the 1500m distance will be according to the following priority:

- 1500m ranking achieved at Canadian Junior Short Track Championships
- 1500m ranking achieved at Short Track Canada Cup 2
- Combined entry times from an SSC sanctioned competition (1500m + 500m). *In the case of a tie seeding will be determined by a random draw conducted by the Competitors Steward.*

Composition of the Heats (1500m)

	1500m Heats								
Distance Seeding	A	B	C	D	E	F	G	H	I
	1	2	3	4	5	6	7	8	9
	18	17	16	15	14	13	12	11	10
	19	20	21	22	23	24	25	26	27
	36	35	34	33	32	31	30	29	28
	37	38	39	40	41	42	43	44	45
	54	53	52	51	50	49	48	47	46
	55	56	57	58	59	60	61	62	63
								65	64

If starting numbers are reduced from 65, the Short Track Technical Representative, in consultation with the Chief Referee and the Competitors Steward for the competition, will determine the most suitable number of heats to ensure the fairest safe racing conditions.

Composition of the Quarter Finals (1500m)

Based on the results of the heats, the 1500m quarter finals will consist of a top and bottom bracket.

Top Bracket

The top 3 skaters from each of the 9 heats as well as the fastest 4th placed skater* will be placed into the top bracket for final ranks 1-28. The top bracket may include lower ranks (e.g. 29, 30, 31...) depending on the number of advancements in the previous round. These skaters shall be seeded into 4 quarters finals (A, B, C, D) as described in the chart below.

*In the case that the top finishers and advanced skaters do not fill up to the scheduled number of skaters in the next round, the fastest next positioned skater(s) may be added to the next round.

Bottom Bracket

The remaining skaters from each of the 9 heats will be placed into the bottom bracket for final ranks 29-65. The bottom bracket may include lower ranks (e.g. 32-65) depending on the number of advancements in the previous round. These skaters shall be seeded into 5 quarter finals (E, F, G, H, I) as described in the chart below.

		Quarter Finals 1500m									
		Top Bracket				Bottom Bracket					
Rank from First Round		A	B	C	D		E	F	G	H	I
		1	2	3	4		29	30	31	32	33
		8	7	6	5		38	37	36	35	34
		9	10	11	12		39	40	41	42	43
		16	15	14	13		48	47	46	45	44
		17	18	19	20		49	50	51	52	53
		24	23	22	21		58	57	56	55	54
		25	26	27	28		59	60	61	62	63
										65	64

Composition of the Semi Finals (1500m)

Top Bracket

The top 3 skaters from each of the 4 top bracket quarter finals as well as the 2 fastest 4th placed skaters* will be placed into top bracket semi finals A and B, for final ranks 1-14. Semi finals A and

B may include lower ranks (e.g. 15, 16, 17...) depending on the number of advancements in the previous round. These skaters will be seeded into the semi finals as described in the chart below.

The remaining skaters from each of the 4 top bracket quarter finals will be seeded into top bracket semi finals C and D for final ranks 15-28. Semi finals C and D may include lower ranks (e.g. 16-28) depending on the number of advancements in the previous round. These skaters will be seeded into the semi finals as described in the chart below.

*In the case that the top finishers and advanced skaters do not fill up to the scheduled number of skaters in the next round, the fastest next positioned skater(s) may be added to the next round.

Bottom Bracket

The top 2 skaters from each of the 5 bottom bracket quarter finals as well as the 4 fastest 3rd placed skaters* will be seeded into bottom bracket semi finals E and F for final ranks 29-42. Semi finals E and F may include lower ranks (e.g. 43, 44, 45...) depending on the number of advancements in the previous round. These skaters will be seeded into the semi finals as described in the chart below.

The remaining 3rd, 4th and 5th placed skaters from each of the 5 bottom bracket quarter finals as well as the 3 fastest 6th placed skaters* will be seeded into semi finals G and H for final ranks 43-56. Semi finals E and F may include lower ranks (e.g. 44-56) depending on the number of advancements in the previous round. These skaters will be seeded into the semi finals as described in the chart below.

If the sum of the remaining skaters from each of the 5 bottom bracket quarter finals is greater than 8, the remaining skaters will be seeded into semi finals I and J. The remaining skaters will be seeded into the semi finals as described in the chart below.

If the sum of the remaining skaters from each of the 5 bottom bracket quarter finals is 8 or less, the remaining skaters will be seeded straight into final I.

*In the case that the top finishers and advanced skaters do not fill up to the scheduled number of skaters in the next round, the fastest next positioned skater(s) may be added to the next round.

Semi Finals 1500m											
Rank from Second Round	Top Bracket					Bottom Bracket					
	A	B	C	D		E	F	G	H	I*	J*
	1	2	15	16		29	30	43	44	57	58
	4	3	18	17		32	31	46	45	60	59
	5	6	19	20		33	34	47	48	61	62
	8	7	22	21		36	35	50	49	64	63
	9	10	23	24		37	38	51	52	65	
	12	11	26	25		40	39	54	53		
13	14	27	28		41	42	55	56			

*I and J only if required.

Composition of the Finals (1500m)

Finals 1500m	
Final A	1 st 2 nd and 3 rd from Semis A and B and fastest 4 th skater*
Final B	Remaining skaters from Semis A and B
Final C	1 st 2 nd and 3 rd from Semis C and D and fastest 4 th skater*
Final D	Remaining skaters from Semis C and D
Final E	1 st 2 nd and 3 rd from Semis E and F and fastest 4 th skater*
Final F	Remaining skaters from Semis E and F
Final G	1 st 2 nd and 3 rd from Semis G and H and fastest 4 th skater*
Final H	Remaining skaters from Semis G and H
Final I	Remaining skaters from Quarters E, F, G, H, I or top 3 from Semis I and J plus fastest 4 th *
Final J	No race if Semis I and J are not required or remaining skaters from Semis I and J

*In the case that the top finishers and advanced skaters do not fill up to the scheduled number of skaters in the final round, the fastest next positioned skater(s) may be added to the final round.

Note: A race with 1 Skater will not be skated and the qualified Skater will be advanced accordingly or be assigned the corresponding rank and points. Races shall not be combined.

Format for the 500m Event

Seeding

Seeding for the first round of the 500m distance will be according to the following priority:

- 500m ranking achieved at Canadian Junior Short Track Championships
- 500m ranking achieved at Short Track Canada Cup 2
- Combined entry times from an SSC sanctioned competition (1500m + 500m). *In the case of a tie seeding will be determined by a random draw conducted by the Competitors Steward.*

Composition of the Preliminaries (500m)

		500m Preliminaries											
Distance Seeding	A	B	C	D	E	F	G	H	I	J	K	L	M
	1	2	3	4	5	6	7	8	9	10	11	12	13
	26	25	24	23	22	21	20	19	18	17	16	15	14
	27	28	29	30	31	32	33	34	35	36	37	38	39
	52	51	50	49	48	47	46	45	44	43	42	41	40
	53	54	55	56	57	58	59	60	61	62	63	64	65

If starting numbers are reduced from 65, the Short Track Technical Representative, in consultation with the Chief Referee and the Competitors Steward for the competition, will determine the most suitable number of heats to ensure the fairest safe racing conditions.

Composition of the Heats (500m)

Top Bracket

The top 3 skaters from each of the 13 preliminaries as well as the fastest 4th placed skater* will be placed into the top bracket for final ranks 1-40. The top bracket may include lower ranks (e.g. 41, 42, 43...) depending on the number of advancements in the previous round. These skaters shall be seeded into 8 heats (A, B, C, D, E, F, G, H) as described in the chart below.

*In the case that the top finishers and advanced skaters do not fill up to the scheduled number of skaters in the next round, the fastest next positioned skater(s) may be added to the next round.

Bottom Bracket

The remaining skaters from each of the 13 preliminaries will be placed into the bottom bracket for final ranks 41-65. The bottom bracket may include lower ranks (e.g. 42-65) depending on the number of advancements in the previous round. These skaters shall be seeded into 5 heats (I, J, K, L, M) as described in the chart below.

Heats 500m														
Rank from Preliminary Round	Top Bracket									Bottom Bracket				
	A	B	C	D	E	F	G	H		I	J	K	L	M
	1	2	3	4	5	6	7	8		41	42	43	44	45
	16	15	14	13	12	11	10	9		50	49	48	47	46
	17	18	19	20	21	22	23	24		51	52	53	54	55
	32	31	30	29	28	27	26	25		60	59	58	57	56
33	34	35	36	37	38	39	40		61	62	63	64	65	

Composition of the Quarter Finals (500m)

Top Bracket

The top 2 skaters from each of the 8 top bracket heats as well as the 4 fastest 3rd placed skaters* will be seeded into top bracket quarter finals A, B, C, D for final ranks 1-20. Quarter finals A, B, C, D may include lower ranks (e.g. 21, 22, 23...) depending on the number of advancements in the previous round. These skaters will be seeded as described in the chart below.

*In the case that the top finishers and advanced skaters do not fill up to the scheduled number of skaters in the next round, the fastest next positioned skater(s) may be added to the next round

The remaining skaters from each of the 8 top bracket heats will be seeded into top bracket quarter finals E, F, G, H for final ranks 21-40. Quarter finals E, F, G, H may include lower ranks (e.g. 22-40) depending on the number of advancements in the previous round. These skaters will be seeded as described in the chart below.

Bottom Bracket

Skaters included in the bottom bracket heats shall not skate a quarter final. The skaters from the bottom bracket heats will be seeded into a bottom bracket semi final as described in “*Composition of the Semi Finals (500m)*” below.

		Quarter Finals 500m							
Rank from Heats	A	B	C	D		E	F	G	H
	1	2	3	4		21	22	23	24
	8	7	6	5		28	27	26	25
	9	10	11	12		29	30	31	32
	16	15	14	13		36	35	34	33
	17	18	19	20		37	38	39	40

Composition of the Semi Finals (500m)

Top Bracket

The top 2 skaters from quarter finals A, B, C, D will be placed into semi finals A, B for final ranks 1-8. Semi finals A, B may include lower ranks (e.g. 9, 10...) depending on the number of advancements in the previous round. These skaters will be seeded into semi finals A, B as described in the chart below.

The remaining skaters from quarter finals A, B, C, D will be placed into semi finals C, D, E for final ranks 9-20. Semi finals C, D, E may include lower ranks (e.g. 10-20) depending on the number of advancements in the previous round. These skaters will be seeded into semi finals C, D, E as described in the chart below.

The top 2 skaters from quarter finals E, F, G, H will be placed into semi finals F, G for final ranks 21-28. Semi finals F, G may include lower ranks (e.g. 29, 30...) depending on the number of advancements in the previous round. These skaters will be seeded into semi finals F, G as described in the chart below.

The remaining skaters from quarter finals E, F, G, H will be placed into semi finals H, I, J for final ranks 29-40. Semi finals H, I, J may include lower ranks (e.g. 30-40) depending on the number of advancements in the previous round. These skaters will be seeded into semi finals H, I, J as described in the chart below.

Bottom Bracket

The 1st place skaters from each of the 5 bottom bracket heats and the 3 fastest 2nd place skaters* will be seeded into semi finals K, L for final ranks 41-48. Semi finals K, L may include lower ranks depending on the number of advancements in the previous round as described in the chart below.

*In the case that the top finishers and advanced skaters do not fill up to the scheduled number of skaters in the next round, the fastest next positioned skater(s) may be added to the next round.

The remaining skaters from each of the 5 bottom bracket heats will be seeded into semi finals M, N, O, P for final ranks 49-65. Semi finals M, N, O, P may include lower ranks (e.g. 50-65) depending on the number of advancements in the previous round. These skaters will be seeded into semi finals M, N, O, P as described in the chart below.

Semi Finals 500m																
Top Bracket										Bottom Bracket						
Primary		Secondary			Tertiary		Quaternary			Primary		Secondary				
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	
1	2	9	10	11	21	22	29	30	31	41	42	49	50	51	52	
4	3	14	13	12	24	23	34	33	32	44	43	56	55	54	53	
5	6	15	16	17	25	26	35	36	37	45	46	57	58	59	60	
8	7	20	19	18	28	27	40	39	38	48	47	64	63	62	61	
												65				

Composition of the Finals (500m)

Finals 500m	
Final A	1 st and 2 nd from semi finals A and B
Final B	Remaining skaters from semi finals A and B
Final C	1 st from semi finals C, D, E and fastest 2 nd skater*
Final D	Remaining 2 ^{nds} from semi finals C, D, E and 2 fastest 3 rd skaters*
Final E	Remaining skaters from semi finals C, D, E
Final F	1 st and 2 nd from semi finals F and G
Final G	Remaining skaters from semi finals F and G
Final H	1 st from semi finals H, I, J and fastest 2 nd skater*
Final I	Remaining 2 ^{nds} from semi finals H, I, J and 2 fastest 3 rd skaters*
Final J	Remaining skaters from semi finals H, I, J
Final K	1 st and 2 nd from semi finals K and L
Final L	Remaining skaters from semi finals K and L
Final M	1 st from semi finals M, N, O, P
Final N	2 nd from semi finals M, N, O, P
Final O	3 rd from semi finals M, N, O, P
Final P	Remaining skaters from semi finals M, N, O, P

*In the case that the top finishers and advanced skaters do not fill up to the scheduled number of

skaters in the final round, the fastest next positioned skater(s) may be added to the final round.

Note: A race with 1 Skater will not be skated and the qualified Skater will be advanced accordingly or assigned the corresponding rank and points. Races shall not be combined.

Distance Classification - Penalties

In the case of 2 or more penalized skaters in the A Final, the results of the B Final shall be considered for the awarding of medals. The penalized skaters will be treated as a tie for last place in the A Final and the winner of the B Final shall be awarded the points and the medal for third.

Format for the 1000m Event

Seeding

Seeding for the first round of the 1000m will be made on the basis of the sum of ranking points earned in the 1500m and 500m distances of the present competition. *In the case of a tie seeding will be determined by a random draw conducted by the Competitors Steward.*

Composition of the Preliminaries (1000m)

1000m Preliminaries											
Distance seeding	A	B	C	D	E	F	G	H	I	J	K
	1	2	3	4	5	6	7	8	9	10	11
	22	21	20	19	18	17	16	15	14	13	12
	23	24	25	26	27	28	29	30	31	32	33
	44	43	42	41	40	39	38	37	36	35	34
	45	46	47	48	49	50	51	52	53	54	55
		65	64	63	62	61	60	59	58	57	56

If starting numbers are reduced from 65, the Short Track Technical Representative, in consultation with the Chief Referee and the Competitors Steward for the competition, will determine the most suitable number of heats to ensure the fairest safe racing conditions.

Top Bracket

The top 2 skaters from each of the 11 preliminaries as well as the 8 fastest 3rd placed skaters* will be placed into the top bracket for final ranks 1-30. The top bracket may include lower ranks (e.g. 31, 32, 33...) depending on the number of advancements in the previous round. These skaters shall be seeded into 6 heats (A, B, C, D, E, F) as described in the chart below.

*In the case that the top finishers and advanced skaters do not fill up to the scheduled number of

skaters in the next round, the fastest next positioned skater(s) may be added to the next round.

Bottom Bracket

The remaining skaters from each of the 11 preliminaries will be placed into the bottom bracket for final ranks 31-65. The bottom bracket may include lower ranks (e.g. 32-65) depending on the number of advancements in the previous round. These skaters shall be seeded into 7 heats (G, H, I, J, K, L, M) as described in the chart below.

1000m Heats														
Rank from preliminaries	Top Bracket							Bottom Bracket						
	A	B	C	D	E	F		G	H	I	J	K	L	M
	1	2	3	4	5	6		31	32	33	34	35	36	37
	12	11	10	9	8	7		44	43	42	41	40	39	38
	13	14	15	16	17	18		45	46	47	48	49	50	51
	24	23	22	21	20	19		58	57	56	55	54	53	52
	25	26	27	28	29	30		59	60	61	62	63	64	65

Composition of the Quarter Finals (1000m)

Top Bracket

The top 2 skaters from each of the 6 top bracket heats as well as the 3 fastest 3rd placed skaters* will be seed into top bracket quarter finals A, B, C for final ranks 1-15. Quarter finals A, B, C may include lower ranks (e.g. 16, 17, 18...) depending on the number of advancements in the previous round. These skaters will be seeded as described in the chart below.

The remaining skaters from each of the 6 top bracket heats will be seed into top bracket quarter finals D, E, F for final ranks 16-30. Quarter finals D, E, F may include lower ranks (e.g. 17-30) depending on the number of advancements in the previous round. These skaters will be seeded as described in the chart below.

*In the case that the top finishers and advanced skaters do not fill up to the scheduled number of skaters in the next round, the fastest next positioned skater(s) may be added to the next round.

Bottom Bracket

The top 2 skaters from each of the 7 bottom bracket heats as well as the fastest 3rd placed skater* will be seeded into bottom bracket quarter finals G, H, I for ranks 31-45. Quarter finals G, H, I may include lower ranks (e.g. 32-45) depending on the number of advancements in the previous round. These skaters will be seeded as described in the chart below.

The remaining third and fourth place skaters from each of the 7 bottom bracket heats as well as the 2 fastest 5th placed skaters* will be seeded into bottom bracket quarter finals J, K, L for ranks 46-60. Quarter finals J, K, L may include lower ranks (e.g. 47-60) depending on the number of

advancements in the previous round. These skaters will be seeded as described in the chart below.

*In the case that the top finishers and advanced skaters do not fill up to the scheduled number of skaters in the next round, the fastest next positioned skater(s) may be added to the next round.

The remaining skaters will be seeded directly into a final as described in “*Composition of the Finals (1000m)*” below.

Quarter Finals 1000m													
Rank from Heats	Top Bracket							Bottom Bracket					
	Primary			Secondary				Primary			Secondary		
	A	B	C	D	E	F		G	H	I	J	K	L
	1	2	3	16	17	18		31	32	33	46	47	48
	6	5	4	21	20	19		36	35	34	51	50	49
	7	8	9	22	23	24		37	38	39	52	53	54
12	11	10	27	26	25		42	41	40	57	56	55	
13	14	15	28	29	30		43	44	45	58	59	60	

Composition of the Semi Finals (1000m)

Top Bracket

The top 3 skaters from quarter finals A, B, C as well as the fastest 4th placed skater* will be seeded into semi finals A, B for final ranks 1-10. Semi finals A, B may include lower ranks depending on the number of advancements in the previous round.

The remaining skaters from quarter finals A, B, C will be seeded directly into final C for ranks 11-15. Final C may include lower ranks (e.g. 12-15) depending on the number of advancements in a previous round.

The top 3 skaters from quarter finals D, E, F as well as the fastest 4th placed skater* will be seeded into semi finals D, E for final ranks 16-25. Semi finals D, E may include lower ranks depending on the number of advancements in the previous round.

The remaining skaters from quarter finals D, E, F will be seeded directly into final F for ranks 26-30. Final F may include lower ranks (e.g. 27-30) depending on the number of advancements in a previous round.

Bottom Bracket

The top 3 skaters from quarter finals G, H, I as well as the fastest 4th placed skater* will be seeded into semi finals G, H for final ranks 31-40. Semi finals G, H may include lower ranks depending on the number of advancements in the previous round.

The remaining skaters from quarter finals G, H, I will be seeded directly into final I for ranks 41-45.

Final I may include lower ranks (e.g. 42-45) depending on the number of advancements in a previous round.

The top 3 skaters from quarter finals J, K, L as well as the fastest 4th placed skater* will be seeded into semi finals J, K for final ranks 46-55. Semi finals J, K may include lower ranks depending on the number of advancements in the previous round.

The remaining skaters from quarter finals J, K, L will be seeded directly into final L for ranks 56-60. Final L may include lower ranks (e.g. 57-60) depending on the number of advancements in a previous round.

*In the case that the top finishers and advanced skaters do not fill up to the scheduled number of skaters in the next round, the fastest next positioned skater(s) may be added to the next round.

Semi Finals 1000m									
Rank from Quarter Finals	Top Bracket					Bottom Bracket			
	Primary		Tertiary			Primary		Tertiary	
	A	B	D	E		G	H	J	K
	1	2	16	17		31	32	46	47
	4	3	19	18		34	33	49	48
	5	6	20	21		35	36	50	51
8	7	23	22		38	37	53	52	
9	10	24	25		39	40	54	55	

Composition of the Finals (1000m)

Finals 1000m	
Final A	1 st and 2 nd from semi finals A, B and fastest 3 rd placed skater*
Final B	Remaining skaters from semi finals A, B
Final C	Remaining skaters from quarter finals A, B, C
Final D	1 st and 2 nd from semi finals D, E and fastest 3 rd placed skater*
Final E	Remaining skaters from semi finals D, E
Final F	Remaining skaters from quarter finals D, E, F
Final G	1 st and 2 nd from semi finals G, H and fastest 3 rd placed skater*
Final H	Remaining skaters from semi finals G, H
Final I	Remaining skaters from quarter finals G, H, I
Final J	1 st and 2 nd from semi finals J, K and fastest 3 rd placed skater*
Final K	Remaining skaters from semi finals J, K
Final L	Remaining skaters from quarter finals J, K, L
Final M	Remaining skaters from bottom bracket heats G-M

*In the case that the top finishers and advanced skaters do not fill up to the scheduled number of skaters in the final round, the fastest next positioned skater(s) may be added to the final round.

Note: A race with 1 Skater will not be skated and the qualified Skater will be advanced

accordingly or be assigned the corresponding rank and points. Races shall not be combined.

Distance Classification - Penalties

In the case of 2 or more penalized skaters in the A Final, the results of the B Final shall be considered for the awarding of medals. The penalized skaters will be treated as a tie for last place in the A Final and the winner of the B Final shall be awarded the points and the medal for third.

Format for the 3000m Points Race

Seeding

Seeding for the 3000m points race will be made on the basis of the sum of ranking points earned in the 1500m, 500m and 1000m distances of the present competition. All skaters will compete in the 3000m points race. In the event of a tie for the final position in a final, the tie shall be broken by the skaters' result in the 1500m. If a tie persists the tie shall be broken *by a random draw conducted by the Competitors Steward*.

If starting numbers are reduced from 65, the Short Track Technical Representative, in consultation with the Chief Referee and the Competitors Steward for the competition, will determine the most suitable number of finals to ensure the fairest safe racing conditions.

Skaters will be seeded into the final as described by the chart below.

Finals								
Rank from sum of earned ranking points	A	B	C	D	E	F	G	H
	1	9	17	25	33	41	49	57
	2	10	18	26	34	42	50	58
	3	11	19	27	35	43	51	59
	4	12	20	28	36	44	52	60
	5	13	21	29	37	45	53	61
	6	14	23	30	38	46	54	62
	7	15	23	31	39	47	55	63
	8	16	24	32	40	48	56	64
								65

The 3000m points race (ISU) will include two intermediary sprints and a final sprint for the Distance Classification. The 3000m points race shall be conducted according to the ISU rule 295 paragraph 7 and will include two intermediary sprints and a final sprint for the distance classification.

Intermediary Sprints

- With nineteen (19) laps to go, there will be a bell, the first Skater crossing the line with eighteen (18) laps to go will get five (5) Race Points
- With ten (10) laps to go, there will be a bell, the first Skater crossing the line with nine (9) laps to go will get five (5) Race Points
- If the Skater(s) concerned receive(s) a penalty, a yellow card, a red card, or does not finish, then those Race Points are not awarded to any other Skater(s)

Final Sprint

At the finish 34, 21, 13, 8, 5, 3, 2 and 1 Race Points are awarded in descending order commencing with the first place.

Distance Classification

- The Race Points for intermediary sprints and the Race Points for finish order will be added to make the 3000m classification.
- For the 3000m points race Distance Classification the Skaters will be ranked:
 - by Race Points
 - by Finish position

Distance Classification Table - Short Track Speed Skating

Individual points for each distance will be awarded as follows to accommodate a field of 65 skaters:

Rank	Pts	Rank	Pts	Rank	Pts	Rank	Pts	Rank	Pts	Rank	Pts	Rank	Pts
1	10000	11	1935	21	675	31	235	41	82	51	29	61	10
2	8000	12	1741	22	607	32	212	42	74	52	26	62	9
3	6400	13	1567	23	546	33	191	43	66	53	23	63	8
4	5120	14	1411	24	492	34	171	44	60	54	21	64	7
5	4096	15	1269	25	443	35	154	45	54	55	19	65	7
6	3277	16	1143	26	398	36	139	46	48	56	17		
7	2949	17	1028	27	359	37	125	47	44	57	15		
8	2654	18	925	28	323	38	113	48	39	58	14		
9	2389	19	833	29	290	39	101	49	35	59	12		
10	2150	20	750	30	261	40	91	50	32	60	11		

Ties

- In the case of a tie for first place both athletes will receive first place points (10000) and the next athlete will receive third place points (6400). Similarly, if there is a tie for third

place both athletes will receive third place points (6400) and the next athlete will receive fifth place points (4096).

Penalties

- In the case of 2 or more penalized skaters in the A Final, the results of the B Final shall be considered for the awarding of medals. The penalized skaters will be treated as a tie for last place in the A Final and the winner of the B Final shall be awarded the points and the medal for third.

Format for the 3000m Relay

Entries

- Each Branch may enter up to 1 male team and 1 female team.
- Each Branch may name 3-5 skaters to a relay team with a minimum of 3 and maximum of 4 skaters in any one race (heat or final).
- Male and female teams will skate a 3000m relay.
- Heats and Finals will not be held on the same day.
- Only those skaters who participate in a heat or final are eligible for a medal.

Seeding Process

Each Branch will submit a 500m time for each of the 5 skaters named to participate in a relay. The average of the 4 fastest times submitted will be used to seed relay teams in qualifying heats. In the case of a team of 3, the average of the 3 times submitted will be used.

A team ranking list will be established with the average times ranked from the fastest to the slowest. The teams will be seeded into the semi finals as described by the chart below.

Semi A	Semi B	Semi C	Semi D
Team 1	Team 2	Team 3	Team 10
Team 6	Team 5	Team 4	Team 11
Team 7	Team 8	Team 9	Team 12
			Team 13

Composition of the Finals

Relay Finals	
Final A	1 st from semis A, B, and C, and next fastest team from semis A, B, C, or D
Final B	Remaining 2 ^{nds} from semis A, B, C, and fastest next positioned team(s) from semis A, B, C, or D
Final C	Remaining teams from semis A, B, C, and D

*In the case that the top finishers and advanced teams do not fill up to the scheduled number of

teams in the final round, the fastest next positioned team(s) may be added to the final round.

Note: A race with 1 Team will not be skated and the qualified Team will be advanced accordingly or be assigned the corresponding rank and points. Races shall not be combined.

Distance Classification - Penalties

In the case of 2 or more penalized teams in the A Final, the results of the B Final shall be considered for the awarding of medals. The penalized teams will be treated as a tie for last place in the A Final and the winner of the B Final shall be awarded the points and the medal for third.

Protocol

A competition protocol with individual race results and distance classifications will be prepared at the conclusion of the competition as per SSC format.

A summary of ranking and overall sport scoring points will be tabulated after each race and at the conclusion of the competition to determine the distribution of Flag Points.

Distance Classification will be based on ranking points from the Distance Classification Table.

Flag Points will be based on the Sport Scoring Points from the Sport Scoring Table.

Sport scoring to determine the distribution of flag points will be based on the Sport Scoring Tables:

- Sport scoring points for Individual Distances will be awarded based on the *Sport Scoring Table - Individual Distance*
- Sport Scoring points for the Team Relay will be awarded based on the *Sport Scoring Table - Team Events*
- Athletes will be ranked from first through last place for each individual distance according to the Distance Classification Table for Short Track Speed Skating then assigned sport scoring points to determine flag points.
- Relay Teams will be ranked from first through last place according to the Distance Classification Table for Short Track Speed Skating then assigned sport scoring points to determine flag points.

Sport Scoring Table - Individual Distance (flag points)

- Based on the individual ranking established through Distance Classification

Pos	PTS	Pos	PTS	Pos	PTS	Pos	PTS	Pos	PTS
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1st	100	14th	72	27th	59	40th	46	53rd	33
2nd	97	15th	71	28th	58	41st	45	54th	32
3rd	94	16th	70	29th	57	42nd	44	55th	31
4th	91	17th	69	30th	56	43rd	43	56th	30
5th	88	18th	68	31st	55	44th	42	57th	29
6th	85	19th	67	32nd	54	45th	41	58th	28
7th	83	20th	66	33rd	53	46th	40	59th	27
8th	81	21st	65	34th	52	47th	39	60th	26
9th	79	22nd	64	35th	51	48th	38	61st	25
10th	77	23rd	63	36th	50	49th	37	62nd	24
11th	75	24th	62	37th	49	50th	36	63rd	23
12th	74	25th	61	38th	48	51st	35	64th	22
13th	73	26th	60	39th	47	52nd	34	65th	21

Sport Scoring Table - Team Events (flag points)

- Based on the Team ranking established through Distance Classification

Placing	Points	Placing	Points	Placing	Points
1st	150	6th	100	11th	50
2nd	140	7th	90	12th	40
3rd	130	8th	80	13th	30
4th	120	9th	70		
5th	110	10th	60		

Progression Matrix for Format of 65 Skaters

1500m

Heats				Quarters			
Skaters	Races	# on the line	ADV	Skaters	Races	# on the line	ADV
65	9	7/7/7/7/7/7/7/8/8	3+1	28	4	7/7/7/7	3+2
				37	5	7/7/7/8/8	2+4

Semis				Finals	
Skaters	Races	# on the line	ADV	Race	Skaters
14	2	7/7	3+1	A-B	7/7
14	2	7/7	3+1	C-D	7/7
14	2	7/7	3+1	E-F	7/7
14	2	7/7	3+1	G-H	7/7
9	2	5/4	3+1*	I-J*	7/2

500m

Preliminaries				Heats			
Skaters	Races	# on the line	ADV	Skaters	Races	# on the line	ADV
65	13	5/5/5/5/5/5/5/5/5/5/5/5/5/5	3+1	40	8	5/5/5/5/5/5/5/5	2+4
				25	5	5/5/5/5/5	1+3

Quarters				Semis				Finals	
Skaters	Races	# on the line	ADV	Skaters	Races	# on the line	ADV	Race	Skaters
20	4	5/5/5/5	2+0	8	2	4/4	2+0	A-B	4/4
				12	3	4/4/4	1+1	C-D-E	4/4/4
20	4	5/5/5/5	2+0	8	2	4/4	2+0	F-G	4/4
				12	3	4/4/4	1+1	H-I-J	4/4/4
				8	2	4/4	2+0	K-L	4/4
				17	4	5/4/4/4	1+0	M-N-O-P	4/4/4/4
								Q	No race

1000m

Preliminaries				Heats			
Skaters	Races	# on the line	ADV	Skaters	Races	# on the line	ADV
65	11	5/6/6/6/6/6/6/6/6/6/6	2+8	30	6	5/5/5/5/5/5	2+3
				35	7	5/5/5/5/5/5/5	2+1

Quarters	Semis	Finals

Skaters	Races	# on the line	ADV	Skaters	Races	# on the line	ADV	Race	Skaters
15	3	5/5/5	3+1	10	2	5/5	2+1	A-B	5/5
								C	5
15	3	5/5/5	3+1	10	2	5/5	2+1	D-E	5/5
								F	5
15	3	5/5/5	3+1	10	2	5/5	2+1	G-H	5/5
								I	5
15	3	5/5/5	3+1	10	2	5/5	2+1	J-K	5/5
								L	5
								M	5



APPENDIX 5 - FIELD OF PLAY APPEAL PROCEDURE

In Speed Skating there is an appeals process in place as described by ISU 123 and 124. In Short Track there are no protests or appeals for field of play infractions. There is no higher appeals process on field of play decisions. The Speed Skating Canada Procedures and Regulations make no mention of any other appeal process. These decisions are final.

At the Canada Games there are a separate set of technical regulations that have a wider scope than normal speed skating competition regulations. These documents (the Short Track Canada Winter Games Technical Packages and the ST Field of Play Regulations) are approved by Speed Skating Canada and the Canada Games Council. However, these documents are only used once every four years and it is possible that they will not clearly resolve all issues. These issues must be addressed objectively and in a timely manner. The Speed Skating Canada Formal Appeals process is not designed to accommodate the Canada Winter Games concerns, therefore a Canada Winter Games Speed Skating Jury of Appeal is proposed as the step between the field of play process and the formal Canada Games Appeals process.

Canada Winter Games Speed Skating Jury of Appeal

The Canada Winter Games Speed Skating Jury of Appeal would include the ST and LT Technical Representatives, *chief referee ST and chief referee LT* and a member of the Canada Games Council sport technical staff. If an appeal arises that is beyond the jurisdiction of the ISU and SSC field of play competition rules and cannot be satisfactorily resolved by the field of play personnel, then it would be brought to the Canada Winter Games Speed Skating Jury of Appeal for a timely decision (no more than 24 hours).

The Canada Winter Games Speed Skating Jury of Appeal would be chaired by the Speed Skating Canada Technical Representative responsible for the discipline (ST or LT) that is the source of the appeal.

In any case where the ST or LT Technical Representative anticipates issues based on the Technical Package's interpretation, the Canada Winter Games Speed Skating Jury of Appeal would be consulted for advice and a decision.