

SPEED SKATE NOVA SCOTIA

HIGH PERFORMANCE BULLETIN 2022 – 2023

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Approved by the SSNS Athlete Development Committee

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GENERAL INFORMATION

The High Performance Bulletin is an annual technical document produced by Speed Skating Nova Scotia (SSNS) to outline the qualifying standards, selection criteria, and funding criteria for national competitions for Nova Scotia skaters.

The High Performance Committee – LT (HPC-LT), High Performance Committee – ST (HPC-ST), and Competitions Development Committee (CDC) of Speed Skating Canada (SSC) are responsible for the rules and regulations governing national-level competitions.

The SSNS qualifying standards in this bulletin are relevant to national competitions for which SSC has no selection standard (minimum time or ranking by position or time) and/or has a branch quota of skaters that SSNS can send to the specific event. The SSNS qualifying standards in this bulletin also reflect SSNS priorities for use of travel funds based on long-term athlete development and high-performance goals.

Speed Skating Nova Scotia reserves the right to modify or change the enclosed guidelines if there is clear evidence that any such changes are in the best interest of the long-term development of participants and the growth of the sport. In the case of a change, competition organizers, skaters, coaches, officials, and clubs will be advised as soon as possible. Any change will be announced in a publication of a SSNS Technical Memorandum.

COMPETITIONS

The national-level competitions for the 2022-23 season relevant to Nova Scotia skaters include the following (see SSC [Master High Performance Bulletin \[Short Track\]](#), [High Performance Bulletin 202 \[Domestic Competition Format\]](#), and [Canadian Youth Long Track Championships \[Competition Format\]](#)):

	Event	Location	Date	Selection
SHORT TRACK	Canadian Short Track Championships	Quebec, QC	October 14-16, 2022	SSC Standard
	Canadian Junior Short Track Open (14-15)	Calgary, AB	November 12-13, 2022	Branch quota
	Canadian Junior Short Track Open (16-18)	Calgary, AB	November 12-13, 2022	Branch quota
	Canadian Junior Short Track Championships	Sherbrooke, QC	November 25-27, 2022	SSC Standard
	Canadian Short Track Invitational	Montreal, QC	December 9-11, 2022	SSC Standard
	Short Track Canada Cup 1	Laval, QC	January 13-15, 2023	SSC Standard
	Short Track Canada Cup Final	Quebec, QC	March 10-12, 2023	SSC Standard
	Short Track Canada Cup Junior Final	Sherbrooke, QC	March 17-19, 2023	SSC Standard
	Canadian Youth Short Track Championships – East	Oakville, ON	March 25-26, 2023	Branch quota
LONG TRACK	Long Track Canada Cup 1	Fort St. John, BC	December 9-11, 2022	SSC Standard
	Canadian Junior Long Track Championships	Quebec, QC	January 5-6, 2023	SSC Standard
	Long Track Canada Cup 2	Quebec, QC	January 5-8, 2023	SSC Standard
	Long Track Canada Cup 3	Winnipeg, MB	January 27-28, 2023	SSC Standard
	Canadian Youth Long Track Championships	Fort St. John, BC	February 4-5, 2023	Branch quota
	Long Track Canada Cup 4	Calgary, AB	March 10-12, 2023	SSC Standard
Long Track Canada Cup 5	Calgary, AB	March 16-19, 2023	SSC Standard	

Table 1. National-level competitions relevant to NS skaters

In the above-mentioned speed skating national events, skaters from Nova Scotia represent the province. In any other qualifying events (club, provincial, regional), skaters represent their respective clubs. Speed Skating Nova

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Scotia maintains an inventory of provincial skin suits that can be loaned out for speed skating national events to qualified skaters.

ELIGIBILITY CRITERIA FOR SELECTION

- Skaters must be members of an SSNS member club and be in good standing with SSNS.
- Skaters' age category for the 2022-2023 season is their age as of June 30, 2022.
- Skaters must maintain a regular training program, attend regular club practices, show ongoing improvement, and adhere to the SSNS code of conduct to be considered for selection.

EVENTS TO BE CONSIDERED FOR SSNS PERFORMANCE STANDARDS

The 2022-2023 competitive season is defined as the period from April 1, 2022 to March 31, 2023.

- All performances in SSNS sanctioned competitions in the 2022-23 season will be considered.
- All performances in SSC sanctioned competitions in the 2022-23 season will be considered.
- All performances in provincially sanctioned competitions outside of Nova Scotia, on SSC standard tracks, in the 2022-23 season will be considered.

For consideration for selection to compete at the 2023 Canadian Youth Long Track Championships (CYLTC), Nova Scotia skaters must compete at the 2023 Atlantic Cup Long Track Championships in Halifax.

APPEALS PROCESS

Appeals with respect to any selection process must be submitted to the SSNS President in writing.

A three-person appeals group will be formed upon receipt of the written appeal. The appeals group will consist of three SSNS members who are deemed free of conflict of interest, at least one of whom must be a current member of the SSNS Board of Directors.

A verbal decision from the appeals group must be made within seven days of receipt of the written appeal. The appeals group will be given an additional three days to provide a written account of their decision. Both the written and verbal decision will be given to the SSNS Board of Directors or the president of SSNS for communication to the party initiating the appeal.

LONG TRACK PERFORMANCE CRITERIA

CANADIAN YOUTH LONG TRACK CHAMPIONSHIPS

February 4-5, 2023, Fort St. John, BC

The Canadian Youth Long Track Championships (CYLTC) bring together the top skaters from across the country, ages 11, 12, and 13. The [Speed Skating Canada High Performance Bulletin \(Canadian Youth Long Track Championships\)](#) outlines the competition's goals and format, branch quotas, registration deadlines, etc. Skaters who attend the CYLTC have entered the "Train-to-Train (T2T)" stage of the Long Term Athlete Development (LTAD) system. By attending the CYLTC, they gain the experience of being part of a provincial team representing Nova Scotia at a national championship. Speed Skate Nova Scotia's time standards for the CYLTC are designed to select skaters who are competitive with skaters from other provinces attending the competition.

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Speed Skating Nova Scotia and other branches are eligible to enter a minimum quota of two (2) skaters per gender/age class in the CYLTC. Should branches not use their minimum quotas, SSC will allocate these additional positions based on skaters' fastest 500m OS seed times irrespective of branch membership.

To qualify to attend the CYLTC and receive travel support from SSNS, Nova Scotia skaters must:

- i. Finish first (1st) or second (2nd)* among Nova Scotia skaters in their gender/age class in the Atlantic Cup Long Track Championships (ACLTC) on the basis of cumulative all-points ranking in the 300m MS, 7-lap ISU MS, 500m OS, and 1500m MS events (note that the 1000m MS event combines age classes);
- ii. Achieve the SSNS time standard for their gender/age class in a minimum of two (2) of three (3) distances in races held during the 2022-2023 season (competitions held within and outside the province), prior to the close of entries; **AND**

	GIRLS T2T-11		
	Outside	Inside (lowland)	Inside
300m MS	37.85	35.1	34.6
500m OS	1:00.43	56.1	55.2
1500m MS/OS	3:28.56	3:13.5	3:10.4

	GIRLS T2T-12		
	Outside	Inside (lowland)	Inside
300m MS	36.23	33.6	33.1
500m OS	57.51	53.4	52.5
1500m MS/OS	3:20.35	3:05.9	3:02.9

	GIRLS T2T-13		
	Outside	Inside (lowland)	Inside
300m MS	34.82	32.3	31.8
500m OS	55.36	51.4	50.5
1500m MS/OS	3:06.95	2:53.5	2:50.7

	BOYS T2T-11		
	Outside	Inside (lowland)	Inside
300m MS	36.45	33.8	33.3
500m OS	59.69	55.4	54.5
1500m MS/OS	3:25.99	3:11.2	3:08.1

	BOYS T2T-12		
	Outside	Inside (lowland)	Inside
300m MS	34.90	32.4	31.9
500m OS	58.59	54.4	53.5
1500m MS/OS	3:22.17	3:07.6	3:04.6

	BOYS T2T-13		
	Outside	Inside (lowland)	Inside
300m MS	32.37	30.0	29.6
500m OS	52.09	48.3	47.6
1500m MS/OS	3:01.40	2:48.3	2:45.6

Table 2. SSNS Time Standards for CYLTC (Girls and Boys): Outside times are based on the fastest times skated at previous CYLTC events. Inside times refer to any times achieved on a covered oval, with a further distinction between lowland ovals (e.g., Quebec City, Fort St John) and high-altitude ovals (e.g., Calgary, Salt Lake City). Inside (lowland) times and inside times are based on 92.8% and 91.3%, respectively, of the outside times (consistent with the percentages used by SSC for Long Track Canada Cups).

- iii. Declare eligibility by the deadline set by SSNS for inclusion among the preliminary entries that must be submitted by SSNS to SSC by January 16, 2023. An eligible skater is defined as any skater who intends to accept a position on the Nova Scotia team if selected by SSNS. Clubs are responsible for identifying their eligible skaters and providing the necessary information for the preliminary entry form (name, identified gender, SSC#, birth date, age class, club/branch, as well as 500m seed times). If preliminary entries indicate that a branch's minimum quota will not be used, these positions are reallocated. Final entries must be submitted by SSNS to SSC by January 25, 2023.

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*Should the first-place and/or second-place finishers in any gender/age class at the ACLTC choose not to attend the CYLTC, the next place finisher(s) will be offered the position(s), provided they have met the SSNS time standard outlined in (ii).

*Should the first (1st)-place and/or second (2nd)-place finishers in any gender/age class at the ACLTC not satisfy the SSNS time standard outlined in (ii) whereas a lower-ranked finisher at the ACLTC does satisfy the SSNS time standard, a decision will be made about whether to offer either skater an opportunity to attend the CYLTC based on factors relevant to the skaters' actual performances at the ACLTC and prospective performances at the CYLTC (e.g., whether the skaters have had equivalent opportunities to get times, when during the season the skaters' best times were obtained and in what ice and weather conditions, whether overall finish at the ACLTC was affected for reasons beyond a skater's control, outcomes when the skaters raced head to head over the course of the season, etc.).

*Skaters who do not finish first (1st) or second (2nd) among Nova Scotia skaters in their gender/age class in the ACLTC but who have met the SSNS time standard as outlined in (ii) may qualify for the CYLTC if selected by SSC based on time. SSNS is eligible to send more than two (2) skaters in a gender/age class if other branches do not use their minimum quotas. Speed Skating Canada (SSC) will allocate these additional positions based on skaters' fastest 500m OS seed times irrespective of branch membership.

All skaters who qualify to attend the CYLTC by satisfying the performance standard as outlined above are eligible to receive travel support from SSNS.

CANADIAN JUNIOR LONG TRACK CHAMPIONSHIPS

January 5-6, 2023, Quebec, QC

For Juniors (age 15, but not 19 before July 1st, 2022, i.e., Junior B and Junior A—note change to ISU Rule 108), focus is on performance at the Canadian Junior Long Track Championships (CJLTC), which is an all-round event that serves as the basis for selecting skaters to the Canadian Team for the World Junior Long Track Championships. Skaters who perform well at the World Junior Championships may be nominated to SSC's NextGen Team and Sport Canada's Athlete Assistance Program for the ensuing season.

All skaters who meet the SSC performance standard (a minimum of one [1] Canada Cup time standard for Juniors in any distance achieved between July 1, 2021 and the entry deadline for the event) are eligible to compete at the CJLTC. SSNS will allocate travel funds for the CJLTC based on additional long-term athlete development and high-performance goals. In order to receive travel support from SSNS to attend the CJLTC, Junior A2 skaters (age 18) must meet a minimum of two (2) Canada Cup time standards, at least one (1) of which is a distance event (1500m or 3000m/5000m); Junior B2 and A1 skaters (ages 16 & 17) must meet a minimum of two (2) Canada Cup time standards; and Junior B1 skaters (age 15) must meet a minimum of one (1) Canada Cup time standard.

Nova Scotia skaters who are living and training in Calgary or Ste. Foy and are **NOT** receiving support from SSC or another Branch or program, as well as SSNS skaters who are training and living in Nova Scotia, are eligible to receive travel support for the Canadian Junior Long Track Championships.

LONG TRACK CANADA CUPS

Canada Cup 1 – December 9-11, 2022, Fort St. John, BC

Canada Cup 2 – January 5-8, 2023, Quebec, QC

Canada Cup 3 – January 27-29, 2023, Winnipeg, MB

Canada Cup 4 – March 10-12, 2023, Calgary, AB

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Canada Cup 5 – March 16-19, 2023, Calgary, AB

In accordance with SSC Long Track High Performance Bulletin 202 (Domestic Competition Format), the 2022-23 Long Track Canada Cup performance standards are tabled below.

Women must have the time standard from the 1500m or 3000m to be eligible to compete in the 3000m. Women with a standard in any distance are eligible to compete in the 500m, 1000m, and 1500m. Men must have the time standard from the 1500m, 3000m, or 5000m to be eligible to compete in the 5000m. Men with a standard in any distance are eligible to compete in the 500m, 1000m, and 1500m.

In order for a result to be a valid Qualifying Time for Canada Cups, it must have been achieved in an ISU or SSC Event or National Championships in the period between July 1, 2021, and the entry deadline for the Event. For the Mass Start and Team Events, any of the listed Qualifying Times will apply.

		Senior Inside	Senior Inside (lowland)	Senior Outside	Junior Inside	Junior Inside (lowland)	Junior Outside
W O M E N	500m	0:44.00	0:44.75	0:46.90	0:46.20	0:46.95	0:50.60
	1000m	1:27.20	1:28.70	1:33.00	1:31.60	1:33.10	1:40.30
	1500m	2:15.30	2:17.55	2:24.20	2:22.00	2:24.25	2:35.40
	3000m	4:44.70	4:49.20	5:03.30	4:58.70	5:03.20	5:26.70
	5000m	7:30.00	7:37.50				
M E N	500m	0:40.20	0:40.95	0:42.90	0:42.20	0:42.95	0:46.30
	1000m	1:19.00	1:20.50	1:24.40	1:23.00	1:24.50	1:31.00
	1500m	2:01.20	2:03.45	2:09.30	2:07.30	2:09.55	2:19.40
	3000m				4:35.90	4:40.40	5:02.00
	5000m	7:19.60	7:27.10	7:48.70	7:45.00	7:52.50	8:28.60
	10000m	14:00.00	14:15.00				

Table 3. SSC Qualifying Times for Long Track Canada Cups: Inside times refer to any times achieved on a covered Oval. Low land refers to ovals apart from the high-altitude ovals in Calgary (Olympic Oval), Salt Lake City (Utah Olympic Oval) and Urumqi (Xinjiang Ice Sports Centre).

All skaters who meet the SSC performance standard are eligible to compete at Canada Cups. SSNS will allocate travel funds for Canada Cups based on additional long-term athlete development and high-performance goals that are specific to Junior, Neo-Senior, and Senior age classes. Nova Scotia skaters who are living and training in Calgary or Ste. Foy and are **NOT** receiving support from SSC or another Branch or program, as well as SSNS skaters who are training and living in Nova Scotia, are eligible to receive travel support for these events.

Travel Support for Juniors to Long Track Canada Cups

For Juniors (age 15, but not 19 before July 1st, 2022, i.e., Junior B and Junior A—note change to ISU Rule 108), focus is on performance at the Canadian Junior Long Track Championships. Consequently, the CJLTC are SSNS's priority for travel support for Juniors, not Canada Cups, although since the CJLTC are held in conjunction with Canada Cup 2, skaters in attendance at the CJLTC will be able to compete in additional races as part of Canada Cup 2. For developmental purposes, specifically the goal of improving the calibre of Nova Scotia skaters competing at future Canadian Junior Long Track Championships, SSNS travel funds will be used to support participation at Canada Cups by specific categories of additional Junior skaters, as follow.

Junior C2 skaters (age 14), who are currently ineligible to participate in both the Canadian Youth Long Track Championships (ages 11-13) and the Canadian Junior Long Track Championships (ages 15-18), will receive travel

support for ONE (1) Canada Cup event provided they have achieved a minimum of one (1) Canada Cup time standard for Juniors in any distance between July 1, 2021 and the entry deadline for the event. Junior B skaters (ages 15 & 16) and Junior A skaters (ages 17 & 18) who did not meet the standards to receive travel support from SSNS for the Canadian Junior Long Track Championships prior to the entry deadline for the event but who subsequently satisfy those standards (for Junior A2 skaters, a minimum of two [2] Canada Cup time standards, at least one [1] of which is a distance event; for Junior B2 and A1 skaters, a minimum of two [2] Canada Cup standards; and for Junior B1 skaters, a minimum of one [1] Canada Cup standard) will receive travel support for EITHER Canada Cup 3, Canada Cup 4, OR Canada Cup 5.

Neo-Junior Nova Scotia skaters (Junior C2, age 14, and Junior B1, age 15) should consider attending Canada Cup 3, which includes a Neo-Junior competition, in which skaters are able to race the 3000m/5000m, as well as the 500m, 1000m, and 1500m, regardless of whether they have met the Canada Cup time standard for doing so.

Travel Support for Seniors, Neo-Seniors, and A2 Juniors to Long Track Canada Cups

For Seniors (age 23 and over before July 1st, 2022) and Neo-Seniors (age 19, but not 23 before July 1st, 2022), focus is on performance at Canada Cups. Nomination to SSC's NextGen Team for the ensuing season depends on finishing among the top four (4) skaters on the Canadian Ranking List – Individual Distance Final Classification, which is based on points awarded for World Cup and Canada Cup standings, as well as percentage of the Canadian Long Track (CLT) time standard for the relevant distance and ISU group (Senior, Neo-Senior).

For performance purposes, SSNS travel support is based on the proximity of skaters to the CLT time standards:

- Seniors and Neo-Seniors who have skated within 105 percent of the relevant CLT time standard in a minimum of one distance are eligible to receive travel support for a maximum of two Canada Cups
- Seniors and Neo-Seniors who have skated within 110 percent of the relevant CLT time standard in a minimum of one distance are eligible to receive support for a maximum of one Canada Cup.

		Senior	105%	110%	Neo-Senior	105%	110%
W O M E N	500m	0:38.43	0:40.35	0:42.27	0:39.55	41.53	0:43.50
	1000m	1:16.19	1:20.00	1:23.81	1:18.33	1:22.25	1:26.16
	1500m	1:57.32	2:03.19	2:09.05	2:01.66	2:07.74	2:13.83
	3000m	4:08.18	4:20.59	4:33.00	4:18.64	4:31.57	4:44.50
	5000m	7:06.60	7:27.93	7:49.26			
M E N	500m	0:34.90	36.64	0:38.39	0:35.61	37.39	0:39.17
	1000m	1:09.16	1:12.62	1:16.08	1:10.60	1:14.13	1:17.66
	1500m	1:45.70	1:50.98	1:56.27	1:48.60	1:54.03	1:59.46
	5000m	6:22.08	6:41.18	7:00.29	6:33.95	6:53.65	7:13.34
	10000m	13:15.71	13:55.50	14:35.28			

Table 4. SSNS time standards for Senior and Neo-Senior athletes to receive travel support for performance purposes

For developmental purposes, Neo-Senior skaters who have NOT skated within 105 or 110 percent of the CLT time standards but have met Canada Cup (CC) time standards are eligible to receive travel support for a maximum of one (1) Canada Cup based on the following criteria:

- N1 and N2 skaters (ages 19 and 20 before July 1st, 2022) must have a minimum of one (1) CC standard
- N3 and N4 skaters (ages 21 and 22 before July 1st, 2022) must have a minimum of two (2) CC standards.
- Skaters in their last year of Junior (age 18 before July 1st, 2022) who have a minimum of one (1) SENIOR CC standard AND who competed at the Canadian Junior Long Track Championships are eligible to receive travel support for EITHER Canada Cup 3, Canada Cup 4, OR Canada Cup 5.

SHORT TRACK PERFORMANCE CRITERIA

CANADIAN YOUTH SHORT TRACK CHAMPIONSHIPS – EAST

March 25-26, 2023, Oakville, ON

The Canadian Youth Short Track Championships – East (CYSTC-E) bring together the top skaters from the eastern Canadian provinces and territories, ages 11, 12, and 13. Skaters who attend the CYSTC-E have entered the “Train-to-Train (T2T)” stage of the Long Term Athlete Development (LTAD) system. By attending the CYSTC-E, they gain the experience of being part of a provincial team representing Nova Scotia at a national championship. Speed Skate Nova Scotia’s time standards for the CYLTC are designed to select skaters who are competitive with skaters from other provinces attending the competition.

SSNS and other branches are eligible to enter a minimum quota of two (2) skaters per gender/age class in the Canadian Youth Short Track Championships – East (CYSTC-E). Should branches not use their minimum quotas, SSC will allocate these additional positions based on skaters’ fastest 400m seed times irrespective of branch membership.

To qualify to attend the CYSTC-E and receive travel support from SSNS, Nova Scotia skaters must:

- i. Declare eligibility by the deadline set by SSNS for inclusion among the preliminary entries that must be submitted by SSNS to SSC by March 6, 2023. An eligible skater is defined as any skater who intends to accept a position on the Nova Scotia team if selected by SSNS. Clubs are responsible for identifying their eligible skaters and providing the necessary information for the preliminary entry form (name, identified gender, SSC#, birth date, age class, club/branch, as well as 400m seed times).
- ii. Achieve the SSNS time standard for their gender/age class in a minimum of two (2) out of three (3) distances in competitions (inside and outside the province) during the 2022-23 season, prior to the close of entries.*

		200m	400m	1500m			200m	400m	1500m
G I R L S	T2T-11	25.36	47.03	3:15.26	B O Y S	T2T-11	25.03	46.80	3:12.52
	T2T-12	24.46	46.37	3:11.61		T2T-12	24.55	46.26	3:08.64
	T2T-13	23.98	46.08	3:06.59		T2T-13	23.35	44.80	3:04.05

Table 5: SSNS Time Standards for CYST-E (Girls & Boys)

* If more than two skaters in a gender/age class meet the SSNS time standard as outlined in (ii), the skaters will be ranked according to the average of their best two distances expressed as a percentage of the SSNS time standard, and positions will be offered, in turn, to the fastest skaters (i.e., with the lowest average percentage). In the case of a tie for the second position, the third distance will be used to break the tie, with the tied skaters ranked according to the average of all three distances expressed as a percentage of the SSNS time standard, and the position offered to the fastest skater (i.e., with the lowest percentage).

* A skater who has met the SSNS time standard as outlined in (ii) but is not ranked in the top two in their gender/age class may qualify for the CYSTC-E if selected by SSC based on ranking by 400m seed times should other branches do not use their minimum quotas.

CANADIAN JUNIOR SHORT TRACK OPEN (14-15) & CANADIAN JUNIOR SHORT TRACK OPEN (16-18)

November 12-13, 2022, Calgary, AB

Speed Skating Nova Scotia and the other branches are guaranteed two (2) entries in each of the Canadian Junior Short Track Open (ages 14-15) and the Canadian Junior Short Track Open (ages 16-18). Speed Skating Canada has instituted no minimum time standard for either event. This competition is developmentally important as it serves as an entry point to SSC's short track ranking system for Junior skaters. Skaters can be preselected by SSC for entry into the Canadian Junior Short Track Championships (ages 15-18) and/or the Short Track Canada Cup Junior Final (ages 14-18) based on their overall finishes at the Canadian Junior Short Track Open.

For the Canadian Junior Short Track Open (14-15), to be included among SSNS's guaranteed entries and/or receive travel support from SSNS, Nova Scotia skaters must meet the following time standard (based on 120% of Canadian Junior records):

Women – 52.38 in the 500m, or 1:49.79 in the 500m + 1500m/3

Men – 49.44 in the 500m, or 1:42.52 in the 500m + 1500m/3

If there are more than two (2) skaters who meet the time standard, skaters will be ranked based on their fastest 500m times raced between August 1, 2022 and October 30, 2022. Ties will be broken based on fastest 500m + 1500m/3 times raced between August 1, 2022 and October 30, 2022.

For the Canadian Junior Short Track Open (16-18), to be included among SSNS's guaranteed entries and/or receive travel support from SSNS, Nova Scotia skaters must meet the following time standard (based on 120% of Canadian records):

Women – 1:44.97 in the 500m + 1500m/3 (= 50.32 + 2:43.96/3)

Men – 1:38.44 in the 500m + 1500m/3 (= 47.81 + 2:31.88/3)

If there are more than two (2) skaters who meet the time standard, skaters will be ranked based on their fastest 500m + 1500/3 times raced between August 1, 2022 and October 30, 2022. Ties will be broken based on fastest 500m times raced between August 1, 2022 and October 30, 2022.

CANADIAN JUNIOR SHORT TRACK CHAMPIONSHIPS

November 25-27, 2022, Sherbrooke, QC

Skaters must be Junior B and Junior A (age 15, but not 19 before July 1st, 2022) to compete at the Canadian Junior Short Track Championships. The Canadian Junior Short Track Championships have two (2) racing groups, each of 20 skaters, for both genders. Results from the Canadian Junior Short Track Open (ages 14-15) and the Canadian Junior Short Track Open (ages 16-18) are used to preselect skaters to the bottom group of 20 skaters. Results from the Canadian Junior Short Track Open (ages 16-18) are also used to preselect skaters to the top racing group of 20 skaters. Results from the top racing group of 20 skaters are used to select the Canadian team for the World Junior Short Track Championships. Skaters who perform well at the World Junior Championships may be nominated to SSC's NextGen Team and Sport Canada's Athlete Assistance Program for the ensuing season.

All skaters who meet the SSC performance standard for the Canadian Junior Short Track Championships are eligible to compete at this event. Skaters who have not been preselected have an opportunity to qualify by time. SSNS allocates travel funds based on additional long-term athlete development and high-performance goals. The focus is on performance at the Canadian Junior Short Track Championships, with the goal of qualifying Nova Scotia skaters for the World Junior Short Track Championships. Travel support will be used for skaters who meet the SSC performance standard for competing in the top racing group of 20 skaters for either gender from which the Canadian team for the World Junior Short Track Championships is drawn.

SHORT TRACK CANADA CUP JUNIOR FINAL

March 17-19, 2022, Sherbrooke, QC

Skaters must be Junior C2, Junior B, and Junior A (age 14, but not 19 before July 1st, 2022) to compete at the Short Track Canada Cup Junior Final. Skaters are preselected to the Short Track Canada Cup Junior Final based on their cumulative ranking from the Canadian Junior Short Track Open (ages 14-15) and the Canadian Junior Short Track Open (ages 16-18). The Canada Cup Junior Final is a national ranking event for Juniors. The 2022-23 National Junior Rankings are based on Junior skaters ranked from the Final Senior Ranking list at the end of the season followed by rankings from the Canada Cup Junior Final. Skaters who rank well in the National Junior Rankings may be nominated to SSC's NextGen Team and Sport Canada's Athlete Assistance Program for the ensuing season.

All skaters who meet the SSC performance criteria for the Short Track Canada Cup Junior Final are eligible to compete at this event. Skaters who have not been preselected have an opportunity to qualify by time. SSNS allocates travel funds based on additional long-term athlete development and high-performance goals. The goal for the Short Track Canada Cup Junior Final is to have Nova Scotia skaters included in the National Junior Rankings from which SSC's NextGen team is drawn. For the Short Track Canada Cup Junior Final, all skaters who meet the SSC performance standard to compete in the event will receive SSNS travel support, except for Junior B or Junior A skaters who met the SSC performance standard for Senior-level ranking competitions (the Canadian Short Track Championships, Short Track Canada Cup 1, and/or the Short Track Canada Cup Final).

CANADIAN SHORT TRACK CHAMPIONSHIPS

October 14-16, 2022, Quebec, QC

CANADIAN SHORT TRACK INVITATIONAL

December 9-11, 2022, Montreal, QC

SHORT TRACK CANADA CUP 1

January 13-15, 2023, Laval, QC

SHORT TRACK CANADA CUP FINAL

March 10-12, 2023, Quebec, QC

For the above events, skaters must have reached the age of 15 before July 1, 2022 (ISU Rule 108). Skaters are preselected based on 2021-22 Canadian Adjusted Rankings for the Canadian Short Track Championships and 2022-23 Current Standings for the other events. Skaters who have not been preselected have an opportunity to qualify by time. Time entries are based on personal best 500m + 1500m/3 combined times, recorded at SSC sanctioned events with electronic timing.

All skaters who meet the SSC performance criteria for the Canadian Short Track Championships, the Canadian Short Track Invitational, Short Track Canada Cup 1, and/or the Short Track Canada Cup Final are eligible to compete at these events. Speed Skating Nova Scotia allocates travel funds based on additional long-term athlete development and high-performance goals. The goal for funding these senior events is to support Nova Scotia Junior B and Junior A skaters along the pathway to qualifying for SSC's national short track program. Skaters who rank well in the 2022-23 National Junior Rankings may be nominated to SSC's NextGen Team and Sport Canada's Athlete Assistance Program for the ensuing season. The 2022-23 National Junior Rankings are based on Junior skaters ranked from the Final Senior Ranking list at the end of the season followed by rankings from the Canada Cup Junior Final. The 2022-23 National Senior Rankings are based on results from the Canadian Short Track

Championships, Short Track Canada Cup 1, and the Short Track Canada Cup Final. SSNS travel support will be provided for ONE of these three ranking events for any Nova Scotia Junior B or Junior A skater who meets the SSC performance criteria to compete.

SPEED SKATING NOVA SCOTIA COMPETITION TRAVEL FUND FUNDING CRITERIA

Speed Skating Nova Scotia will distribute funds in support of travel to national championships to skaters in a fair and transparent manner.

Speed Skating Nova Scotia funds will be allocated to support skater travel to national competitions based on expected costs as determined by distance travelled and number of days of the competition. During the 2022-23 season, funds will be distributed as follows:

LONG TRACK EVENTS

Canadian Junior Long Track Championships/Canada Cup 2: Each athlete who has satisfied the performance standard set out by SSC is eligible to be entered in the competition. Each athlete who has satisfied the performance standards set out by both SSC and SSNS (see p. 5) is eligible to receive a maximum of \$500 in travel support (CJLTC only) or \$300 in travel support (CJLTC/CC2 or CC2).

Canada Cup 3: Each athlete who has satisfied the performance standard set out by SSC is eligible to be entered in the competition. Each athlete who has satisfied the performance standards set out by both SSC and SSNS (see pp. 5-7) is eligible to receive a maximum of \$600 in travel support. This competition is most suitable for Nova Scotia Neo-Junior skaters (ages 14-15).

Canadian Youth Long Track Championships: Each athlete who has satisfied the performance standards set out by SSNS (see pp. 3-5) is eligible to receive a maximum of \$900 in travel support.

Canada Cup 4/Canada Cup 5: Each athlete who has satisfied the performance standard set out by SSC is eligible to be entered in the competition. Each athlete who has satisfied the performance standards set out by both SSC and SSNS (see pp. 5-7) is eligible to receive a maximum of \$600 in travel support.

SHORT TRACK EVENTS

Canadian Short Track Championships/Short Track Canada Cup 1/Short Track Canada Cup Final: Each athlete who has satisfied the performance standard set out by SSC is eligible to be entered in the competition. Each athlete who has satisfied the performance standards set out by both SSC and SSNS (see p. 10) is eligible to receive a maximum of \$300 in travel support.

Canadian Short Track Open (14-15)/Canadian Short Track Open (16-18): Each athlete who has satisfied the performance standard set out by SSC is eligible to be entered in the competition. Each athlete who has satisfied the performance standards set out by both SSC and SSNS (see pp. 8-9) is eligible to receive a maximum of \$600 in travel support.

Canadian Junior Short Track Championships/Short Track Canada Cup Junior Final: Each athlete who has satisfied the performance standard set out by SSC is eligible to be entered in the competition. Each athlete who has satisfied the performance standards set out by both SSC and SSNS (see pp. 9-10) is eligible to receive a maximum of \$300 in travel support.

Canadian Youth Short Track Championships – East: Each athlete who has satisfied the performance standards set out by SSNS (see pp. 7-8) is eligible to receive a maximum of \$300 in travel support.

ALLOCATION PROCESS

Only skaters who qualify to represent Nova Scotia at a National Championship and have completed the required registration forms to attend the specific competition and the SSNS Athlete Code of Conduct will be considered for financial assistance. Speed Skating Nova Scotia will pay the entry fee for the qualified skater, and any additional assistance that the skater is eligible for will be issued the individual skater (receipts must be submitted for reimbursement). In the case of a last-minute withdrawal, or in the case of an athlete code of conduct violation, any financial assistance provided must be refunded to SSNS.

SPORT NOVA SCOTIA CARDING

Sport Nova Scotia's Tier 5 (Prospects) Carding (\$750)

Sport Nova Scotia's Tier 5 (Prospects) carding program supports athletes in disciplines eligible for Sport Canada carding with Provincial Sport Organization (PSO) and National Sport organization (NSO) endorsement who have demonstrated an ability to excel at the national level. The NSAAP Selection committee makes final determination of prospect status. Prospects funding can be used to support athletes in disciplines eligible for Sport Canada carding selected to attend National team selection/training camps.

Speed Skate Nova Scotia will utilize Sport Nova Scotia's Tier 5 (Prospects) carding program to maximize the travel funds available to support Junior- and Senior-aged Nova Scotia skaters who are competing at a high-performance level and are not receiving financial support from SSC or another branch or program.

Sport Nova Scotia's Tier 6 (PSO) Carding (\$750)

Speed Skate Nova Scotia will utilize Sport Nova Scotia's Tier 6 PSO Carding fund of \$750.00 to provide additional support to Junior- and Senior-aged Nova Scotia skaters who are competing at a high-performance level and are not receiving financial support from SSC or another branch or program. The Tier 6 PSO Card will be used to support up to a maximum of four (4) athletes. Athletes who meet the minimum qualifying sammelagt standard (as outlined below) will be prioritized by discipline and gender, so that cards are allocated to one female long tracker, one male long tracker, one female short tracker, and/or one male short tracker. Speed Skate Nova Scotia can reallocate any unclaimed cards to skaters of either discipline/gender.

The Tier 6 PSO Card of \$750 can be divided up to four ways: one athlete can receive \$750, two athletes can receive \$375 each, or three athletes can receive \$250 each. Speed Skate Nova Scotia will provide \$250 in supplemental funding should skaters of both genders and both disciplines meet the minimum standard.

CRITERIA:

- 1.1 Skaters, regardless of discipline, must meet SSC criteria to attend one of the following competitions: ,
 - **Short Track:** Canadian Championships, CC1, CC Final, Canadian Junior Championships, CC Junior Final
 - **Long Track:** CC1, CC2/Canadian Junior LT Championships, CC3, CC4, and/or CC5

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1.2 Skaters will be ranked based on their best times in the relevant distances, performed from April 1st, 2022 to March 31st, 2023 in provincially- or SSC-sanctioned competitions. The times are to be tallied using the sammelagt points system and equate to 115% of the current Junior/Senior Canadian records (based on gender and discipline).

- **Short Track:** Skaters will be ranked based on their cumulative sammelagt points for the 500m, 1000m, and 1500m races on the 111.12m track.
- **Long Track:** Junior skaters will be ranked based on their cumulative sammelagt points for the 500m, 1000m, 1500 and 3000m (female) or 5000m (male) Olympic style races. Senior skaters will be ranked based on their cumulative sammelagt points for the 500m and 1000m (sprint) and/or 500m, 1500m and 3000m (female) and/or 500m, 1500m and 5000m (male) (all round).

Long Track		
Female	Junior	180.180
	Senior Sprint	84.594
	Senior All Round	130.378
Male	Junior	163.792
	Senior Sprint	77.199
	Senior All Round	120.152

Short Track		
Female	Junior	157.389
	Senior	150.898
Male	Junior	146.851
	Senior	141.381

Table 7: SSNS standards for carding (long track)

Table 6: SSNS standards for carding (short track)

1.3 Financial support will be awarded by March 31, 2023, to eligible skaters

APPENDIX I: 2022-2023 ATHLETE CODE OF CONDUCT

Speed Skate Nova Scotia
Athlete Code of Conduct Form
2022-2023 Season

In order to participate in SSNS sanctioned trips and competitions and participate in any team activities (such as training events, banquets, medal ceremonies etc.,) this form must be signed by the participant. This form will cover all events for the season only requiring you to fill this out once every skating season.

- Always conduct yourself with honor and dignity.
- Treat your teammates with dignity and respect and expect to be treated with respect in return.
- Treat opponents and officials as honored guests.
- Respect your coaches and co-operate with them both on and off the ice.
- Follow the training and programs provided by your coaches.
- Do not consume illegal drugs.
- Do not consume alcohol or legal drugs if under the age of jurisdiction.

- ☐ Accept both winning and losing with pride and compassion, not boastfulness or bitterness.
- ☐ Refrain from displays of temper and bad language (such as swearing, insulting, or harassing)
- ☐ Respect the property of others whether it belongs to another skater, coach, club and/or hotel.
- ☐ Refrain from complaining about other opponents, coaches, or officials publicly.
- ☐ Respect your uniform/skins and wear it as intended.
- ☐ **Remember it is a privilege to represent your sport, your club, and your province.**

Your conduct includes verbal speech, behavior, actions, and all electronic communication. If any athlete knowingly and/or continuously fails to follow the Code of Conduct, they will be removed from races and/or meets and/or further consequences will be taken.

If you have any questions, please ask your coaches.

Name of Athlete (please print) _____

Signature of Athlete _____ **Date** _____

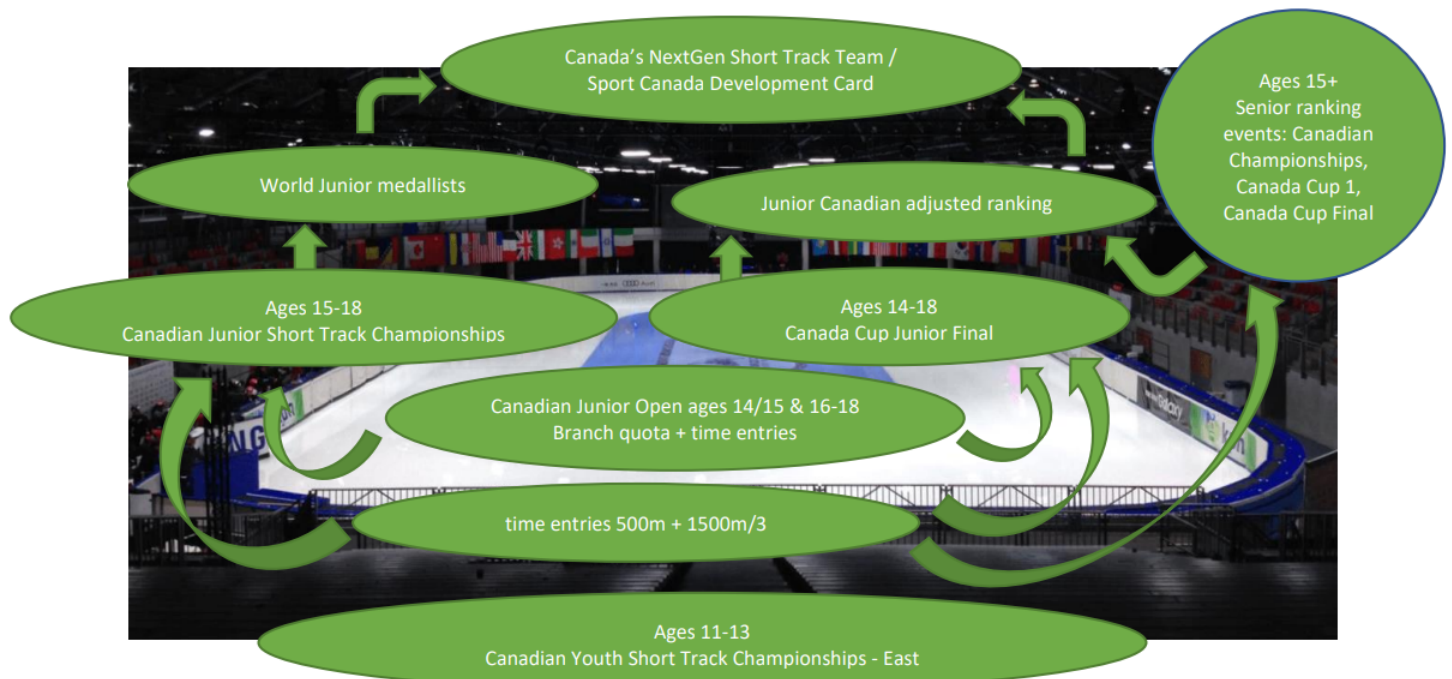
Wording of parts of this code of conduct was copied with permission from the SASSA.

APPENDIX II: PERFORMANCE PATHWAYS

Long Track Performance Pathway



Short Track Performance Pathway



APPENDIX III: TIME STANDARD SELECTION PROCESS FOR CYLTC AND CYSTC-E

To ensure that Nova Scotia athletes are qualified to compete at national level competitions, and to ensure the safety of all athletes, SSNS has chosen to set time standards for these events. The SSNS time standards are based upon percentages of the fastest times skated at previous events (about 125% for long track and 120% for short track). The tables below outline the fastest times, years skated, percentages, and SSNS standards for each age group, gender, and distance. Times in blue represent the SSNS selected time.

SSC changed the gender/age classes for the CYLTC and CYSTC-E for 2022-23, with 11-year-old boys now included. The method used to arrive at time standards for 11-year-old boys compares the 400m and 1500m times of 11-year-old girls, 11-year-old boys, and 12-year-old boys participating in Patinage de Vitesse Québec’s Interregional short track circuit. This circuit is made up of the province’s best skaters ages 10-12: see https://www.publicationsports.com/ressources/files/767/22-23_interregional_apres_3_compe.pdf?t=1673199693. The average of the fastest 11-year-old boys’ times compared to the fastest 12-year-old boys’ times is 104.4%. The average of the fastest 11-year-old girls’ times (actually, both times were for a 10-year-old!) compared to the fastest 11-year-old boys’ times is 103.8%. The CYLTC and CYSTC-E time standards for 11-year-old boys are the averages obtained when these percentages are applied to the CYLTC and CYSTC-E time standards for 12-year-old boys and 11-year-old girls.

LONG TRACK TIME STANDARDS

	GIRLS T2T-11			GIRLS T2T-12			GIRLS T2T-13		
	300 m MS	500m OS	1500m MS/OS	300m MS	500m OS	1500m MS/OS	300m MS	500m OS	1500m MS/OS
Fastest	30.28	48.34	2:46.85	28.98	46.01	2:40.28	27.86	44.29	2:22.08

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Year	2016	2016	2020	2014	2019	2018	2020	2020	2020
125%	37.85	1:00.43	3:28.56	36.23	57.51	3:20.35	34.82	55.36	2:57.60
122.5%	37.09	59.22	3:24.39	35.50	56.36	3:16.34	34.13	54.25	2:54.05
120%	36.34	58.01	3:20.22	34.78	55.21	3:12.34	33.43	53.15	2:50.50
SSNS Time	37.85	1:00.43	3:28.56	36.23	57.51	3:20.35	34.82	55.36	3:06.95*

* time falling outside the outlined percentage, based on the fastest time

	BOYS T2T-11			BOYS T2T-12			BOYS T2T-13		
	300m MS	500m OS	1500m MS/OS	300m MS	500m OS	1500m MS/OS	300m MS	500m OS	1500m MS/OS
Fastest				27.92	46.87	2:45.04	25.49	40.07	2:22.84
Year				2019	2016	2018	2020	2020	2020
125%				34.90	58.59	3:26.30	31.86	50.09	2:58.55
122.5%				34.20	57.42	3:22.17	31.22	49.09	2:54.98
120%				33.50	56.24	3:18.05	30.59	48.08	2:51.41
SSNS Time	36.45	59.69	3:25.99	34.90	58.59	3:22.17	32.37*	52.09*	3:01.40*

* time falling outside the outlined percentage, based on the fastest time

SHORT TRACK TIME STANDARDS

	GIRLS T2T-11			GIRLS T2T-12			GIRLS T2T-13		
	200m	400m	1500m	200m	400m	1500m	200m	400m	1500m
Fastest	21.13	39.19	2:42.72	20.38	38.64	2:43.07	20.85	39.22	2:38.80
Year	2018	2018	2018	2019	2017	2018	2013	2018	2018
120%	25.36	47.03	3:15.26	24.46	46.37	3:15.68	25.02	47.06	3:10.56
117.5%	24.83	46.05	3:11.20	23.95	45.40	3:11.61	24.50	46.08	3:06.59
115%	24.30	45.07	3:07.13	23.44	44.44	3:07.53	23.98	45.10	3:02.62
SSNS Time	25.36	47.03	3:15.26	24.46	46.37	3:11.61	23.98	46.08	3:06.59

	Male T2T – 11			Male T2T – 12			Male T2T – 13		
	200m	400m	1500m	200m	400m	1500m	200m	400m	1500m
Fastest				20.46	38.55	2:37.20	19.46	37.33	2:33.38
Date				2016	2013	2015	2017	2017	2017
120%				24.55	46.26	3:08.64	23.35	44.80	3:04.05
117.5%				24.04	45.30	3:04.71	22.87	43.86	3:00.22
115%				23.53	44.33	3:00.78	22.38	42.93	2:56.38
SSNS Time	25.03	46.80	3:12.52	24.55	46.26	3:08.64	23.35	44.80	3:04.05