

Speed Skate New Brunswick

2019 RED DEER

Canada Winter Games

Athlete and Parent Guide



Speed Skate New Brunswick

Patinage de vitesse Nouveau-Brunswick

Keeping the Winning Tradition

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Purpose:

The Athlete Development Committee (ADC) has worked to develop a Canada Games Guide that is clear and encompasses all likely circumstances. In the event that a section of the Guide needs to be clarified or some unforeseen circumstance needs to be addressed, the SSNB-ADC will use the two goals of the program as their guide in decision-making. The goals are:

- a) To use the Canada Games to develop the sport in the province, and
- b) To place on the ice the best prepared team possible.

INTRODUCTION AND GOALS

The Canada Winter Games is a quadrennial event that brings together over 3000 of the nation's top young athletes to compete in 21 different sports. All 13 provinces and territories participate in what is the largest regular multi-sport event in Canada. The event takes place over a two week period from mid-February to the beginning of March. Athletes attend either the first week including Opening Ceremonies, or the second week including the Closing Ceremonies. Athletes receive travel to the Games, Team NB uniforms and clothing, food, accommodations, a pass to all sporting events, pins to trade or keep and an experience that will last a lifetime.

Provinces compete for the President's Trophy – most overall points, Centennial Cup – most improved performance and the Jack Pelech Award for a combination of performance and sportsmanship. At the 2015 Games in Prince George, BC, Team New Brunswick finished 8th overall in points, Won the Centennial Cup and won 13 medals. Our men's short track team placed 3rd and the women's team 2nd. The long track men's team finished 8th and the women's team finished 5th. The skaters achieved numerous personal bests and achieved provincial records during the course of the process.

Team New Brunswick consists of 21 teams of athletes, coaches and managers along with 19 Mission staff members who coordinate travel, clothing, accommodations, etc.

The goals of Speed Skate New Brunswick (SSNB) for the Canada Winter Games are to:

1. Ice the best prepared team of high achieving skaters possible,
2. Use the Games to develop both Long track and Short track, in the province.
3. To win short track medals and
4. The development of a nationally competitive long track Program.

SSNB intends to use the Canada Games program to develop the sport. This will be achieved in a number of ways. One strategy will be to include many athletes in the Selection Process and thereby build the pool of talented skaters. A second effort will be to use the profile of Canada Games skaters and the event to promote the sport to our younger skaters and the public in general. Third, Club coaches will be invited to be a part of the planning and implementation of the Canada Games program. By learning from each other, all coaches can develop. Finally, the involvement of officials and volunteers at high level competitions, such as the Canada Games Selection competitions will help to develop the base of our sport.

The Canada Games is a high performance event. To achieve an optimum performance level and to Keep the Winning Tradition, athletes must be prepared to commit themselves to a training program and to make sacrifices for speed skating leading up to the Games. Only 18 athletes will make the Canada Games team, many will not, but the training and competition performed in an effort to make the team should make all skaters better. By working hard and competing to the best of your ability, you will push others around you to do likewise. In this way, the success of those skaters that reach the starting line at the Games will be attributable, in part, to some of those that didn't make it. By the finish line, all of those that tried out can take satisfaction in their contribution to the success of Team New Brunswick.

The purpose of this explanatory guide is to define the rules and procedures that will be followed in selecting the New Brunswick Short Track and Long Track Speed Skating Teams for the 2019 Canada Winter Games.

1.0 DEFINITIONS

1.1 Athlete Development Committee (ADC)

The Athlete Development Committee is a standing committee of the Board of Speed Skate New Brunswick. It is comprised of an elected representative from each member club, the Technical Director for SSNB and up to two skater representatives. The Committee is responsible for the development of this guide and the implementation of a fair and unbiased selection process as set forth. The Committee is also responsible to determine and announce the selection of the team.

1.2 Appeals Committee

The President of SSNB, when necessary, will recruit a pool of 3-4 individuals to consider any appeal related to the interpretation of this Guide and implementation of the process it defines. None of the individuals shall be a relation to any skater trying out for the Canada Games team. One of those recruited shall be asked to chair the Committee.

No member of an Appeals Committee shall have any perception of bias against them. If it is perceived by the appellant or ADC that a member of the committee is biased, he or she shall be replaced by another individual, from the committee, acceptable to the appellant.

Appeals committee will hear both procedural appeals as well as discipline appeals. The Appeals Process is detailed in Section 8.

1.3 Exceptional Circumstances

An occurrence over which the athlete has very little or no control and which prevent an athlete from participating in any or all the SELECTION A, B or C events (see 4.2.1 of this guide). Exceptional circumstance requests must be made in writing (preferably e-mail) to your club AD Representative and the Chair of Athlete Development. The ADC asks that exemptions be requested at least two weeks in advance, when the situation is pre-planned. Any exemptions requested more than 7 days or without supporting documents following the conclusion of a training camp, designated competition or other event will not be considered. Examples include serious injury, major illness, or a critical family issue. Exceptional circumstances do not include participation in other sport related event(s) or academic obligations for in Province skaters that are attending the high school system. ADC will consider exemptions for Academic obligations as they relate to University students on an individual basis.

1.4 General Exemptions

General exemptions can be requested for the following reasons:

- Illness or injury that prevents a skater from competing or fully training,
- Major family emergencies or serious illness / injury.
- In the spring & summer of 2017, exemptions can be requested by athletes trying out for or competing with NB Canada Summer Games teams when events clash with SSNB CWG designated camps.
- Attendance at an alternate sport specific speed skating event (Ex: Regional training center camp, out of province competition, etc.)
- Participation in a summer sport or High School sport and have earned the right to compete in the Provincial or National Championship.

- Non sport related, extracurricular events at the provincial or higher level. (Maximum of 2 exemptions can be accepted each training phase for this reason)

If a skater faces other exceptional circumstances, he/she can apply for a general exemption and a ruling will be provided by the Athlete Development Committee, in an appropriate timeframe. Personal or family vacations will not be considered as an appropriate reasoning for exemption.

Exemptions must be requested in writing, preferably by e-mail, to your club representative and copied to the Chair of Athlete Development. The ADC asks that exemptions be requested at least two weeks in advance. Any General Exemptions requested more than 7 days following the conclusion of a training camp, designated competition or other event will not be considered. Supporting documents must be presented at the time an exemption is requested

1.5 Coach Exemptions

The Head Coach for the Short Track (ST) and Long Track (LT) teams can recommend to the ADC that individual skaters be granted an exemption where they feel it is in the skater's best developmental interests (e.g. need to rest nagging injury, suffering from burn out, etc.).

2.0 Athlete Eligibility

2.1 Canada Winter Games Speed Skating Technical Package

Athlete eligibility will be governed by the 2019 Red Deer Canada Winter Games Speed Skating Technical package (Appendix A) including:

SHORT TRACK:

- Competitors who have reached the **age of 14 on June 30th, 2018** but have not reached the **age of 19 as of June 30th, 2018**.
- Year of Birth: **July 1, 1999 to June 30, 2004** inclusive.
- Short track will consist of a maximum of 5 male and 5 female athletes, 1 coach and 1 manager

LONG TRACK:

- Competitors who have reached the age of **14 on June 30th, 2018** but have not reached the age of **20 as of June 30th, 2018**.
- Year of Birth: **July 1, 1998 to June 30, 2004** inclusive.
- Long track will consist of a maximum of 4 male and 4 female athletes, 1 coach and 1 manager

Each discipline must have 1 male and 1 female manager as coach or manager. One of the two head coaches must be a qualified female.

2.2 SSNB:

Athletes must

- Be registered members in good standing of SSNB
- Read, sign and abide by the SSNB Code of Conduct (Appendix C)
- Complete the commitments and requirements as set forth in this guide

*In the event that a skater registers with Speed Skate New Brunswick for the 2018/2019 season, but was not registered with the Association in 2017/2018 season (i.e. moved to NB and is now a permanent resident of NB), he or she will be deemed eligible to compete for a spot on the team providing that:

1. He or she signs the letter of commitment to try out before September 1st 2018, and
2. He or she has demonstrated a commitment to a CWG speed skating specific training program, including attendance at speed skating camps while residing in this or their previous Province, during the past 18 months.
3. Under approval of the AD committee.

From the time the skater submits his or her letter of commitment, he or she will be subject to the conditions and requirements set forth in this Guide.

2.3 Notification of Eligibility

A list of known eligible skaters will be posted on the SSNB website and circulated to all of the Clubs prior to April 15th of 2017. This Guide will also be available on the SSNB website and circulated to all of the Clubs. It is the responsibility of the local clubs to inform their skaters of eligibility.

Athletes are eligible to compete for a position on the short and long track teams, but if they qualify for both must choose between the two at least 30 days prior to leaving for the 2019 CWG in Red Deer.

2.4 Letters of Commitment - Short Track and Long Track

Skaters must indicate their intent to compete for a place on the Canada Games team by submitting a SSNB 2019 Red Deer Canada Winter Games Letter of Commitment (Appendix B) to the Athlete Development Committee Chair by June 9th, 2017.

3.0 Selection Procedure

3.1 Team Selection

The Selection of the Canada Games teams shall be determined by a combination of factors. They include:

1. The skater has met the requirements of the Training Program as outlined in this document
2. The points awarded for an athlete's performance at 2018 competitions: Elite #1 & #2, EST #1 & #2, National Qualifiers, and maritime competitions during phase 4 (Selection A points)
3. The points awarded for an athlete's ranking in each distance in the Selection Competitions (Selection B – short track and Selection C – long track)
4. Consideration of any exceptional circumstances and consequent selection criteria

4.0 Selection Criteria

4.1 Participation in Canada Games Preparation Events

By trying out for the Canada Games team, athletes are committing to a speed skating specific training program leading up to the Games in February 2019. Skaters training in New Brunswick are encouraged to attend all of the Canada Games Team camps and top level competitions. It is only through participating in events together, that a real Team New Brunswick can be built. The value of a 'training group' is recognized by most sports including speed skating. SSNB will focus many of their on ice training camps at the HP Training Centre at the Grant/Harvey facility in Fredericton or at the Arthur-J-Leblanc Arena in Dieppe. This will be done specifically for safety purposes unless otherwise approved by ADC

The Canada Games is an event developed for athletes in the Train to Compete stage of Canada's Long Term Athlete Development model. The focus of this stage is to teach athletes how to optimally prepare themselves for a competition. Optimal preparation, including physiological, technical, tactical, nutritional and psychological should produce optimal performance outcomes for all athletes. However in smaller Provinces and Territories many Train to Train (T2T) athletes are a part of the CWG Process. Care must be taken from both coach and athlete to recognize and understand the differences at these stages of development.

To be eligible to compete in the Selection "B" Short track event or Selection "C" long track event, skaters must fulfill the commitment level defined in each phase below. If circumstances cause the cancellation of any events, the required commitment level may also be reduced by 1 event.

A maximum of 2 training camps or competitions, per phase, can be deemed as mandatory. An exemption must be approved for an athlete to compete for a spot on the ST or LT team if an event that is deemed mandatory was missed. An event cannot be deemed mandatory with less than 1 month notice to athletes.

Exemptions: Skaters may be granted exemptions under certain conditions. SSNB does recognize that families do have other priorities and under rare circumstances exceptions may be made. See sections 1.4 General exemptions and 1.5 Coaches exemption.

SHORT TRACK

Phase 1: Training season - April 30th, 2017 to September 18th, 2017

Athletes must attend 6 of the 9 planned events from the calendar. Testing camps and testing criteria will be explained over the first few camps and a final testing camp will take place in September.

Phase 2: Skating Season – September 19th, 2017 to March 31st, 2018

A minimum of 4 short track events AND one additional ST or LT event (Note: LT camps in October are not included for this requirement).

Phase 3: Training season - April 22nd, 2018 to September 24th, 2018

Athletes must attend 8 of the 11 planned events. A minimum of 2 must be ice camps.

Phase 4: September 25th, 2018 to the Selection B Event (Short track Selections)

(Suggested dates Nov 24 -25)

In Province skaters must attend all in province ST Canada Games Camps. And as many ST competitions for which they qualify.

Phase 5: December 2018 to Red Deer CWG Feb 2019

All Short track Team events are required for skaters training within the Province. An approved list of events and training must be approved by SSNB –ADC for out of Province skaters.

In summary, to be eligible for the NB ST team, athletes must:

1. Attend 6 of 9 CWG events during phase 1
2. Attend 4 ST competitions of your choosing, and 1 additional ST or LT competition, during phase 2.
3. Attend 8 of 11 CWG planned events during phase 3
4. Attend all planned CWG ST events and compete at the ST selections during phase 4.
5. Attend all planned CWG ST events during phase 5.

LONG TRACK

Phase 1: Training season - April 30th 2017 to September 18th, 2017

Athletes must attend 6 of the 9 planned events from the calendar. Testing camps and testing criteria will be explained over the first few camps and a final testing camp will take place in September.

Phase 2: Skating Season – September 19th, 2017 to March 31st, 2018

Minimum - 1 of 2 LT dryland sessions in October AND a minimum of 2 LT camps or competitions and a minimum of 3 other competitions, 2 of which have to be short track. October LT camps are not included in the required 2 LT camps/competitions for this phase.

Phase 3: Training season - April 22nd, 2018 to September 24th, 2018

Athletes must attend 8 of the 11 planned events. A minimum of 2 must be ice camps.

Phase 4: September 25th, 2018 to the Selection C Event (Long track Selections)

(Suggested date: Dec. 8-9, 2018. Location: St. Foy, QC)

Skaters must attend all SSNB planned LT ice sessions or dryland camps as required

Phase 5: December 2018 to Red Deer CWG Feb 2019

Once selected to the CWG Long track team, all Long track Team events are required for skaters training within the Province. For skaters training outside the Province and appropriate training schedule must be provided to SSNB AD Committee once you secure a position on the team

In summary, to be eligible for the NB LT team, athletes must:

1. Attend 6 of 9 CWG events during phase 1.
2. Attend 1 of 2 LT camps in October, And 2 LT camps/competitions, 2 ST competitions and 1 other competition of their choosing during phase 2.
3. Attend 8 of 11 CWG planned events during phase 3.
4. Attend all planned CWG LT events and compete at the LT selection C during phase 4.
5. Attend all planned CWG LT events during phase 5.

4.1.1 Schedule of Canada Games Team Events April 2017- April 2018

The Schedule of Canada Games Events is posted on the SSNB web site. The camps will combine sport specific training with team building, fitness testing, goal setting, discussion of appropriate individual fitness training programs and the Canada Games program and event. Schedules are tentative and may change due to scheduling or facility procurement problems. Please keep referring to the Canada Games Schedule for updates or e-mails from Team management.

4.1.2 Out of Province Athletes

Athletes training outside of the province must adhere to a national training center program of training and competition, or a program approved by the Athlete Development Committee. When athletes return to the province, for visits, they are subject to the same commitments as in province athletes and must attend camps as posted.

4.2 Recommended Targets

While no on ice performance standards are in place to attend either the Long Track Selection competition or the Short track selection competition, SSNB wishes to stress to all skaters that their continued dedication and commitment to improvement on a daily and weekly basis, is the most assured way for any skater to give themselves their best opportunity to attend the 2019 Canada Games in Red Deer.

4.2.1 Short Track: Minimum target times skaters should strive for in Short Track:

Boys:	500m - 46.50 seconds	1000m - 1:34.60	1500m - 2:25.50
Girls:	500m - 49.50 seconds	1000m - 1:40.30	1500m - 2:36.50

4.2.2 Long Track: Minimum target times skaters should strive for in Long Track (outdoor times):

Boys:	500m - 43.80 seconds	1500m - 2:19.30	3000m - 4:55.40	5000m - 8:14.00
Girls:	500m - 49.60 seconds	1000m - 1:38.20	1500m - 2:37.00	3000m - 5:29.70

4.3 Participation at the Selection Event

Participation in the Selection Event is a requirement of selection to the team unless exceptional circumstances are judged to have existed.

4.3.1 Exceptional Circumstance at Selections

Selection B – Short Track

In the event that an athlete who has qualified for the Selection B event is unable to participate or complete the competition due to exceptional circumstances, the ADC may grant the athlete an opportunity to earn a spot on the ST team. The ADC must assure themselves that:

- Exceptional circumstances did exist, and
- The athlete was ranked in the top 4 in Selection A at the time of injury, and
- Recent past results demonstrate that the skater has consistently outperformed any lower ranking competitor for their position on the team. (To be considered as consistently outperformed, you must have proof that at the 2 most recent competitions, within the past 10 months, where each athlete competed at and had fully raced each distance, the athlete seeking exceptional circumstance finished with a higher ranking in both competitions.)
- If the skater was injured during the competition, he or she had a good chance of making the team at the time of the injury.
- If these requirements are met one position for each skater who qualifies under exceptional circumstances will not be filled until a suitable competition, designated by the ADC, is used to fill the final spot. At this competition, the skater or skaters who finished in the final qualifying spot or spots at selections (and the alternate position) shall vie for the final position or positions with the skater or skaters that was or were granted exceptional circumstances. i.e. if two skaters missed Selection B due to exceptional circumstances, the skaters who finished in 4th, 5th and 6th spots would compete against the two skaters who received the positive ruling. The skater(s) who gain the most points in the competition shall win the final spot or spots with the next skater becoming the alternate. In the event of a tie, the tie breaking system outlined in 6.9 shall be used.
- If the ADC cannot find a suitable event, the committee shall determine whether or not to select a skater to the team based on past performances and a projection of the skater's readiness to compete at the Games relative to the skater they would be displacing.

Selection C – Long Track

In the event that an athlete who has qualified for the Selection C event is unable to participate or complete the competition due to exceptional circumstances, the ADC may grant the athlete a bye onto the LT team. The Committee must assure themselves that:

- Exceptional circumstances did exist, and
- Recent past results demonstrate that the skater has consistently outperformed any lower ranking competitor, in at least 3 of the 4 required CWG distances, for their position on the team. (To be considered as consistently outperformed, you must have proof that at the 2 most recent competitions, within the past 10 months, where each athlete competed at and had fully raced each distance, the athlete seeking exceptional circumstance finished with a higher ranking in both competitions.)
- If the skater was injured during the competition, he or she had a good chance of making the team at the time of the injury.
- If these requirements are met, a position for each skater who receives a ruling in their favour will not be filled until a suitable competition, designated by the ADC, is used to fill the final spot. At this competition, the skater or skaters who finished in the final spot or spots at selections shall vie for the final position or positions (including the alternate) with the skater or skaters that were granted exceptional circumstances. The skater or skaters who gain the most points in the competition shall

win the final spot or spots with the runner-up becoming the alternate. In the event of a tie, the tie breaking system outlined in 7.4(iii) shall be used.

- If the ADC cannot find a suitable event, the committee shall determine whether or not to select a skater to the team based on past performances and a projection of the skater’s readiness to compete at the Games relative to the skater they would be displacing.

4.4 Post Selection

Following the selections, all skaters selected to the team, plus alternates, must attend all designated team events unless they have a general or coach exemption or are training outside the Province.

4.4.1 Readiness to Compete

The ADC can rule that any athlete unable to train or compete for any length of time, due to injury/illness, during the period from selection to leaving for the Games, can be replaced by the alternate. The Committee will determine to replace a team member with the alternate only if:

- In the opinion of a sports medicine doctor (recommended by the Canadian Sport Centre – Atlantic) the athlete will not be able to fully recover from the injury/illness by the time the team leaves for the Games, or that the athlete has little chance of recovering in time to perform at or near their best at the 2019 Red Deer Winter Games.
- For return from such injury a qualified doctor’s approval must be provided.

5.0 Selection A – Points Awarded for an Athlete’s Ranking Based on Select Competitions

5.1 Points Earned in Selection A

Selection A will make up **40%** of possible points that an athlete can earn for the ST selection process.

Skaters will accumulate points based on their performances at: Elite #1, Elite #2, EST #1, EST #2, and Maritime competitions held between September 1st, 2018 and the Selection B competition.

Skaters will be given points based on their final overall ranking compared to other New Brunswick skaters at each of the above competitions. There will be a tier system in place where an athlete that attends a higher tier competition will be guaranteed to get more points than an athlete that only attends lower tiered competitions.

The Competition tiers are given as:

Table 1: Tier levels for Selection A Competitions (all competition are during the 2018-2019 season)

Tier 1	Elite #1, Elite #2
Tier 2	EST #1, EST #2
Tier 3	Maritime Competition

If an athlete does not attend one of the competitions in Table 2, 100% of their points for selection to the ST team will be earned from the Selection B competition.

After each of the competitions listed in Table 1, NB skaters will be ranked in comparison to other NB skaters that attended the competition and given points based on the tier system (Table 1) and Table 2. Once all competitions before Selection B are completed, the points earned by each skater will be added together and divided by the number of competitions they skated in that tier. From this ranking, the skaters will be given the points shown in Table 2 that they carry forward into the Selection B competition.

Table 2. Points System for Selections “A”, “B”, “C”

1 st - 1000	2 nd - 816	3 rd - 666	4 th - 543	5 th - 443	6 th - 362	7 th - 295	8 th - 241
9 th - 196	10 th - 160	11 th - 130	12 th - 106	13 th - 86	14 th - 70	15 th - 57	16 th - 46
17 th - 37	18 th - 30	19 th - 25	20 th - 24	21 st - 23	22 nd - 22	23 rd - 21	24 th - 20

The final points that the athletes are given will then be multiplied by 4 (because Selection B has 4 races) and then multiplied by 0.4 (40%, the ratio of points that can be earned in Selection A).

The Selection A points will seed the athletes into the Selection B competition.

Appendix E includes an example of how the points system works.

5.2 Selection A tie in points

In the event of a tie in total Selection A points, the points for both contested positions will be added together and divided by two. Each athlete will get this amount of points. (Example: Tie between 2 skaters for 2nd: (816+666)/2 = 741 for each athlete)

6.0 Selection “B” Event – Short Track

Selection to the 2019 ST CWG Team will be based on points accumulated from both Selection “A” and “B” as follows. This process applies to both the men’s and the women’s teams.

It is intended to seek a host for the Canada Games ST selections (Selection “B” event) for the 3rd or 4th weekend in November.

This will be a ST competition between the top ranked Speed Skating NB skaters (based on Section A points), to a maximum of 16, plus any skaters included due to exceptional circumstances. It will consist of all 4 distances to be skated at the 2019 Winter Games (500m, 1000m, 1500m and 3000m points race). Following the conclusion of each distance, skaters will be ranked according to their finishing position and awarded points according to Table 2 – Points System for Selection A and B. At the end of the meet, an athlete’s point tally from Selection “B” will be multiplied by 0.60 (60%) and added to the points carried forward from Selection A. The points total carried forward from Selections “A” will be added to the points earned in Selection “B” and the skaters re-ranked. The five (5) skaters, per gender, with the highest point totals will be selected to the team, the 6th ranked skater will be the alternate (unless there are exceptional circumstances granted for skaters (4.2.1)).

Table 2. Points System for Selections “A”, “B”, “C”

1 st - 1000	2 nd - 816	3 rd - 666	4 th - 543	5 th - 443	6 th - 362	7 th - 295	8 th - 241
9 th - 196	10 th - 160	11 th - 130	12 th - 106	13 th - 86	14 th - 70	15 th - 57	16 th - 46

The selection B competition must take place on an Olympic Sized ice surface and on a 111.12m standard track.

The Selection B event will be run using the system of advancement from heats to semi/finals based on first place plus the fastest times from the next position to fill the quota on the line.

6.1 Seeding

Athletes will be seeded into heats for the 1500m and 500m distances in the Selection B competition based on the skater’s personal best time for each distance. For the 1000m and 3000m distances, skaters will be seeded into heats based on the total of their Selection B points earned up to that point. If a skater drops out before the heats of any distance, this will result in reseeding of that distance.

In the event of a tie for 8th position into the 3000M points race final, both skaters will be seeded into the “A” Final.

In the event that more than 2 skaters are tied for the 8th position points in selection B, 3000m points race, the format used to determine which skaters shall participate in the ‘A’ final, shall be that used to break a tie on the team described at 6.9.

Should a skater be unable to compete after the Selection “B” has started, he/ she shall be ranked last for seeding purposes but shall retain all points gained to that time. Coaches must notify referees of their skater’s intention to drop out of a race/competition. If he/she should wish to re-enter the competition, the athlete, ONLY through their Coaches request, must seek permission from the Referee to re-enter a competition. IF permitted by the referee, he/she shall return to his/her proper seeded place.

6.2 Disqualifications

All disqualified skaters will receive the last place points for the race they are in, i.e.: If two skaters are disqualified in any primary final they both receive last place points of the primary final. A disqualified skater may, at the discretion of the referee, have their points removed.

6.3 Advancements

The referee shall have the power to advance an impeded skater to any of the following finals: primary, secondary and tertiary. The referee’s decision will be final.

6.4 Did Not Finish

A skater who fails to finish a race, because of an infraction committed against him/her will receive the points of the position ahead of those disqualified.

6.5 Did Not Start

Under no circumstances will points be awarded to a competitor who misses or does not start a distance / race. However, if a skater is injured during a distance and cannot start a semi or a final, and the coach has informed the referee, then placement points for that skater must be awarded.

6.6 Participation and Ethical Skating

Athletes are required to skate all distances (except in the case of injury), to the best of their ability and ethically in each race. Any skater(s) who does not skate all of the distances, to the best of their ability or who clearly skates in a manner designed to impede the opportunity of another skater to make the team, will be subject to sanction by the ADC up to and including removal from the team.

6.7 Tie in a Final

In the event of a tie in a distance final, skaters will share the points. I.e. if there was a tie for first place, each skater will receive the points for first and second, divided by two $[(1000+816)/2]$. The second place skater will receive third place points.

6.8 Ties in Points

In the event that two or more skaters are tied on points during the selection meet, the skaters will be seeded into heats based on their ranking in Selection A. If the skaters Selection A points are tied, the tied skaters will be seeded based on their ranking at the most recently skated Selection A competition.

6.9 Tie for Position on the Team

In the event of a tie for overall points following Selection B, the tie shall be broken as follows:

- Number of first place finishes in finals
- If still tied, number of second place finishes in finals
- If still tied, number of third place finishes, etc., until tie is broken.
- If still tied, the ranking from Selection A will be used.

6.10 Unforeseen Selection Cancellation

In the event that a Selection event has to be cancelled and cannot be replaced, selection to the team will be based on a secondary plan that will be established by Athlete Development Committee.

6.11 Alternates

Alternates will continue to train and prepare with the team and shall attend the Games if a member of the team is unable to attend. Should an athlete qualify as an alternate for both the LT and ST teams he/she will be given the choice as to which discipline he/she will be the alternate for. The skater must make a decision and continue to train and be the alternate for only one team. The skater shall be given until 30 days prior to leaving for the 2019 CWG to make a decision.

6.12 Bye onto Short Track Team

To receive a bye onto the ST CWG team, a skater must submit a bye request to the Athletic Development Chair one week before the Selection B competition. A bye request can be submitted after the Selection B competition if the request is based on a competition after the Selection B date. In this case, a request must be submitted 1 week after the competition.

To be considered for a bye onto the ST CWG team one of the following conditions must be met:

- 1) Be selected to represent Canada at the World Juniors Competition for the 2017-2018 or 2018-2019 season.
- 2) Attend the Canadian Senior Championship (#1) competition during the 2017-2018 or 2018-2019 season.

A vote will be put forth by the AD committee to grant or decline the bye request within 1 week of the submitted request. The AD committee has the right to decline a bye request even though one of the above conditions were met, but must provide an appropriate reasoning.

7.0 Selection “C”– Olympic Style Long Track Event

Selection to the 2019 LT CWG Team will be based on the points accumulated only from the Selection “C” long track event. This process applies to both the men’s and the women’s teams.

If an athlete has an exceptional talent in the 500m distance, the AD committee will consider giving that athlete a bye onto the LT team. To be considered for a bye the athlete must have a 500m outdoor LT time faster than:

Men: 38.5seconds
Women: 42.7seconds

To compensate for the fact that the mass start and team pursuit are both medal events at the CWG but cannot be reasonably tested, the weighting of points that can be achieved at the Selection C event is higher for longer distances. The men’s mass start and team pursuit are 12L (laps) and 8L respectively, and the women’s mass start and team pursuit are 8L and 6L respectively. Therefore the point system will follow the table 1 point scheme with an increase in points as follows:

	500m	1000m	1500m	3000m	5000m
Men	100%	X	115%	125%	125%
Women	100%	115%	115%	125%	X

Table 3: The percentage of points from the Table 1 point scheme that can be achieved at the Selection C event, for each distance.

For an example of how the point scheme works for LT see Appendix E.

7.1 Track & Facilities

The selection competitions will take place on a certified 400 meter LT oval as designated by SSC and subject to availability.

At the Selection C event, skaters will skate their 4 Canada Games distances; men: 500m, 1500m, 3000m and 5000m, and women: 500m, 1000m, 1500m and 3000m. Skaters will be awarded points based on their final placing in each distance using Table 2 (page 13) and the multiplication percentage for each distance based on Table 3 (page 16).

Skaters will be seeded into each distance by their times achieved in the fall 2018 long track skating season. In each distance, skaters will achieve points based on their finish with in that distance. At the end of the meet, skaters will be ranked according to their overall point total, (using Table 2 and 3). The four skaters, per gender, with the highest point totals will be selected to the team, the 5th ranked skater will be the alternate.

7.2 Forced Cancellation of Selection “C” Event

In the event of unforeseen circumstances leading to the inability to hold a Selection C event before the end of January (i.e.: weather, ice malfunction, etc.), skaters will be selected to the team based on LT performances achieved in that skating season, compared to their peers. If insufficient LT data is available (i.e. previous competitions have only included sprint events), the Committee may also consider additional factors including fitness test scores. The Committee may also require skaters to undergo additional testing to help determine selection. All LT skaters must understand the importance of establishing their best performances at pre-selection events, where outdoor LT times may be acquired.

In the event that a Selection C event is cancelled before the completion of all the distances, the Committee shall use the results up to that point and past LT performances relative to their peers to rank the skaters in the missing distances, in order to select the team. Again, if insufficient LT data is available (i.e. previous competitions have only included sprint events), the Committee may also consider additional factors including fitness test scores. The Committee may also require skaters to undergo additional testing to help determine selection.

7.3 Seeding

Selection “C” will be seeded based on the submitted outdoor SSC or FPVQ sanctioned long track times for each skater, for each individual distance recorded, in that racing season, leading up to Selection C. If No Times (NT) are available, those skaters will receive the last place position(s) behind the skaters with official entry times. IF there are more than 2 skaters with no Times (NT) in a distance, then a draw will take place to determine the pairs of skaters without times as well as the lane positions.

Pairings will be determined as follows: Skaters without any times will race 1st in that distance and then the pairings will proceed from slowest timed parings to fastest by a draw.

Draws will be made to determine inner & outer lanes for those skaters with times and pairings and lanes for those skaters with no times.

The race format for Selection C will have the 3000M men's distance, which will always precede the men's 5000M distance, as a seeding alternative for the 5000m distance. SSNB will strive for at least 24 hours between these 2 longer distance races when weather permits. The 5000M and 3000M races will be run as quads for time conservation purposes.

IF none of the skaters have 5000m times from the current racing season - then the 3000m distance times recorded in the selection C competition will be used to determine the parings. If we have skaters with 5000m times from the current racing season they will race in the last pair(s) all other skaters will be seeded based on their result finishes in the 3000M race already completed in Selection C.

If the SSNB CWG Selection C runs 2 of the 500M distances, then the best time of the two races will be used to determine the points for the 500M distance.

Lanes will be selected by a draw for inner and outer in each paring

Quads will be raced only for the 3000m and 5000M distances.

The order of the races in the race format will be the same as presented in the SSC CWG package, where possible.

In the Format – Women shall precede the men.

NOTE * Should any SSNB CWG –LT selection competition be held outside N.B., the draws and race order will proceed according to the regulations of **the host Province.**

7.4 Ties into Selection C

i) Ties for Seeding into Selection C

If two skaters are tied based on their entry seed times in any distance into Selection C event, the position of the two skaters shall be determined by a draw, where necessary.

ii) Ties for Position on the Team

In the event of a tie for a position on the team after the Selection C meet has been completed, it shall be broken as follows:

- Tie for position on the team the athlete with the fastest 1000m time for females and 1500m time for males from Selection C, shall be given the higher position.
- If still tied, the 1500 m from Selection C will be used for females and 3000 m for males.
- If still tied, the 3000 m from Selection C will be used for females and 5000 m for males.
- If still tied, the 500m from Selection C will be used for females and 500 m for males.

7.5 Race Conditions and Consistency

Once a distance is started, each competitor will have to race that distance, in similar conditions, before that distance becomes valid.

Skaters who become injured and leave the competition will not delay the distances.

7.6 Re-skates

A re-skate may be granted **only** if there is, in the opinion of the referee, direct interference of a competitor while racing by another competitor, person, or item, **or** a complete equipment failure such as a broken blade. The time of the re-skate shall be the official time. **Requests for re-skates must be made to the referee immediately following the race by the skater before leaving the ice surface**

7.7 Long Track Format and Distances

The format for competitions hosted by another province shall follow the format of the host province. The format for competitions hosted by N.B. shall be as follows with men and women alternating:

Day 1	AM	PM
Females	500 X 2 (when possible)	1500
Males	500 X 2 (when possible)	3000
	(only their best 500m time is used)	
Day 2		
Females	1000	3000
Males	1500	5000

8.0 Discipline and Appeals

All skaters, parents, coaches, officials, managers and others involved with this program are required to conduct themselves in friendly, sporting and supportive manner. Coach, manager and athlete behaviour must conform to the standards described in the Code of Conduct (Appendix C) and as agreed to by signing the Team Member Agreement. The discipline process is described in the Code of Conduct. Disciplinary issues involving parents, coaches, volunteers and others that do not have an official position on the team will be dealt with under Speed Skate New Brunswick's regular disciplinary procedures.

An Appeals Committee will be struck as required, to deal with all appeals related to the Canada Games program. This includes appeals against disciplinary sanctions and decisions made during the Selection Process.

8.1 Appeals Relating to the Selection Process

An Appeals Committee will hear both procedural appeals as well as discipline appeals. The Appeals Process is described below and the Appeals Committee is defined in Section 1.2.

8.2 Making an Appeal

Following a decision announced by the ADC, the athlete shall be given 24 hours to appeal. The athlete must present their request in writing to the President of SSNB. The President shall then strike an Appeals Committee. The first duty of the Appeals Committee shall be to determine whether grounds exist for an appeal to be held. The Appeals Committee will inform the athlete of their decision within 48 hours.

8.3 Grounds for an Appeal

An appeal shall be heard ONLY on the grounds that:

- 1) The CG staff/ADC made a decision for which they lacked authority;
- 2) The CG staff/ADC failed to follow procedures in the approved selection criteria;
- 3) The CG staff/ADC made a decision which was influenced by bias;
- 4) The CG staff/ADC failed to consider relevant information or took into account irrelevant information in making the decision;
- 5) The CG staff/ADC exercised its discretion for an improper purpose; and/or
- 6) The CG staff/ADC made a decision that was unreasonable.

If there are no legitimate grounds, the Chair of the Appeals Committee shall call the athlete advising her/him of the decision. This will be followed up with a formal letter to the athlete.

8.4 Appeals Process

If the Appeals Committee feels there are grounds for an appeal hearing, the following procedures will take place:

1. The Chair of the Appeals Committee shall select a designated place, date and time to hear the appeal. This will be done no later than one week following the request of the appeal.
2. The Appeals Committee shall review/hear the athlete's complaint. He/she may be accompanied by one athlete advocate (parent or guardian or legal advisor etc.)
3. The Appeals Committee shall review/hear information from the CG staff, Athlete Development Committee and other it feels may have important information.
4. The Appeals Committee will make a final decision at the appeal hearing and the decision shall be final and binding.

8.5 Appeals Committee Decisions

The Appeals Committee can:

1. Grant the appeal.
2. Reject the appeal.

The chair of the Appeals Committee will contact the athlete no later than 24 hours after the hearing by phone to advise her/him of the outcome and this will be followed up by a formal letter and copy of the appeal findings and recommendation.

The chair of the Appeals Committee will contact the Head Coach by phone to advise her/him of the outcome. This will be followed up by a copy of the formal letter to the athlete and copy of the appeal findings and recommendation.

The decision of the Appeals Committee will be final. It is recognized that not all situations can be anticipated. All situations will be dealt with in as fair and equitable a manner as possible.

Appendix A - Canada Winter Games Speed Skating Technical Package

This can be viewed via a link on the SSNB web site.

Appendix B – Letter of Commitment



2019 Red Deer Canada Winter Games

- Team NB Commitment Form

Speed Skating



I, _____ am committed to competing for a position on New Brunswick's 2019 Red Deer Canada Winter Games LT OR ST Team.

I am aware that the 2019 CWGs are over a year and a half away and that by committing to a long term development program, I can become a much better skater and TEAM member. By making this commitment, I want to help NB create its best possible team and develop a larger group of high achieving skaters within the Province. I am willing to be part of that program.

I agree to do my part in training and overall personal development to make my best effort to be on the team, and understand that this includes:

- Getting the proper rest an athlete of my age requires,
- An appropriate diet and understanding increasing consumption to accommodate training.
- Maintaining a positive attitude,
- Managing my time and especially my schoolwork to ensure that I can give my speed skating the time it deserves,
- Attending Canada Games team practices, testing and training camps,
- Following the Canada Games Team 2 year training program,
- Learn, understand & develop all aspects of being an elite athlete in my sport
- Attending high level competitions when ever possible.

I am committed to do my part to **“Keep the winning tradition”**

Signed (Athlete) _____ Date _____

Signed (Parent) _____ Date _____

Appendix C - Code of Conduct

SSNB Code of Conduct may be viewed on the SSNB web site.

Appendix D - Team New Brunswick Member Agreement

Canada Games - TEAM NEW BRUNSWICK MEMBER AGREEMENT

TEAM MEMBER AGREEMENT

I, _____, as a member of SSNB Team New Brunswick Training Squad, I understand that I am expected to behave according to the Team New Brunswick Code of Conduct and agree to follow the rules and regulations for Team New Brunswick, Speed Skate New Brunswick and the Canada Games Council. Should I fail to follow these regulations I realise my actions shall be reviewed and I may be disciplined, up to and including, removal from Team New Brunswick and the Games.

Date:

Signature of Team Member:

Witness:

Signature of Parent/Guardian
(if Team Member under 18): _____

Appendix E – Example of Short Track Team Selection Calculations
 - Example of Long Track Team Selection Calculations

Example of Point System for Selection to Short Track Team

Points System for ST Selections “A and B”, and LT Selection “C”

1 st - 1000	2 nd - 816	3 rd - 666	4 th - 543	5 th - 443	6 th - 362	7 th - 295	8 th - 241
9 th - 196	10 th - 160	11 th - 130	12 th - 106	13 th - 86	14 th - 70	15 th - 57	16 th - 46

Ranking Compared to other NB athletes at Selection A Competitions

	Elite #1	Elite #2	EST #1	EST #2	Maritime Comp. #1	Maritime Comp. #2
Skater 1	1	3	-	-	-	-
Skater 2	2	1	-	-	-	-
Skater 3	-	2	1	-	-	-
Skater 4	-	-	2	1	-	-
Skater 5	-	-	3	2	-	-
Skater 6	-	-	-	-	-	-
Skater 7	-	-	-	-	1	1
Skater 8	-	-	-	-	2	2

Going Through points based on the Tier System to determine Selection A Ranking

Tier 1	Elite #1	Elite #2	Total Per Tier Comp.	Rank
Skater 1	1000	666	$(1000+666)/2$ =833	2
Skater 2	816	1000	$(816+1000)/2$ =908	1
Skater 3	0	816	$(816)/1$ =816	3

Tier 2	EST #1	EST #2	Total Per Tier Comp.	Rank
Skater 4	543	443	$(543+443)/2$ =493	4
Skater 5	443	543	$(543+443)/2$ =493	4

Tier 3	Maritime Comp. #1	Maritime Comp. #2	Total Per Tier Comp.	Rank
Skater 7	362	362	$(362+362)/2$ =362	6
Skater 8	295	295	$(295+295)/2$ =295	7

	Rank	Table 2 Points	Points Carried Fwd. to Selection B (see note 3 below for how these points were determined)
Skater 1	2	816	1305.6
Skater 2	1	1000	1600
Skater 3	3	666	1065.6
Skater 4	4	$(543+443)/2 = 493$	788.8
Skater 5	4	$(543+443)/2 = 493$	788.8
Skater 6	TBD	100% on Selection B	100% on Selection B
Skater 7	6	362	579.2
Skater 8	7	295	472

Notes: 1) To see tie conditions between skaters 4 and 5 see section 5.3

2) Skater 6 will have 100% of their points based off selection B because they didn't skate any of the competitions listed in Table 1.

3) Points carried forward are based on those points earned in selection A multiplied by 4 (Because you can earn points for each distance at Selection B competition) and then multiplied by 0.4(40%) the ratio of total points that can be earned.

Points from **Selection B** (ST selection example)

Finish Position	500m	Pts	1000m	Pts	1500m	Pts	3000m	Pts	Total Points	Carry Fwd 60%	Rank
Skater 1	1	1000	1	1000	2	816	4	543	3359	2015.4	1
Skater 2	2	816	4	543	5	443	1	1000	2802	1681.2	3
Skater 3	3	666	2	816	3	666	2	816	2964	1778.4	2
Skater 4	4	543	3	666	1	1000	8	241	2450	1470	4
Skater 5	5	443	5	443	4	543	6	362	1791	1074.6	5
Skater 6	6	362	7	295	6	362	3	666	1685	1685	6
Skater 7	8	241	6	362	7	295	5	443	1341	804.6	7
Skater 8	7	295	8	241	8	241	7	295	1072	643.2	8

Note: Skater 6 has 100% of their points based off the Selection B competition

Total (Selection A + Selection B Points):

Skater 1 - 1305.6 + 2015.4 = **3321**
 Skater 2 - 1600 + 1681.2 = **3281.2**
 Skater 3 - 1065.6 + 1778.4 = **2844**
 Skater 4 - 788.8 + 1470 = **2258.8**
 Skater 5 - 788.8 + 1074.6 = **1863.4**
 Skater 6 - 0 + 1685 = **1685**
 Skater 7 - 579.2 + 804.6 = **1383.8**
 Skater 8 - 472 + 643.2 = **1115.2**

Overall Ranking

Skater 1 Selected to the Team
 Skater 2 Selected to the Team
 Skater 3 Selected to the Team
 Skater 4 Selected to the Team
 Skater 5 Selected to the Team

Alternate:

Skater 6 Earned the right to be alternate (if they want they may wait until after the LT selections to see if they make the LT team)

Example of Point Calculation for Selection “C” Long Track (Girls)

Female	500m	Pts	1000m	Pts	1500m	Pts	3000m	Pts
Skater 1	43.20	1000	1.26.00	1000	2.17.00	666	5.20.00	443
Skater 2	44.60	816	1.30.00	666	2.09.00	816	4.58.00	816
Skater 3	45.20	666	1.28.00	816	2.07.00	1000	4.53.00	1000
Skater 4	45.50	543	1.31.00	543	2.19.00	543	5.00.00	666
Skater 5	45.70	443	1.31.50	443	2.20.00	443	5.01.00	543

500m Points multiplied by 100%:

Skater 1-1000
 Skater 2-816
 Skater 3-666
 Skater 4-543
 Skater 5-443

1000m Points multiplied by 115%:

Skater 1-1150
 Skater 2-765.9
 Skater 3-938.4
 Skater 4-624.45
 Skater 5-509.45

1500m Points multiplied by 115%:

Skater 1-765.9
Skater 2-938.4
Skater 3-1150
Skater 4-624.45
Skater 5-509.45

3000m Points multiplied by 125%:

Skater 1-553.75
Skater 2-1020
Skater 3-1250
Skater 4-832.5
Skater 5-678.75

Total:

Skater 1- $1000 + 1150 + 765.9 + 553.75 = 3469.67$
Skater 2- $816 + 765.9 + 938.4 + 1020 = 3540.3$
Skater 3- $666 + 938.4 + 1150 + 1250 = 4004.4$
Skater 4- $543 + 624.45 + 624.45 + 832.5 = 2624.4$
Skater 5- $443 + 509.45 + 509.45 + 678.75 = 2140.4$

Outcome: Skaters 1, 2, 3 and 4 are selected to the LT team. Skater 5 is the LT team alternate.

The ADC shall name the top 4 ranked skaters by total points as the long track team and the fifth ranked skater as the alternate.

Appendix F- Protected Skater Process for 3000m points race (ST)

(To be added)