Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization’s (NSO) version of athletes in the “training to compete” phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the CGC Sport Committee through his or her Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO. Generally, Technical Packages are developed by sport, but in certain cases may be developed by discipline.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC’s Sport Division for consideration. The NSO or Chef de Mission will submit the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after 36 months prior to the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered after 24 months before the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating Provincial/Territorial associations and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games’ participants early.
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   APPENDIX 6 – 2019 RED DEER CANADA WINTER GAMES MINIMUM AGE EXEMPTION CRITERIA 23
1. SPORT: SPEED SKATING (SHORT TRACK)

2. PARTICIPANTS:

2.1. Competitors:

5 males; 5 females.

2.2. Staff:

1 Short Track coach and 1 Short Track manager.

One Short Track staff member must be male; one Short Track staff member must be female.

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

2.3. Additional Team Staff*:

- Apprentice Coach
  - See Women in Coaching Canada Games Apprenticeship Program
  - See Aboriginal Apprentice Coach Program
  - Apprentice coaches have same access as competitors and team staff.

- Venue Pass Holder
  - See Venue Pass Holder Policy
  - Venue Pass Holders do not have access to the field of play
  - Venue Pass Holder’s access
    - Front of House (Spectator areas)
    - Team Areas (Athletes Lounge, Change Rooms)

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

One skate technician will be added to the list of Major Technical officials that will be accessible to all teams at the Short Track venue. Teams will be able to use their own technicians. However, no accreditation for additional staff will be granted to the Field of Play.
3. **CLASSIFICATION:**

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.

Exemptions for exceptional athletes may be granted through the 2019 Red Deer Canada Winter Games Minimum Age Exemption Criteria - please see Appendix 6.

4. **ELIGIBILITY**

4.1. **Coaches:**

Coaches on the official registration form must be fully certified in the Competition-Development context under the National Coaching Certification Program (NCCP) in Speed Skating. These coaches must be so certified not later than 90 days before the opening of the Games (November 17, 2018).

Coaches who do not meet the Canada Games coach certification requirements must apply for an exemption through their Provincial or Territorial Chef de Mission.

For more information on the coach certification pathway, please see Appendix 2.

4.2. **Team Manager:**

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

4.3. **Competitors:**

Excluded from the Canada Games are:

- Senior National Team athletes (as defined by Speed Skating Canada and approved by the Canada Games Council)*;
- Athletes who do not meet the date of birth requirements as determined in section 3 of this document;
- Athletes who have held an SR1 or SR2 card (as defined by Sport Canada’s Athlete Assistance Program) at any time;
- Athletes who have previously competed at the following events: Senior World Championships, Olympic Games, World Cup competitions, or FISU Games.
If a skater competed in one of the above competitions in Long Track, they would remain eligible to compete in the Canada Winter Games in Short Track.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or National Team status (i.e., no athlete will be excluded if they become National Senior Team members for the first time or are granted carding status after November 17, 2018).

* Athletes who hold a C card (as defined by Sport Canada’s Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Chef de Mission and approved by the Canada Games Council’s Sport Committee.

5. **COMPETITION:**
   
   Speed Skating Canada Rules shall prevail.

   **Short Track Events (scheduled over 5 days)**

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

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

6. **SPORT SCORING:**

   - Athletes who register but do not compete will not be ranked. If an athlete does not start the first round of an event the athlete does not receive any points.
   
   - A penalty/disqualification in any race will place the skater in last place position in that race.
   
   - Those competitors who complete an event will be ranked ahead of those who start but do not complete the event.
   
   - The competitors that start but do not complete the event will receive last place points unless there is a penalty/disqualification.
   
   - The competitors who do not complete a race will be ranked ahead of a penalized/disqualified skater in the race.
   
   - In the case where a skater starts an event but does not complete an event due to injury, that skater will receive a rank based upon the placement in the following round. For example, if the
skater is taken out in the semi-final and cannot race the final, they would be placed in the B Final and receive last place ranking for that final.

- In the case of the 3000m points race, a skater who does not compete will be ranked last and receive the last place points in their race, below any skater who may be penalized.

6.1. Individual

The Province/Territory’s three best results in every event will count towards the Provincial/Territorial ranking point total.

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

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

6.2. Relay and Team Pursuit Competitions

In the relay and pursuit events there are 13 scoring positions, with points allocated for 1st through 13th as follows:
7. **PROVINCIAL/TERRITORIAL RANKING:**

The final Provincial/Territorial ranking will be determined by the cumulative totals of the team points from each Short Track and Long Track event. There will be a separate ranking for men and women. Points for the Games Flag will be awarded as follows:

<table>
<thead>
<tr>
<th>Position</th>
<th>Pts</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st place</td>
<td>150</td>
</tr>
<tr>
<td>2nd place</td>
<td>140</td>
</tr>
<tr>
<td>3rd place</td>
<td>130</td>
</tr>
<tr>
<td>4th place</td>
<td>120</td>
</tr>
<tr>
<td>5th place</td>
<td>110</td>
</tr>
<tr>
<td>6th place</td>
<td>100</td>
</tr>
<tr>
<td>7th place</td>
<td>90</td>
</tr>
<tr>
<td>8th place</td>
<td>80</td>
</tr>
<tr>
<td>9th place</td>
<td>70</td>
</tr>
<tr>
<td>10th place</td>
<td>60</td>
</tr>
<tr>
<td>11th place</td>
<td>50</td>
</tr>
<tr>
<td>12th place</td>
<td>40</td>
</tr>
<tr>
<td>13th place</td>
<td>30</td>
</tr>
</tbody>
</table>

8. **TIE BREAKING RULE – COMPETITION:**

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

9. **PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:**

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

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

10. **MEDALS:**

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

11. **COMPETITIVE UNIFORM:**

Appropriate speed skating attire as described in the Procedures and Regulations of Speed Skating Canada (D3-100) shall be worn. Provincial/Territorial colors must be worn.
12. EQUIPMENT:

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

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

13. APPENDICES:

The attached appendices are an integral part of this technical package.

- Appendix 1 – Competitor Eligibility
- Appendix 2 – Coach Certification Requirements
- Appendix 3 – Performance Guidelines
- Appendix 4 – Short Track Field of Play Regulations
- Appendix 5 – Field of Play Appeal Procedure
- Appendix 6 – 2019 Red Deer Canada Winter Games Minimum Age Exemption Criteria
APPENDIX 1 – COMPETITOR ELIGIBILITY

1. Competitors must meet all eligibility requirements outlined in the Technical Package.

2. The Canada Games are open to Canadian citizens or permanent residents.

3. The Canada Games are open to athletes who are members in good standing of their sport’s Provincial/Territorial Sport Organization.

4. An athlete’s permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.

5. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or Territory in which the athlete attends school. To be eligible to compete for the Province/Territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.

6. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
   i) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season
      - AND –
   ii) Having represented that Province or Territory at an international, national or regional championship,
      - AND –
   iii) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.
      - OR
   iv) Other similar circumstances may be considered.

7. An athlete is permitted to try out for any Province or Territory of eligibility but can only try out for one Province or Territory per sport (i.e. an athlete may try out for swimming for one Province or Territory but cannot try out for swimming in another Province or Territory. An athlete may try out for one Province or Territory in swimming, and may try out for another Province or Territory in diving).
8. Athletes may only compete for one Province or Territory at a single Canada Games.

9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.

10. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or P/TSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.

11. Where a team/Province/Territory/Chef wishes to challenge the eligibility of an athlete on another Provincial/Territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

Other

12. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer’s name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.

13. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.
APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS

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

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

Step 1
Attend Multi-Sport Modules:
1. Developing Athletic Abilities Pre-course assignment online (www.coach.ca). Login to The Locker.
3. Prevention & Recovery of Injuries
4. Psychology of Performance

Step 2
Register for Speed Skating Canada Comp-Dev training & certification program.
Contact: Speed Skating Canada (ssc@speedskating.ca)

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

Attend Multi-Sport Modules (can occur at any time prior to evaluation):
1. Making Ethical Decisions
2. Managing Conflict
3. Leading Drug-Free Sport

Complete Multi-Sport Online Evaluations:
1. Making Ethical Decisions
2. Managing Conflict
3. Leading Drug-Free Sport
Speed Skating Evaluation:

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

2. Direct Observation – in Training

3. Direct Observation – in Competition
APPENDIX 3 – PERFORMANCE GUIDELINES

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

Short Track Speed Skating is not about times, but who crosses the line first in any given race. The ability to skate fast times, however, is a good indicator of the potential for a skater to be successful. A skater is limited by his or her ability to skate a certain time and if they find themselves in a fast race and cannot keep up, no amount of tactical astuteness or passing skill will compensate.

To establish some Short Track performance guidelines, the times skated at the last two Canada Games (2011 and 2015) have been used. The guidelines have identified times that a skater can expect to be needed as a minimum, to reach the quarter final stage of the 500m and 1000m events. The 1500m racing at the Games is largely tactical and will likely be tactical in the future. It would be possible to arbitrarily establish performance guidelines for the 1500m, but unless skaters race the distance all out, we will not have meaningful data to measure against the standard. Thus, a performance guideline for the 1500m has not been included.

To establish the performance guideline, the fastest time skated by each quarter finalist was identified. The number of skaters who skated the standard or better, but who did not reach the quarter final was also noted (skater finished 3rd in heat or skated the time in an earlier round). From this, the 16th best time for each distance, gender and Games was identified.

Ice conditions vary from Games to Games and consequently, some judgment has been used in finalizing the guidelines.

The guidelines that follow are not intended to represent minimum performance standards expected of athletes or to guide Provinces/Territories in their selection of athletes. These numbers are intended to provide an assessment of a) whether performance levels within the Canada Games are improving and b) whether the depth of skaters at the high performance end of the event is increasing. The number of skaters who skated under the Performance Guideline is shown in brackets.
## Performance Guidelines

<table>
<thead>
<tr>
<th></th>
<th><strong>500m</strong></th>
<th></th>
<th><strong>1000m</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>48.50 secs</td>
<td></td>
<td>1:41.50</td>
</tr>
<tr>
<td></td>
<td>15/16 QFs skated below 48.50</td>
<td></td>
<td>14/16 QFs skated below 1:41.50</td>
</tr>
<tr>
<td></td>
<td>1 skater who skated sub 48.50 did not make QFs</td>
<td></td>
<td>2 skaters who skated sub 1:41.50 did not make QFs</td>
</tr>
<tr>
<td></td>
<td>Total: 16 skaters under 48.50</td>
<td></td>
<td>Total: 16 skaters under 1:41.50</td>
</tr>
<tr>
<td><strong>Men</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>45.00 secs</td>
<td></td>
<td>1:32.00</td>
</tr>
<tr>
<td></td>
<td>14/16 QFs skated below 45.00</td>
<td></td>
<td>14/16 QFs skated below 1:32.00</td>
</tr>
<tr>
<td></td>
<td>5 skaters who skated sub 45.00 did not make QFs</td>
<td></td>
<td>No skaters who skated sub 1:32.00 failed to make QFs</td>
</tr>
<tr>
<td></td>
<td>Total: 19 skaters under 45 seconds</td>
<td></td>
<td>Total: 14 skaters under 1:32.00</td>
</tr>
</tbody>
</table>

### Additional Areas for Consideration

<table>
<thead>
<tr>
<th><strong>Volume of Training</strong></th>
<th>Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed Skating Canada’s LTPAD model links T2C level with recommended volume of training. More information can be obtained from Speed Skating Canada’s LTPAD document</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Level of Competition</strong></th>
<th>Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletes who compete at the Canada Games will have preferably competed in a National age group Championship.</td>
<td></td>
</tr>
</tbody>
</table>
APPENDIX 4 – SHORT TRACK FIELD OF PLAY REGULATIONS

Schedule of Events:

Day 1 (Friday)  Team Practice
Day 2 (Saturday)  Team Practice
Day 3 (Sunday)  Qualifying Session: 1500m & 500m
Day 4 (Monday)  Session 1: 1500m Repechage. Session 2: 1500m Main Event & Relay Heats
Day 5 (Tuesday)  Rest Day / Team Practice
Day 6 (Wednesday)  Session 1: 500m Repechage. Session 2: 500m Main Event
Day 7 (Thursday)  Session 1: 1000m Repechage. Session 2: 1000m Finals
Day 8 (Friday)  Session 1: 3000m Points and Relay Finals

Entries:

● Each Branch must submit a **500m and 1500m** time for each skater. The times submitted must have been skated in a SSC sanctioned competition during the current season. Each Provincial/Territorial association must confirm the time submitted with the date and location of the competition. Times must be submitted on the “SSC in-house Branch registration form” directly to the Competitors Steward no later than **February 1st, 2019**.

Sanction:

● This event has an SSC Sanction.

Records:

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

Lane position:

● For Main Event lane positions will be determined as per ISU rule 296 for the 1500m and 500m distances. However, for the first round of the 1000m, in both Repechage and Main Event, skaters will be assigned lane position based on their ranking (seeding) from combined 1500m and 500m events.

The Qualifying Table for the qualifying day as well as for the Repechage session could change according to the number of entries to the competition. Please see below.

Qualification Heats:

The Qualification Heats for 500m and 1500m will be seeded on submitted seed times. After having established a list of times (from the fastest to the slowest), the heats will be seeded as follows:

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
<th>G</th>
<th>H</th>
<th>I</th>
<th>J</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
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<td>10</td>
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<td>37</td>
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<td>45</td>
<td>46</td>
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<td>60</td>
<td>59</td>
<td>58</td>
<td>57</td>
<td>56</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Version 1.0 (2017.06.19), Version 2.0 (2018.06.01), Version 3.0 (2018.10.01), **Version 4.0 (2018.11.14)**
If starting numbers are reduced from 65, the Competitors Steward for the competition, in consultation with the Chief Referee and the Technical Representative, will determine the most suitable number of heats to ensure the fairest racing conditions.

**Seeding - Second and Subsequent Rounds of Any Session**

For each of the distances a classification will be made in which the participants are ranked:
- by block; Finalists, Semi-Finalists, Quarter-Finalists, etc.;
- by position (finish place) within the respective block;
- by position (finish place) within the subsequent previous Qualifying Rounds;
- by best time in any race in the current session.

Further ties will not be broken for Final Classifications.

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

Seeding for the main event will be done the same way as described above, however, skaters who qualified for the Main Event via the qualifying session will be seeded above those who qualified via the Repechage session. Those who qualified via the Repechage session will be seeded based on the classification earned only in the Repechage session.

**Seeding - Repechage Session**

Skaters will be seeded based on their classification following the Qualifying Round.

Seeding for any subsequent intermediate round of the Repechage will follow the same principle as described above, however, the intermediate classification will be based on the results of the Repechage Round only.

**Progression - 1500m**

Fifteen (15) skaters qualify for the Main Event via the qualification round. Six (6) skaters qualify for the main round via the repechage round for a total of 21 skaters plus any advancements.

<table>
<thead>
<tr>
<th></th>
<th>QUALIFICATION ROUND</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Round 1</td>
</tr>
<tr>
<td></td>
<td>8 Skaters on the line</td>
</tr>
<tr>
<td># Skaters</td>
<td># Races</td>
</tr>
<tr>
<td>49-56</td>
<td>7</td>
</tr>
<tr>
<td>57-64</td>
<td>8</td>
</tr>
<tr>
<td>65</td>
<td>9</td>
</tr>
</tbody>
</table>

Version 1.0 (2017.06.19), Version 2.0 (2018.06.01), Version 3.0 (2018.10.01), Version 4.0 (2018.11.14)
### REPECHAGE ROUND

<table>
<thead>
<tr>
<th>Round</th>
<th>8 Skaters on the line</th>
<th>7 Skaters on the line</th>
<th>7 Skaters on the line</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong># Skaters</strong></td>
<td><strong># Races</strong></td>
<td><strong>Criteria</strong></td>
<td><strong># Skaters</strong></td>
</tr>
<tr>
<td>25-32</td>
<td>4</td>
<td>3+2</td>
<td>14</td>
</tr>
<tr>
<td>33-40</td>
<td>5</td>
<td>4+1</td>
<td>21</td>
</tr>
<tr>
<td>41-48</td>
<td>6</td>
<td>3+3</td>
<td>21</td>
</tr>
<tr>
<td>49-50</td>
<td>7</td>
<td>3+0</td>
<td>21</td>
</tr>
</tbody>
</table>

*Number of Repechage races may change as per Special Racing Rules.

### MAIN EVENT

<table>
<thead>
<tr>
<th>Semi</th>
<th>Final</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 Skaters</td>
<td>7 Skaters</td>
</tr>
<tr>
<td><strong># Skaters</strong></td>
<td><strong># Races</strong></td>
</tr>
<tr>
<td>21</td>
<td>3</td>
</tr>
</tbody>
</table>

### Progression - 500m

Fourteen (14) skaters qualify for the Main Event via the qualification round. Six (6) skaters qualify for the main round via the repechage round for a total of 20 skaters plus any advancements.

### QUALIFICATION ROUND

<table>
<thead>
<tr>
<th>Round</th>
<th>5 Skaters</th>
<th>4 Skaters</th>
<th>4 Skaters</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong># Skaters</strong></td>
<td><strong># Races</strong></td>
<td><strong>Criteria</strong></td>
<td><strong># Skaters</strong></td>
</tr>
<tr>
<td>46-50</td>
<td>10</td>
<td>2+8</td>
<td>28</td>
</tr>
<tr>
<td>51-55</td>
<td>11</td>
<td>2+6</td>
<td>28</td>
</tr>
<tr>
<td>56-60</td>
<td>12</td>
<td>3+0</td>
<td>36</td>
</tr>
<tr>
<td>61-65</td>
<td>13</td>
<td>2+10</td>
<td>36</td>
</tr>
</tbody>
</table>

### REPECHAGE ROUND

<table>
<thead>
<tr>
<th>Round</th>
<th>5 Skaters</th>
<th>5 Skaters</th>
<th>4 Skaters</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong># Skaters</strong></td>
<td><strong># Races</strong></td>
<td><strong>Criteria</strong></td>
<td><strong># Skaters</strong></td>
</tr>
<tr>
<td>31-35</td>
<td>7</td>
<td>2+6</td>
<td>20</td>
</tr>
</tbody>
</table>

Version 1.0 (2017.06.19), Version 2.0 (2018.06.01), Version 3.0 (2018.10.01), Version 4.0 (2018.11.14)
## MAIN EVENT

<table>
<thead>
<tr>
<th># Skaters</th>
<th># Races</th>
<th>Criteria</th>
<th># Skaters</th>
<th># Races</th>
<th>Criteria</th>
<th># Skaters</th>
<th># Races</th>
<th>Criteria</th>
<th># Courses Races</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>4</td>
<td>2+2</td>
<td>8</td>
<td>2</td>
<td>2+0</td>
<td>A-E</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1st and 2nd to A, remaining skaters from semis to B, 3rd from Quarters to C, 4th from Quarters to D, remaining skaters to E

### Progression - 1000m

There are no qualifying rounds for the 1000m. In order to determine which skaters enter the 1000m Repechage or Main Event, the sum of ranking points earned in the 1500m and 500m distances will be used to generate a ranking for the 1000m distance. The top 14 athletes go directly to the Main Event, while the remainder compete in the Repechage.

## REPECHAGE ROUND

<table>
<thead>
<tr>
<th># Skaters</th>
<th># Races</th>
<th>Criteria</th>
<th># Skaters</th>
<th># Races</th>
<th>Criteria</th>
<th># Skaters</th>
<th># Races</th>
<th>Criteria</th>
<th># Qualified</th>
</tr>
</thead>
<tbody>
<tr>
<td>31-36</td>
<td>6</td>
<td>2+3</td>
<td>15</td>
<td>3</td>
<td>2+0</td>
<td></td>
<td></td>
<td></td>
<td>6-7*</td>
</tr>
<tr>
<td>37-42</td>
<td>7</td>
<td>3+4</td>
<td>25</td>
<td>5</td>
<td>2+0</td>
<td>10</td>
<td>2</td>
<td>3+0</td>
<td>7-8*</td>
</tr>
<tr>
<td>43-48</td>
<td>8</td>
<td>3+1</td>
<td>25</td>
<td>5</td>
<td>2+0</td>
<td>10</td>
<td>2</td>
<td>3+0</td>
<td>8-9*</td>
</tr>
<tr>
<td>49-51</td>
<td>9</td>
<td>2+7</td>
<td>25</td>
<td>5</td>
<td>2+0</td>
<td>10</td>
<td>2</td>
<td>3+0</td>
<td>9-10*</td>
</tr>
</tbody>
</table>

*Number of Repechage races may change as per Special Racing Rules.

## MAIN EVENT

<table>
<thead>
<tr>
<th># Skaters</th>
<th># Races</th>
<th>Criteria</th>
<th># Skaters</th>
<th># Races</th>
<th>Criteria</th>
<th># Races</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>4</td>
<td>2+2</td>
<td>10</td>
<td>2</td>
<td>2+1</td>
<td>A-D</td>
</tr>
</tbody>
</table>

*Number of Repechage races may change as per Special Racing Rules.

Version 1.0 (2017.06.19), Version 2.0 (2018.06.01), Version 3.0 (2018.10.01), Version 4.0 (2018.11.14)
Point System:

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

<table>
<thead>
<tr>
<th>Rank</th>
<th>Pts</th>
<th>Rank</th>
<th>Pts</th>
<th>Rank</th>
<th>Pts</th>
<th>Rank</th>
<th>Pts</th>
<th>Rank</th>
<th>Pts</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10000</td>
<td>11</td>
<td>1935</td>
<td>21</td>
<td>675</td>
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<td>235</td>
<td>41</td>
<td>82</td>
</tr>
<tr>
<td>2</td>
<td>8000</td>
<td>12</td>
<td>1741</td>
<td>22</td>
<td>607</td>
<td>32</td>
<td>212</td>
<td>42</td>
<td>74</td>
</tr>
<tr>
<td>3</td>
<td>6400</td>
<td>13</td>
<td>1567</td>
<td>23</td>
<td>546</td>
<td>33</td>
<td>191</td>
<td>43</td>
<td>66</td>
</tr>
<tr>
<td>4</td>
<td>5120</td>
<td>14</td>
<td>1411</td>
<td>24</td>
<td>492</td>
<td>34</td>
<td>171</td>
<td>44</td>
<td>60</td>
</tr>
<tr>
<td>5</td>
<td>4096</td>
<td>15</td>
<td>1269</td>
<td>25</td>
<td>443</td>
<td>35</td>
<td>154</td>
<td>45</td>
<td>54</td>
</tr>
<tr>
<td>6</td>
<td>3277</td>
<td>16</td>
<td>1143</td>
<td>26</td>
<td>398</td>
<td>36</td>
<td>139</td>
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<td>48</td>
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<tr>
<td>7</td>
<td>2949</td>
<td>17</td>
<td>1028</td>
<td>27</td>
<td>359</td>
<td>37</td>
<td>125</td>
<td>47</td>
<td>44</td>
</tr>
<tr>
<td>8</td>
<td>2654</td>
<td>18</td>
<td>925</td>
<td>28</td>
<td>323</td>
<td>38</td>
<td>113</td>
<td>48</td>
<td>39</td>
</tr>
<tr>
<td>9</td>
<td>2389</td>
<td>19</td>
<td>833</td>
<td>29</td>
<td>290</td>
<td>39</td>
<td>101</td>
<td>49</td>
<td>35</td>
</tr>
<tr>
<td>10</td>
<td>2150</td>
<td>20</td>
<td>750</td>
<td>30</td>
<td>261</td>
<td>40</td>
<td>91</td>
<td>50</td>
<td>32</td>
</tr>
</tbody>
</table>

Ties:

- In the case of a tie for first both athletes will receive 10000 points and the next skater will receive 6400.

3000m Points Race - Racing Formats and Special Regulations (8 skaters on the line)

1. For the last distance (3000m Points Race), skaters will go directly to the finals based on the points accumulated during the 3 preceding distances (See chart). All skaters will compete in the last distance. Each skater will be identified by their own helmet cover number 1-8. In the event of a tie for final position in a final, the tie shall be broken by skater’s result in the 1500m.

2. Skaters will score points when they cross the line with 21, 14, and 7 laps remaining, as well as the finishing lap. Points are assigned as follows: 34, 21, 13, 8, 5, 3, 2 and 1 point. Double points will be awarded for the final lap, i.e. lap 27.

3. The gun shall be fired when the lead skater has 7 laps remaining. Skaters who are lapped prior to the lead skater having 7 laps remaining must go to the centre of the ice. They will earn 0 points for the remainder of the race. A skater is deemed to be lapped once overtaken by the lead skater. These lapped skaters shall retain all points earned earlier in the race. Skaters who are lapped following 7 laps remaining will continue to race and score points on the finishing lap. If a skater eliminates the entire field, the race will be declared over, and the skater will earn 1st place points for all remaining point laps.

4. Final placing in the event will be determined by the total number of points earned by each skater in the race. Skaters who do not complete the final lap and are tied in points shall remain tied. Should skaters who complete the final lap finish with an equal number of points, the result on the final lap will be used to break the tie. A skater who completes the final lap and is tied in points with a skater who did not complete the final lap shall be placed ahead of the skater who did not complete the final lap. Skaters in the A final will...
receive Final Points for positions 1 through 8, skaters in the B final will receive Final Points for positions 9 through 16 and so on and so forth.

5. Penalized skaters shall receive no points for the race; however, points earned by those skaters during the race will not be re-distributed. They will receive last place final competition points for their final.

6. During the 3000m Points Races there will be a bell rung with 22, 15, 8 and 1 lap to go to indicate that the next lap is a points lap.

7. Should the Referee be required to stop a race for any reason and a restart is required, the number of laps to be completed shall be at the discretion of the Referee. However, the Referee must allow skaters to complete at least three (3) laps prior to points being awarded. In the case of a stoppage, skaters will retain all points earned up to that point, unless the laps remaining require the last points earned to be raced for again. For example, if a race were stopped after 7 laps remaining and restarted with 11 laps to skate, the skaters would lose the last points earned in the first start (7 to go) and race for them again. Skaters who were lapped and removed from the race or penalized will not take part in the restart.

<table>
<thead>
<tr>
<th>Final A</th>
<th>Final B</th>
<th>Final C</th>
<th>Final D</th>
<th>Final E</th>
<th>Final F</th>
<th>Final G</th>
<th>Final H</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rank 1-8</td>
<td>Rank 9-16</td>
<td>Rank 17-24</td>
<td>Rank 25-32</td>
<td>Rank 33-40</td>
<td>Rank 41-48</td>
<td>Rank 49-56</td>
<td>Rank 57-65</td>
</tr>
</tbody>
</table>

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

Relay Seeding Process:
- Each Branch will submit a 500m time for each of the 5 skaters named to participate in a relay. The average of the 4 fastest times submitted will be used to seed relay teams in qualifying heats. In the case of a team of 3, the average of the 3 times submitted will be used.
- After having established a list of times (from the fastest to the slowest), the heats will be seeded in the following manner:

<table>
<thead>
<tr>
<th>Semi A</th>
<th>Semi B</th>
<th>Semi C</th>
<th>Semi D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fastest Team</td>
<td>2nd Fastest Team</td>
<td>3rd Fastest Team</td>
<td>10th Fastest Team</td>
</tr>
<tr>
<td>6th Fastest Team</td>
<td>5th Fastest Team</td>
<td>4th Fastest Team</td>
<td>11th Fastest Team</td>
</tr>
</tbody>
</table>

Version 1.0 (2017.06.19), Version 2.0 (2018.06.01), Version 3.0 (2018.10.01), Version 4.0 (2018.11.14)
<table>
<thead>
<tr>
<th>7th Fastest Team</th>
<th>8th Fastest Team</th>
<th>9th Fastest Team</th>
<th>12th Fastest Team</th>
<th>13th Fastest Team</th>
</tr>
</thead>
</table>

**Advancement to Relay Final**

- First place team from Semi Final A, B and C will automatically advance to a single Final. The next fastest team will join the Final. In the event of more than one penalty in the Final, medals will be awarded based on the next fastest time in the Heats of those teams not qualifying for the Final.

**Protocol:**

- A summary of Provincial/Territorial ranking and overall points will be tabulated after each race and at the conclusion of the competition (i.e. Games Flag Points).
- A separate competition protocol with individual race results will be prepared at the conclusion of the competition as per SSC format.

**Canada Winter Games Speed Skating Jury of Appeal**

The Canada Winter Games Speed Skating Jury of Appeal would include the Short Track and Long Track Technical representatives, senior Long Track Referee, senior Short Track Referee and a member of the Canada Games Council Technical Staff. If an appeal arises that is beyond the jurisdiction of the ISU and SSC field of play competition rules and cannot be satisfactorily resolved by the field of play personnel then it would be brought to the Canada Winter Games Speed Skating Jury of Appeal for a timely decision (no more than 24 hours).
APPENDIX 5 – FIELD OF PLAY APPEAL PROCEDURE

In Speed Skating there is an appeals process in place as described by ISU 123 and 124. In Short Track there are no protests or appeals for field of play infractions and in Long Track it is possible to file a protest to the referee who will consult with the other referees and make a decision. There is no higher appeals process on field of play decisions. The Speed Skating Canada Procedures and Regulations make no mention of any other appeal process. These decisions are final.

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

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

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

In any case where the ST or LT Technical Representative anticipates issues based on the Technical Package’s interpretation, the Canada Winter Games Speed Skating Jury of Appeal would be consulted for advice and a decision.
APPENDIX 6 - 2019 RED DEER CANADA WINTER GAMES MINIMUM AGE EXEMPTION CRITERIA

Speed Skating Canada (SSC) has established a minimum age of 14 on June 30th, 2018 for participation in the 2019 Canada Winter Games. This age corresponds with the minimum Junior Age of the International Skating Union (ISU). While this minimum age provides a developmentally appropriate age threshold for most participants and chronological age is a simple and valid means to define participation, exceptions are possible. As recognized by the scientific literature supporting SSC’s Long Term Participant and Athlete Development Model (LTPAD), individuals have different rates of growth, development and maturation, developing physically, socially, intellectually and emotionally at different rates.

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

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

Any provincial/territorial sport organization wishing to request a minimum age exemption must submit their request in writing to the Manager, Coach, Athlete and Competition Development at Speed Skating Canada Head Office at least 4 weeks prior to the first provincial/territorial selection event for the 2019 Canada Winter Games. Requests for exemption should be made using the age re-classification form available from Speed Skating Canada and include the information described below.

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

Assessment Criteria for Exemptions to the 2019 Canada Games Minimum Age Regulation

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

**Skater Development Information**

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

1. A list of the competitions and training attended by the athlete in the previous year that would prepare him/her for this event; and a summary of training history prior to the previous season, including number of years’ experience in speed skating and other sport programs.

2. All physiological testing results available from the past 12 months including VO2 Max, Wingate, Vertical Jump, Leger-Boucher and other recognized testing protocols. Results submitted will be compared to normative data for athletes at the beginning of the Learning to Compete Stage of Development.

3. Records of the athlete’s height taken at 3-month intervals, over the previous 36 months period. Measurements should follow the protocol laid out in the document: “The Role of Monitoring Growth in Long-Term Athlete Development” (Istvan Balyi & Richard Way). If less than 36 months data are available, current data should still be submitted. This data will be reviewed to confirm that the athlete has entered a phase of decelerating growth.

4. Examples of successful participation in other sporting competitions or other experiences that support this athlete’s readiness for the 2019 Canada Games.

**Other Documentation**

1. A letter of support from the named Canada Winter Games coach stating that, in his/her opinion, the athlete has the social and emotional maturity to cope with the stress of participation in the Canada Games.

2. A letter of support from the skater’s primary coach confirming the skater’s readiness to participate in the Canada Winter Games. As part of this letter the coach should include his or her level of certification and coach certification number.

3. A list of steps that the provincial/territorial sport organization will take to ensure the athlete is prepared for and does have a positive experience at the Canada Winter Games, including formal support from the Branch for the submission.

4. A letter of support from the Chef de Mission.

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

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