

## **Speed Skating Alberta**

# **2022/23 Alberta Competitions Bulletin**

*Regional Meets  
Qualifying Meets/  
Back Up Qualifying Meets*



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## 2022/23 Alberta Competition Bulletin

### 1.0 COMPETITION OBJECTIVES

All Alberta competitions are designed to place the skater's development as the focal point. We aim to create robust, inclusive and enjoyable events for all ages of skaters. All events will be organized and promoted with the consideration of an holistic approach to skating. We will all strive to develop the Social, Intellectual and Physical aspects of development. We will be honoring the process of development by creating multiple opportunities for skaters to be recognized throughout the season.

### 2.0 NEW AGE CATEGORIES

Category	Age	Short Track		Long Track	
		Individual	Team	Individual	Team
Skater	6-8	0-50m, 100m, 200m, 300m, 400m, 500m, 800m	Relay, Skill based relays (development)	0-50m, 100m, 200m, 300m, 400m, 500m, 600m, 800m	Pursuit 2-4 laps, Relay 4 laps
Skater	9-10	200m, 400m, 500m, 800m, 1000m, 1500m	Relay, Skill based relays (development)	MS: 100m, 200m, 300m, 400m, 500m, 600m, 800m, 1500m ISU MS: 4-5 laps OS: 500m	Pursuit 2-4 laps, Relay 4 laps
Youth	11	200m, 400m, 500m, 800m, 1000m, 1500m	Relay/mixed Relay 1200m-2000m	300m (MS), 500m (OS), 1500m (MS/OS), ISU MS 7 laps	Team Pursuit 4-5 laps
	12				
	13				
Junior C2	14	500m, 777m, 1000m, 1500m	Relay/mixed relay 3000m/2000m	500m, 1000m, 1500m, 3000m, ISU MS 10 laps	Team Pursuit 6/8 laps
Junior B1	15				
Junior B2	16	500m, 1000m, 1500m, 3000m			
Junior A1	17		Relay/mixed relay 3000m/2000m	500m, 1000m, 1500m, 3000m(F)/5000m(M), ISU MS 10 laps,	Team Sprint Team Pursuit 6/8 laps
Junior A2	18				

### 3.0 EVENTS AND AGE CATEGORIES

Event	Age Categories
Canadian Junior Long Track Championships	Junior A1-A2, B1-B2 & C2 (ISU Rule 108 – paragraphs 1b & 1d)
Canadian Youth Long Track Championships	<b>Male:</b> Youth 11, 12, 13 <b>Female:</b> Youth 11, 12, 13
Canadian Long Track Championships	Junior B1-B2, Junior A1-A2, Neo Senior 1, Neo Senior 2, Senior



Event	Age Categories
Canadian Junior Short Track Championships	Junior A1-A2, Junior B1-B2, Junior C2 (ISU Rule 108 – paragraphs 1b & 1d)
Canadian Youth Short Track Championships (East)	<b>Male:</b> Youth 11, 12, 13, <b>Female:</b> Youth 11, 12, 13
Canadian Youth Short Track Championships (West)	
Canadian Short Track Championships	Junior B1-B2, Junior A1-A2, Neo-Senior 1, Neo-Senior 2, Senior

#### **4.0 NUMBER OF SKATERS ON THE LINE**

Skaters at the start		Skaters at the start	
Junior C2 - Senior		Club Skater (6-10) – Youth (11-12-13)	
500m	6	400m / 500m	6
1000m	8	800m / 1000m	8
1500m	10	1500m	8
3000m points	10	2000m points	10
2000m – 3000m relay		5 teams	
Skaters on the first start line		6	6

#### **5.0 AGE RECLASSIFICATION**

See **Appendix B** for SSC's newly established policy regarding age reclassification which SSA is aligned with.

#### **6.0 QUALIFIERS AND BACK UP QUALIFIERS**

##### **ST Qualifiers**

This season there are two ST Qualifiers:

1. Lethbridge Bolt – October 29/30, 2022
2. Edmonton Season Finale – March 4/5, 2023

See the CYST-W SSA Qualifying & Selection Bulletin for all details for CYST-W.

##### **LT Qualifier/Back Up Qualifier**

1. Red Deer – January 14/15
2. ABLT (back up qualifier) – Calgary, January 7/8



### **Qualifier/Back Up Qualifier Competition Format**

For both the ST and LT qualifying and back up qualifying competitions, Speed Skating Alberta, as co-host, must approve the Announcement and format of the competition. Once Speed Skating Alberta has approved the Competition Announcement (inclusive of distances (progression), track and divisions) a sanction certificate can be applied for.

All qualifiers and back up qualifiers must follow the established SSC formats. If there is any additional time in the meet, after all necessary distances have been included, other distances and/or categories may be added. This is at the discretion of the Technical Director in consultation with the Chief Referee and Competition Steward/Meet Recorder.

For information on Competition Formats (CYST-W; Junior Open 14/15; Junior Open 16-18) please see the [SSC 2023 Master Competitions Bulletin](#).

### **7.0 REQUIRED LEVEL OF CHIEF OFFICIALS**

Speed Skating Alberta follows the [SSC Red Book](#) with respect to the level of officials required for different levels of competitions. All information is on the [SSA Sanction Form](#).

The SSA Sanction Form outlines the responsibilities of the club and SSA. Please ensure all reporting is completed and send in to the SSA Office.

### **8.0 COMPETITION PREPARATION TIMELINE**

6 – 8 months prior:	Work with SSA Technical Director to determine competition placement in the calendar to ensure every club is supported to host an event.
3 months:	Determine Chief Officials (with sufficient officiating level for the competition)
2+ months:	Submit SSA Sanction Request Form to the Technical Director.
2 months:	Work with Technical Director on the Meet Announcement
2 months:	Begin to organize other required officials (ie: Clerk of Course, Runner, Track Stewards, Meal Hosts etc)
1.5 months	Distribute Announcement which will include the Competition Format (as approved by the Technical Director), location, costs and IceReg Link and registration deadline.
7-10 days prior:	Submit all registrations to the Competition Steward/Meet Recorder
2-4 days prior	Collaboration between the Technical Director, Chief Referee and Meet Recorder to confirm all aspects of the competition (distances, track, progression and divisions).



## **9.0 ROLES OF THE MEET COORDINATOR & COMPETITION STEWARD/MEET RECORDER**

These roles are very important to the smooth running of a competition. Please see **Appendix A** for the document which delineates the role of each. For all competitions the Technical Director will be in communication with the Competition Steward/Meet Recorder to support the process where/when necessary.

Should any club need support please contact:

Lorelei St Rose

Technical Director, SSA

[technicaldirector@aassa.ca](mailto:technicaldirector@aassa.ca)



## APPENDIX A

### MEET COORDINATOR AND COMPETITION STEWARD/MEET RECORDER ROLES AND RESPONSIBILITIES

Meet Coordinator	Meet Recorder
Shares the administrative and technical duties with the Recorder	Shares the administrative and technical duties with the Coordinator.
<p>The Meet Coordinator must:</p> <ul style="list-style-type: none"><li>• Have a sound knowledge of the roles and duties of all officials.</li><li>• Know and understand all rules pertaining to organization</li><li>• Be acquainted with other rules and know where to find them – Keep references handy</li><li>• May have to step in to official roles in a pinch</li></ul>	<p>The Meet Recorder must:</p> <ul style="list-style-type: none"><li>• Have a commitment to achieve flawless accuracy</li><li>• Exercise calm, steady performance under pressure</li><li>• Not be easily distracted</li><li>• Work well with others</li><li>• Know and understand the rules related to recording and competition formats</li><li>• Familiar with the responsibilities of the Officials he/she interacts with</li><li>• Have a sound technical knowledge of Meet Manager (GPVC) software</li></ul>
<p>The Meet Coordinator is:</p> <ul style="list-style-type: none"><li>• Ultimately responsible for the successful running of the competition.</li><li>• Oversee organizing committee</li><li>• Define and oversee budget</li><li>• Apply for the Sanction (SSA/SSC)</li><li>• Prepare Emergency Action Plan (must be submitted with SSC Sanction application)</li><li>• Submit Meet Coordinators Report and Medical Report to SSA and/or SSC</li></ul>	<p>The Meet Recorder:</p> <ul style="list-style-type: none"><li>• Makes up the races for each qualifying round</li><li>• Based on the results of the races, according to the official program, determines the skaters taking part in the next qualifying round or final</li><li>• Prepares race sheets to inform officials, coaches and skaters of their qualification and the next race they will start in</li><li>• Distributes the results of each race and the overall results</li></ul>



<ul style="list-style-type: none"> <li>• Organize Volunteers (unless delegated to a Volunteer Coordinator for larger meets)</li> <li>• With the Meet Recorder:             <ul style="list-style-type: none"> <li>– Receives the entries and immediately forwards to the Recorder</li> <li>– Validates the Program of Events and Schedule</li> <li>– Submits the record applications if not handled by the Recorder</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• With the Meet Coordinator:             <ul style="list-style-type: none"> <li>– Receives (if access is available) and verifies the entries</li> <li>– Sets up the Program of Events and Schedule</li> <li>– Prepares and submit record applications</li> <li>– Coordinates all administrative matters</li> </ul> </li> </ul>
<p><b>6 Month Prior – Coordinator:</b></p> <ul style="list-style-type: none"> <li>• Confirm your Recorder, contact SSA ODC if you require assistance</li> <li>• Form a Committee</li> <li>• Meet regularly with the Committee</li> <li>• Depending on the structure of your club, you may be required to provide regular updates to your club executive</li> <li>• Hosting Committee selects and books host hotel and rooms for Major Officials</li> <li>• In consultation with Chief Recorder and SSA Technical Director, determine meet format. Note: if competition is to be a selection event, format will be set by SSA Technical Director and SSA Skater Development Committee</li> </ul>	
<p style="text-align: center;"><b>Coordinator and Recorder</b> <b>6-2 Months Prior</b></p> <ul style="list-style-type: none"> <li>• Obtain current Branch Policies and Procedures and SSC Rules and Regulations             <ul style="list-style-type: none"> <li>○ Red Book</li> <li>○ ISU Rule Book</li> <li>○ Bulletins                 <ul style="list-style-type: none"> <li>▪ SSA Competitions Bulletin</li> <li>▪ SSC Competitions Bulletin</li> </ul> </li> <li>○ SSC High Performance Bulletins</li> </ul> </li> </ul>	



<ul style="list-style-type: none"> <li>• Recruit and Assign Officials</li> <li>• Send out Announcement and Entry form             <ul style="list-style-type: none"> <li>○ Include competition format information, distances available to skaters (if known), and sanctions</li> <li>○ Set firm entry deadlines</li> </ul> </li> </ul>	
<p><b>6-2 Months Prior – Coordinator:</b></p> <p>Obtains sanction(s)</p> <ul style="list-style-type: none"> <li>• SSC (Ability, Age Class, Selection/Championship)             <ul style="list-style-type: none"> <li>• Masters can set records</li> <li>• Counts towards Officials’ Certification process</li> </ul> </li> <li>• SSA             <ul style="list-style-type: none"> <li>• Times count towards provincial ranking list</li> <li>• Access to SSA ODC support and funding</li> <li>• Access to Provincial Medical Insurance</li> </ul> </li> </ul> <p>The SSA Sanction Request Form includes identification of the 4 Chief Officials: Recorder, Referee, Starter, and Timer. These Officials must be Level 2 or higher in order to receive an SSA Sanction.</p> <p>If you do not have Level 2 Chiefs in place, SSA’s Officials Development Committee (ODC) will help recruit or assign prior to issuing the Sanction.</p> <p>National Competitions normally require Level 3 or higher.</p>	
<p><b>Coordinator - 6-2 Months Prior</b></p> <ul style="list-style-type: none"> <li>• Arrange for Medical Coverage</li> <li>• Determine and order awards and thank you gifts (medals, ribbons, etc.)</li> <li>• Arrange for all equipment to be on site</li> <li>• Helmet covers / bibs / Starting Equipment / Watches / Electronic Timing Equipment and Operators</li> </ul>	



### Coordinator & Recorder

#### One Week Prior

- 2-3 weeks prior – Recorder advises Sharon & Sue of the seed times that will be needed.
- Prepare a Draft Race Schedule and List of Competitors / Pairings

Sharon Zorman: [sharon.zorman@gmail.com](mailto:sharon.zorman@gmail.com)

Sue Steckle: [mail@suesteckle.com](mailto:mail@suesteckle.com)

#### Specific to Online Registration for Meets

- Meet Recorder, Meet Coordinator or Club Registrar/Treasurer receives registrations through Ice Reg.
- Registrations should be sent out to Club Contacts as soon as registration closes to check for missing registrations, add last minute skaters, and check information (verify entries).
- Depending on the Club and how registration is handled, the person who does this may vary (e.g. Club Registrar or Meet Coordinator or Meet Recorder).
- This final list of registered skaters should be sent to the Meet Recorder immediately.
- **Ideal Timeline:**
  - Close Meet Registration Thursday (9 Days) or Friday (8 Days) before the Meet (Friday at the latest).
  - Send to Clubs to verify information with response time of 24 hours. Note that FOIP must be followed. Either send the whole list to all Club Contacts with skater's personal information redacted (remove birthdates, no personal information like email or phone or address) or send a separate list of skaters by Club to each Club (as they have access to the same information in Ice Reg for their Club's Skaters). For Speed Skating, Gender and Calculated Age can be included as it pertains to skater verification if sending to all Clubs.
  - Send to Meet Recorder once verified as raw list of verified skaters. Unless this is a very quick verification, recommend the Recorder do it and communicate to the clubs as it ties to the PAT file.
  - Meet Recorder receives PAT file from Sharon / Sue (often Sunday or Monday evening after the last meet finishes).
  - Sunday/Monday: Meet Recorder enter skaters into PAT file and verifies information. Checks discrepancies with Meet Registrar/Club Registrar/Coach/Club Contact as needed. Send discrepancies to Sharon/Sue.
  - Monday/Tuesday: Meet Recorder checks schedule/divisions with Chief Ref. Revise and finalize.
  - Tuesday/Wednesday: Meet Recorder finishes building divisions and sends out to Club Contacts for review and move requests (e.g. outdated seed time not caught).
  - Wednesday/Thursday: Meet Recorder finalizes Meet Manager and Schedule.
    - Meet Recorder sends Final Divisions and Schedule (Abbreviated) to Club Contacts and Skaters or to Meet Coordinator for Distribution.
    - Meet Recorder sends Detailed Schedule and Divisions to Chief Ref and Major Officials (e.g. Chief Timer if e-timing).
  - Thursday/Friday: collect scratches; remove from Meet Manager. Do not change divisions unless catastrophic not to change them.



	<p><b>Recorder - One Week Prior to Competition</b></p> <p>See Above Process for details plus these steps:</p> <ul style="list-style-type: none"> <li>• Obtain the current Records</li> <li>• Get a PAT File (Meet Manager) from Sharon / Sue</li> <li>• Prepare and gather required documents <ul style="list-style-type: none"> <li>– Penalty / Advancement books</li> <li>– Record Applications</li> </ul> </li> <li>• Receive and confirm entries <ul style="list-style-type: none"> <li>– Birth date / Age Class / Seed times</li> </ul> </li> <li>• Review the competition format and familiarize yourself with the program to determine results <ul style="list-style-type: none"> <li>– Determine Divisions</li> </ul> </li> <li>• Send the Draft Schedule and List of Competitors to the Chief Referee for approval.</li> <li>• Recommend online/phone meeting with Referee to review Divisions and Schedule prior to finalization (Monday before meet)</li> <li>• Once approved, send to Clubs and Coaches for errors and omissions</li> <li>• Provide the final Schedule to key people <ul style="list-style-type: none"> <li>– Detailed to Major Officials / Arena Staff / Hosting</li> <li>– Abbreviated to Clubs and Coaches</li> </ul> </li> </ul>
<p><b>Coordinator – Day of Competition</b></p> <ul style="list-style-type: none"> <li>• Sets up Results and Races Area</li> <li>• Conveniently located with respect to the Recording Office</li> <li>• Ample space for viewing results</li> <li>• Accessible to skaters, coaches and spectators</li> <li>• Include:</li> </ul>	<p><b>Recorder – Day of Competition</b></p> <ul style="list-style-type: none"> <li>• Set up Meet Office, preferably ice side</li> <li>• Review meet flow and all processes with the Assistant Recorders and Runners</li> <li>• Important that everyone is very clear on their role</li> <li>• Be a second set of eyes for each other!</li> </ul>



<ul style="list-style-type: none"> <li>• Advancement Procedures</li> <li>• Program of events and Competitors List, Heat Sheets, Race Results, and Race Reports</li> </ul>	<ul style="list-style-type: none"> <li>• Generate and post the initial heats</li> <li>• Record and post the results (including Penalties and Advancements)</li> <li>• Make up the next set of races according to the Competition format</li> </ul>
<p><b>End of Competition – Coordinator (or Recorder):</b></p> <ul style="list-style-type: none"> <li>• Distribute the results electronically to Clubs, Skaters, and SSA               <ul style="list-style-type: none"> <li>• Note: Meet Recorder may oversee distribution for some meets. For others, distribution comes from the Meet Coordinator.</li> </ul> </li> <li>• Send Meet Coordinator report including copies of injury reports to SSC</li> <li>• Send copies of injury reports to SSA to facilitate access to branch insurance policy</li> </ul>	<p><b>End of Competition – Recorder:</b></p> <ul style="list-style-type: none"> <li>• Double check results.</li> <li>• Get signatures on record applications and submit</li> <li>• Give Meet Coordinator list of award winning skaters. In the case of award winners not clearly identified by the final distance classification in each distance, the Meet Coordinator shall determine awards.</li> <li>• Distribute the results electronically to Clubs, Skaters, and SSA</li> <li>• Give final penalty reports to chief referee and Meet Coordinator</li> <li>• Compile complete record of meet data (including program) and provide a report to the Meet Coordinator</li> <li>• Clean up the office and notice board area</li> <li>• Return borrowed equipment</li> <li>• Email PAT File (zipped) to Sharon and Sue</li> </ul>



## **APPENDIX B**

**Please Note: This document is in regards to skaters requesting reclassifications for CWG and/or competing in a completely different category (ie: a 12 year requesting to skate as a 14 year old).**

### **SSC Age Reclassification**

Speed Skating Canada commits to regular competition review (2022) including an examination of age categories to create developmentally appropriate competition groupings. Support for each development stage is a key consideration of the competition groupings.

Age reclassification therefore shall only be considered in limited situations and a narrow scope shall be applied.

In pre-pubescent athletes, biological markers (e.g. rate of growth) do not indicate large differences between skaters. During puberty these same biological markers may indicate large differences between skaters. When these large differences are exceptional in nature and accompanied by similar differences in social and intellectual development, age categories based on chronological age may not be developmentally appropriate.

- Age reclassification will only be considered for skaters seeking to skate in an older age category.
- For Youth competitions (11-12-13) age reclassification will not be considered for skaters younger than 11 years old nor will reclassification be considered for skaters to skate out of their age class.
- Reclassification may be requested for Junior and Open competitions provided that the event is not a selection for an international competition for which a minimum age is in place. (e.g. Junior Championship ISU rule 108 2d)
- Reclassification may be requested for the Canada Winter Games to ensure that a province or territory has the ability to participate in team events at the Games, including the short track relay and the long track team pursuit. Consideration will be given to the impact on skaters who meet the age eligibility requirements within the province or territory making the request before a reclassification is granted.
- No other type of age reclassification will be considered. Provinces and Territories are encouraged to adopt racing formats based on ability to expose skaters to a range of development opportunities as age reclassification may not be possible.

### **Process**

All requests for age reclassification must be submitted along with all supporting documentation to the national office at least six (6) weeks prior to the event. The timelines for submission of age reclassification requests for Canada Games are established by the Canada Games Council and may require an earlier submission.

Each request for reclassification will be reviewed by the Sport Development Advisory Council. A decision will be rendered within twenty-one (21) days of receipt of the submission at the national office.

### **Assessment Criteria**

Individuals seeking an age reclassification on behalf of a skater should demonstrate in their request that the skater's physical abilities, growth, development, and maturation are at a level which corresponds to that of the majority of skaters who will be competing in the designated event or competition category.



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 previous seasons.

The following documentation must be provided:

#### **Skater Development Documentation**

1. A list of the competitions and training attended by the athlete in the previous twelve (12) months that would prepare them for the 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. Records of the athlete's height taken at three (3) month intervals, over the previous thirty-six (36) months\*. If less than thirty-six (36) months of data is available, current data should still be submitted.
3. All physiological testing results available from the past twelve (12) months including Vertical Jump, Leger-Boucher, and other recognized testing protocols. Normative data will be consulted.
4. One or more examples of successful participation in other sporting competitions or other experiences that support the athlete's readiness to compete in an older age category.
5. Recorded times for each of the distances to be skated at the designated event achieved in the previous twelve (12) months

#### **Supporting Documentation**

1. A letter of support from the provincial/territorial coach named for the designated event indicating in their opinion; the athlete has the social and emotional maturity to cope with the stress of participation in the designated event. The coach's NCCP number must be provided.
2. A letter of support from the skater's primary coach confirming the skater's readiness to participate in the designated event. The coach's NCCP number must be provided.
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 designated event.

Formal support to be provided by the province or territory shall be indicated in the submission.

\* Height measurements should follow the protocol laid out in the document: "The Role of Monitoring Growth in Long-Term Athlete Development" (Istvan Balyi & Richard Way)