



**SPEED  
SKATING  
BC**

# Selection Bulletin:

# **GenBC 2022-2023**

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April 2022

## Introduction

Speed Skating BC (SSBC) supports elite-level Youth and Junior skaters who are training in-province through GenBC programming. GenBC programming is a mix of online and in-person opportunities led by the SSBC Technical Director and delivered by the SSBC Provincial Coaches, Strength & Conditioning Coach, and Mental Performance Consultants. GenBC programming is supplementary to the skater's daily training environment (club programming, development center or training center).

Skaters qualify for GenBC 2022-2023 based on their performances during the 2021-2022 season. In order to keep the staff to skater ratio small, GenBC is limited to 20 Youth skaters (ages 11-13 in the 2022-2023 season) and 24 Junior skaters (ages 14-18 in the 2022-2023 season). An equal number of invitations will be sent to male and female skaters.

To be eligible for GenBC, skaters must:

- Be a registered member of Speed Skating BC. Skaters cannot be registered with another PTSO.
- Be training in BC for 9 months of the season (May 2022-April 2023). Skaters who are transitioning to an out-of-province training center (for their first year at the center) in the summer or fall of 2022 remain eligible for GenBC 2022-2023, even if they do not meet the 9 month requirement.
- Commit to being an active participant in a performance development program.
- Agree to the [SSBC Code of Conduct and Ethics](#).
- Be willing to participate in GenBC activities, including summer online series for GenBC Junior skaters and monthly check-ins for all GenBC skaters.
- Be willing to pay the GenBC registration fee (\$100); applicable to GenBC Junior skaters only.

Discretionary invitations may be issued at the sole discretion of the SSBC Technical Director.

## GenBC Youth Invitations

Invitations will be sent in rounds, with a goal of inviting 8 GenBC Youth male skaters and 8 GenBC Youth female skaters. All responses from the previous round must be received by the deadline before moving to the next round of invitations. Any responses not received by the deadline will be considered a decline of the invitation.

### Round 1 of Invitations

2022-2023 M11-13 top 3 fastest 500m LT Olympic style times from 2021-2022 season.	2022-2023 F11-13 top 3 fastest 500m LT Olympic style times from 2021-2022 season.
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### Round 2 of Invitations

2022-2023 M11-13 top 5 fastest 400m ST times from 2021-2022 season, not already selected in Round 1.	2022-2023 F11-13 top 5 fastest 400m ST times from 2021-2022 season, not already selected in Round 1.
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## GenBC Junior Invitations

Invitations will be sent in rounds, with a goal of inviting GenBC Junior male skaters and GenBC Junior female skaters. All responses from the previous round must be received by the deadline before moving to the next round of invitations. Any responses not received by the deadline will be considered a decline of the invitation.

### Round 1 of Invitations

2022-2023 M14-18 top 2 fastest 1500m LT Olympic style times from 2021-2022 season; must be at least Junior Indoor Canada Cup time standard (2:07.3).	2022-2023 F14-18 top 2 fastest 1500m LT Olympic style times from 2021-2022 season; must be at least Junior Indoor Canada Cup time standard (2:22.0).
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### Round 2 of Invitations

2022-2023 M14-18 top 3 fastest 500m LT Olympic style times from 2021-2022 season, not already selected in Round 1.	2022-2023 F14-18 top 3 fastest 500m LT Olympic style times from 2021-2022 season, not already selected in Round 1.
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### Round 3 of Invitations

2022-2023 M14-15 top 2 fastest 500m ST or converted 400m ST times* from 2021-2022 season, not already selected in Rounds 1 or 2.	2022-2023 F14-15 top 2 fastest 500m ST or converted 400m ST times* from 2021-2022 season, not already selected in Rounds 1 or 2.
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## Round 4 of Invitations

2022-2023 M14-18 top 5** fastest 500m ST or converted 400m ST times* from 2021-2022 season, not already selected in Rounds 1-3.	2022-2023 F14-18 top 5** fastest 500m ST or converted 400m ST times* from 2021-2022 season, not already selected in Rounds 1-3.
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*\*Conversion formula: 400m ST time x 1.225 = 500m equivalent ST time*

*\*\*If less than 2 skaters are selected (per gender) in Round 1, there may be more than 6 skaters selected in Round 4 to fill up to 14 GenBC Junior skaters per gender*

