



**SPEED
SKATING
BC**

Format Bulletin:

Provincial Competitions

September 2023



Introduction

There will be three Provincial Competitions during the 2023-2024 season: BC Cup (Short Track), BC Long Track Championships, and BC Short Track Championships. Provincial Competitions are intended to provide head-to-head competitive opportunities for provincial-level skaters who meet the age restrictions and time standards specified below.


Skaters ineligible for Provincial Competitions are encouraged to search out competitive opportunities regionally at interclubs, at FUNales, and via the virtual Provincial Challenges.

General Procedures

- All participants (skaters, coaches, officials and volunteers) must be Speed Skating BC members in good standing. Event registration for all participants will be via IceReg.
- Coaches working the coaching box at Provincial Championships must meet the Speed Skating BC [Minimum Coaching Standards Policy](#).
- Skaters will compete in the Provincial Competitions in the following seven divisions, with results being separated to allow for ranking and awards within age categories. Skater age is calculated as of June 30, 2023.

Division	Age Categories
Pre-Youth	Pre-Youth (F10 + M10)
Youth F*	F11 F12 F13
Youth M*	M11 M12 M13
NeoJunior F	NeoJunior F (14-15)
NeoJunior M	NeoJunior M (14-15)
Open F	Junior F (16-18) Senior F (19-29) Masters F (30-34, 35-39, 40-44, 45-49 etc. in 5-year increments)
Open M	Junior M (16-18) Senior M (19-29) Masters M (30-34, 35-39, 40-44, 45-49 etc. in 5-year increments)
* = age categories in which skaters will be contesting positions for Team BC at the Canadian Youth Championships	

- The racing rules of Speed Skating Canada, and where applicable, the International Skating Union (ISU), will be used. Exceptions to the rules are noted in this Bulletin.
- Should a skater need to retire from competition due to illness or injury, the coach must complete and sign a written withdrawal sheet, signed by the Chief Referee. Notification must then be given to the Recorder. Points will be retained only if the process is properly completed.

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- A Sport Jury will be created for the duration of each event. The Sport Jury is composed of the Chief Referee, the Recorder, the Technical Director (or designate) and a representative of the Athlete Development Committee. Any deviations from the format published in this Bulletin must be approved by the Sport Jury.

BC Cup (Short Track)

November 18-19, 2023 (Prince George)

Qualification and Seeding

To be eligible to compete in the BC Cup, skaters must achieve the following times in a sanctioned competition prior to November 8th, 2023:

Pre-Youth	400m < 58.00
Youth F	400m < 55.00
Youth M	400m < 52.00
NeoJunior F	500m < 1:05.00 (400m < 53.00 for skaters transitioning from Youth)
NeoJunior M	500m < 1:00.00 (400m < 50.00 for skaters transitioning from Youth)
Open F	500m < 1:05.00
Open M	500m < 1:00.00

Where not otherwise specified, the seeding format for each BC Cup event (single distance vs. cumulative results) will be determined by the Sport Jury in order to create the safest racing. Where single distance seeding is used, seeding will be based upon the skater's personal best seed time from August 1st, 2022 onwards. If no seed time is available, skaters will be seeded last. If there are multiple skaters without a seed time, they will be seeded in the last positions by random lot.

Events Format

Division	Event	Format
Pre-Youth (100m track)	400m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 400m seed time.
	800m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 800m seed time.
	200m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on cumulative results.
	1200m	Super final. Seeded based on cumulative results.
	2000m relay	<ul style="list-style-type: none"> All pre-youth skaters are eligible to, and expected to, compete in the relay. Regions* must submit their relay teams by the completion of the Coaches' Meeting for the competition using the official Team Submission Form. Any skater who subsequently chooses not to compete in the relay (e.g. for reason of injury or illness) must withdraw from the relay by notifying the chief referee in writing. Points accumulated during the competition will be retained only if a skater properly withdraws from the relay, as indicated above. Teams may be composed of three (3) or four (4) skaters. No skater may be a member of more than one relay team. Team composition: to be eligible for final ranking, teams must be composed exclusively of skaters from within a Region. All remaining skaters will combine to form exhibition teams. Coaches will be asked to identify these skaters at the Coach's Meeting. These skaters will then be seeded onto exhibition teams at the discretion of the Sport Jury. Final results will be determined by time, skated in "finals". Teams will be assigned into finals based on "seeding score": the average of the 400m seed times (prior to the competition, skated on the 100m track) of the skaters on that team. The top five (5) teams will race in Final A, the next five (5) teams in Final B etc. The winner can come from any final.
Youth (100m track)	400m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 400m seed time.
	1500m	O+ advancement with two rounds of racing. The top two heats will be serpentine seeded together; the next two heats will be serpentine seeded together, etc. Advancement into the top final can come from any heat. Seeded based on 1500m seed time.

	800m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on cumulative results.
	1000m	Super final. Seeded based on cumulative results.
	2000m relay	<ul style="list-style-type: none"> • All youth skaters are eligible to, and expected to, compete in the relay. Regions* must submit their relay teams by the completion of the Coaches' Meeting for the competition using the official Team Submission Form. Any skater who subsequently chooses not to compete in the relay (e.g. for reason of injury or illness) must withdraw from the relay by notifying the chief referee in writing. Points accumulated during the competition will be retained only if a skater properly withdraws from the relay, as indicated above. • Teams may be composed of three (3) or four (4) skaters. No skater may be a member of more than one relay team. • Team composition: to be eligible for final ranking, teams must be composed exclusively of skaters from within a Region. All remaining skaters will combine to form exhibition teams. Coaches will be asked to identify these skaters at the Coach's Meeting. These skaters will then be seeded onto exhibition teams at the discretion of the Sport Jury. • Final results will be determined by time, skated in "finals". Teams will be assigned into finals based on "seeding score": the average of the 400m seed times (prior to the competition, skated on the 100m track) of the skaters on that team. The top five (5) teams will race in Final A, the next five (5) teams in Final B etc. The winner can come from any final.
NeoJunior (111.12m track)	1500m	Traditional short track advancement with a minimum of two rounds of racing.
	500m	Traditional short track advancement with a minimum of two rounds of racing.
	1000m	Traditional short track advancement with a minimum of two rounds of racing.
	3000m relay**	Teams will be created by serpentine-seeding skaters based on their best 500m time skated during the BC Cup.
Open (111.12m track)	1500m	Traditional short track advancement with a minimum of two rounds of racing. At the discretion of the Sport Jury, Finals B and below may skate a 777m final instead of a 1500m final. Full points will still be awarded.
	500m	Traditional short track advancement with a minimum of two rounds of racing.
	1000m	Traditional short track advancement with a minimum of two rounds of

		racing.
	3000m relay**	Teams will be created by serpentine-seeding skaters based on their best 500m time skated during the BC Cup.

*Region composition:

Coastal	Fraser Valley	Interior	Central	North
<i>Esquimalt</i>	<i>Langley</i>	<i>Kelowna</i>	<i>Prince George</i>	<i>Dawson Creek</i>
<i>Peninsula</i>	<i>Ridge Meadows</i>	<i>Kamloops</i>	<i>Vanderhoof</i>	<i>Fort St John</i>
<i>Vancouver</i>	<i>Mission</i>	<i>Vernon</i>	<i>Fort St James</i>	<i>Mackenzie</i>
<i>Richmond</i>	<i>Matsqui</i>	<i>Salmon Arm</i>	<i>Williams Lake</i>	
<i>Burnaby</i>	<i>Sardis</i>	<i>Kimberley</i>		

Port Coquitlam

**The top 16 female NeoJunior + Open skaters (based on the best 500m time skated at BC Cup) will be eligible for the female 111m relay. The top 16 male NeoJunior + Open skaters (based on the best 500m time skated at BC Cup) will be eligible for the male 111m relay.

Special Racing Rules

The Special Racing Rules used at provincial competitions in BC will follow the “Development” Speed Skating Canada Special Racing Rules, including:

1. Penalties will continue to the next round, at the bottom of the current bracket.
2. Skaters with two penalties within a single race shall be issued a yellow card (code YC-2). Skaters issued a YC-2 will be permitted to continue to race in the proceeding round and will earn points in the final round. A skater issued a Yellow Card for dangerous behavior (code YC-B) will be excluded from the remainder of the distance and forfeit any points from the distance.
3. False start rule: when a false start is issued, the entire race is given a “This race has one false start” notice and the offending skater will be allowed to continue but will be positioned on a line behind the rest of the skaters. This new start position is approximately 2m behind the last occupied starting lane of the race. One of the on-ice referees will guide the offending skater to their new start position.
4. Race composition: serpentine.

Results

Overall ranking will be determined in age categories. Final placings will be calculated by summing the age category-specific ranking points that each skater has earned in the final for each individual event. Top points in each age category will be assigned to the highest-ranked age category skater in the highest-ranked final, followed by the next ranked age category skater in the highest-ranked final or the highest-ranked age category skater in the next-ranked final.

Final Placement	Ranking Points	Final Placement	Ranking Points
1	1000	9	196
2	816	10	160
3	666	11	130
4	543	12	106
5	443	13	86
6	362	14	70
7	295	15	57
8	241	16	46

BC Long Track Championship January 20-21st, 2024 (Fort St John)

Qualification and Seeding

To be eligible to compete in the BC Long Track Championship, skaters must achieve the following time in a sanctioned competition prior to January 9, 2023:

Pre-Youth	300m MS < 0:48.00 or 400m ST < 0:58.00
Youth F	500m OS < 1:00.00 or 400m ST < 0:55.00
Youth M	500m OS < 0:57.00 or 400m ST < 0:52.00
NeoJunior F	No time standard. Must complete all 4 distances (see below) to compete in the BC LT Championship. Any skaters not attempting or completing all 4 distances will be considered LT FUNale skaters and will not be eligible for provincial medals.
NeoJunior M	
Open F	
Open M	

Skaters who do not meet the requirements (age or time) may consider competing in the co-hosted LT FUNale.

The seeding format for each event (single distance vs. cumulative results) will be determined by the Sport Jury in order to create the safest racing. Where single distance seeding is used, seeding will be based upon the skater's personal best seed time. If no seed time is available, skaters will be seeded last. If there are multiple skaters without a seed time, they will be seeded in the last positions by random lot.

Events Format

Division	Event	Format
Pre-Youth	500m MS	Short track-style mass start qualification and final. See Youth Bulletin for details.
	1000m MS	Super final based on cumulative results.
	300m MS	Short track-style mass start qualification and final. See Youth Bulletin for details.
	1200m MS	Super final based on cumulative results from two distances.
	LT relay	As time allows. Teams will be created by serpentine-seeding skaters based on their best time from the 500m MS event skated during the BCLT Championship.
Youth	500m OS	Follow ISU regulations .
	7 lap MS	ISU-style mass start final. See Youth Bulletin for details.
	1000m MS	Super final based on cumulative results.
	300m MS	Short track-style mass start qualification and final. See Youth Bulletin for details.
	1500m MS	Super final based on cumulative results.
	4 lap Team Pursuit	Teams will be created by serpentine-seeding skaters based on their 500m time skated during the BCLT Championship.
NeoJunior	500m OS	Allround format.
	1000m OS	
	1500m OS	
	3000m OS	
Open F	500m OS	Allround format.
	1000m OS	
	1500m OS	
	3000m OS	
Open M	500m OS	Allround format.
	1000m OS	
	1500m OS	
	3000m OS (Masters) 5000m OS (Junior / Senior)	

Results

Overall ranking and awards will be determined in age categories. Final placings for Pre-Youth and Youth skaters will be calculated by summing the age category-specific ranking points that each skater has earned in the final for each individual event. Top points in each age category will be assigned to the highest-ranked age category skater in the highest-ranked division final, followed by the next ranked age category skater in the highest-ranked division final or the highest-ranked age category skater in the next-ranked division final.

Final Placement	Ranking Points	Final Placement	Ranking Points
1	1000	9	196
2	816	10	160
3	666	11	130
4	543	12	106
5	443	13	86
6	362	14	70
7	295	15	57
8	241	16	46

Sammelagt points will be used for the age categories in the NeoJunior and Open divisions. Allround awards will be awarded based on lowest Sammelagt points in each age category. Note that in the case of a PEN, DNS or DNF, a skater will not have a valid Sammelagt calculation and is not eligible for a medal.

BC Short Track Championship

March 9-10th, 2024 (Abbotsford)

Qualification and Seeding

To be eligible to compete in the BC Short Track Championship, skaters must achieve the following times in a sanctioned competition prior to February 20, 2023:

Pre-Youth	400m < 58.00
Youth F	400m < 55.00
Youth M	400m < 52.00
NeoJunior F	500m < 1:05.00
NeoJunior M	500m < 1:00.00
Open F	500m < 1:05.00
Open M	500m < 1:00.00

Where not otherwise specified, the seeding format for each BC Short Track Championship event (single distance vs. cumulative results) will be determined by the Sport Jury in order to create the safest racing. Where single distance seeding is used, seeding will be based upon the skater's personal best seed time from August 1st, 2022 onwards. If no seed time is available, skaters will be seeded last. If there are multiple skaters without a seed time, they will be seeded in the last positions by random lot.

Events Format

Division	Event	Format
Pre-Youth (100m track)	400m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 400m seed time.
	800m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 800m seed time.
	200m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on cumulative results.
	1200m	Super final. Seeded based on cumulative results.
	2000m relay	<p>BC Relay Championship (Pre-Youth)</p> <ul style="list-style-type: none"> All pre-youth skaters are eligible to, and expected to, compete in the relay. Regions* must submit their relay teams by the completion of the Coaches' Meeting for the competition using the official Team Submission Form. Any skater who subsequently chooses not to compete in the relay (e.g. for reason of injury or illness) must withdraw from the relay by notifying the chief referee in writing. Points accumulated during the competition will be retained only if a skater properly withdraws from the relay, as indicated above. Teams may be composed of three (3) or four (4) skaters. No skater may be a member of more than one relay team. Team composition: to be eligible for final ranking, teams must be composed exclusively of skaters from within a Region. All remaining skaters will combine to form exhibition teams. Coaches will be asked to identify these skaters at the Coach's Meeting. These skaters will then be seeded onto exhibition teams at the discretion of the Sport Jury. Final results will be determined by time, skated in "finals". Teams will be assigned into finals based on "seeding score": the average of the 400m seed times (prior to the competition, skated on the 100m track) of the skaters on that team. The top five (5) teams will race in Final A, the next five (5) teams in Final B etc. The winner can come from any final.
Youth (100m track)	400m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 400m seed time.
	1500m	0+ advancement with two rounds of racing. The top two heats will be serpentine seeded together; the next two heats will be serpentine seeded together, etc. Advancement into the top final can come from any heat. Seeded based on 1500m seed time.

	800m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on cumulative results.
	1000m	Super final. Seeded based on cumulative results.
	2000m relay	<p>BC Relay Championship (Youth)</p> <ul style="list-style-type: none"> • All youth skaters are eligible to, and expected to, compete in the relay. Regions* must submit their relay teams by the completion of the Coaches' Meeting for the competition using the official Team Submission Form. Any skater who subsequently chooses not to compete in the relay (e.g. for reason of injury or illness) must withdraw from the relay by notifying the chief referee in writing. Points accumulated during the competition will be retained only if a skater properly withdraws from the relay, as indicated above. • Teams may be composed of three (3) or four (4) skaters. No skater may be a member of more than one relay team. • Team composition: to be eligible for final ranking, teams must be composed exclusively of skaters from within a Region. All remaining skaters will combine to form exhibition teams. Coaches will be asked to identify these skaters at the Coach's Meeting. These skaters will then be seeded onto exhibition teams at the discretion of the Sport Jury. • Final results will be determined by time, skated in "finals". Teams will be assigned into finals based on "seeding score": the average of the 400m seed times (prior to the competition, skated on the 100m track) of the skaters on that team. The top five (5) teams will race in Final A, the next five (5) teams in Final B etc. The winner can come from any final.
NeoJunior (111.12m track)	1500m	Traditional short track advancement with a minimum of two rounds of racing.
	500m	Traditional short track advancement with a minimum of two rounds of racing.
	1000m	Traditional short track advancement with a minimum of two rounds of racing.
	3000m relay**	Teams will be created by serpentine-seeding skaters based on their best 500m time skated during the BCST.
Open (111.12m track)	1500m	Traditional short track advancement with a minimum of two rounds of racing. At the discretion of the Sport Jury, Finals B and below may skate a 777m final instead of a 1500m final. Full points will still be awarded.
	500m	Traditional short track advancement with a minimum of two rounds of racing.

	1000m	Traditional short track advancement with a minimum of two rounds of racing.
	3000m relay**	Teams will be created by serpentine-seeding skaters based on their best 500m time skated during the BCST.

*Region composition:

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Special Racing Rules

The Special Racing Rules used at provincial competitions in BC will follow the “Development” Speed Skating Canada Special Racing Rules, including:

1. Penalties will continue to the next round, at the bottom of the current bracket.
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3. False start rule: when a false start is issued, the entire race is given a “This race has one false start” notice and the offending skater will be allowed to continue but will be positioned on a line behind the rest of the skaters. This new start position is

approximately 2m behind the last occupied starting lane of the race. One of the on-ice referees will guide the offending skater to their new start position.

4. Race composition: serpentine.

Results

Overall ranking and awards will be determined in age categories. Final placings will be calculated by summing the age category-specific ranking points that each skater has earned in the final for each individual event. Top points in each age category will be assigned to the highest-ranked age category skater in the highest-ranked final, followed by the next ranked age category skater in the highest-ranked final or the highest-ranked age category skater in the next-ranked final.

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