



**SPEED
SKATING
BC**

Format Bulletin:

Provincial Competitions

Reviewed February, 2025 | December, 2024



Introduction

There will be three Provincial Competitions during the 2024-2025 season: BC Cup (Short Track), BC Long Track Championships (BCLTC), and BC Short Track Championships (BCSTC). 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(7) categories, with results being separated to allow for ranking and awards within age categories. Skater age is calculated as of July 1, 2024

Category	Age and Gender Categories
Club Skater (CS) (6-8)	All Gender 6-8
Club Skater (CS) (9-10)	All Gender 9-10
Youth* (Y)	Female 11 Male 11 Female 12 Male 12 Female 13 Male 13
Neo-Junior (NJ) C2 Neo-Junior (NJ) B1	Female 14 Male 14 Female 15 Male 15
Junior (Jr) B2 Junior (Jr) A1 Junior (Jr) A2	Female 16 Male 16 Female 17 Male 17 Female 18 Male 18
Senior (Sr)	All Gender 19-29
Master	All Gender 30+ (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 LT 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 Competitors Steward. Points will be retained only if the process is properly completed.
- A Sport Jury will be created for the duration of each event. The Sport Jury is composed of



the Chief Referee, the Competitors Steward, the SSBC Technical Representative and a representative of the Athlete Development Committee. Any deviations from the format published in this Bulletin must be approved by the Sport Jury.

- As per the Complaints and Discipline policy, each event will have a SSBC representative available who will act as a Safe Sport Liaison should there be a complaint that is within the jurisdiction of the Events Complaints Policy.

BC Cup (Short Track)

November 23-24th, 2024 (Richmond)

Competition Objective

To gather athletes from all around the province and reinforce a sense of community. This event considers the True Sport Principles and strives to develop the Social, Cognitive and Physical aspects of development.

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 11th, 2024:

Club Skater (9-10)	400m < 1:13.00
Youth	F 400m < 1:01.00 M 400m < 57.00
NeoJunior/ Junior	F 500m < 1:05.00 (400m < 53.00 for skaters transitioning from Youth) M 500m < 1:00.00 (400m < 50.00 for skaters transitioning from Youth)
Senior/Master	500m < 1:20.00

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 January 1st, 2024 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.

Exemption

Any skaters who may not be eligible for the BC Cup can submit an official exemption form, which will be reviewed by the Athlete Development Committee and the Sport Jury. The exemption request must be completed using the [online form](#) and submitted at least **7 days before the registration deadline**.

Events Format

Category	Event	Format
Club Skater (9-10) (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.
	1000m	Super final. Seeded based on cumulative results.
	800m relay	BC Cup Relay <ul style="list-style-type: none"> ● All Club Skaters are eligible to, and expected to, compete in the relay. ● Team composition will be created by serpentine-seeding skaters based on their best 400m results from Day 1 of the BC Cup. ● 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. ● Final results will be determined by time, skated in “finals”. Teams will be assigned into finals based by serpentine. 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*	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 1500m seed time. *Preliminary rounds – 1200m heats round to qualify to the 1500m Finals
	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	BC Cup Relay <ul style="list-style-type: none"> ● All skaters are eligible to, and expected to, compete in the relay. ● Team composition will be created by serpentine-seeding skaters based on their best 400m results from Day 1 of the BC Cup. ● Any skater who subsequently chooses not to compete in the

		<p>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.</p> <ul style="list-style-type: none"> • Teams may be composed of three (3) or four (4) skaters. • Final results will be determined by time, skated in “finals”. Teams will be assigned into finals based by serpentine. The winner can come from any final.
NeoJunior/ Junior (111.12m track)	1500m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 1500m seed time.
	500m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 500m seed time.
	1000m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on cumulative results.
	1500m (2)	Super final. Seeded based on best 1500m results from Day 1 of the BC Cup. <i>*The race will only be held if time permits.</i>
	3000m relay	<p>BC Cup Relay</p> <ul style="list-style-type: none"> • All skaters are eligible to, and expected to, compete in the relay. • Team composition will be created by serpentine-seeding skaters based on their best 500m results from Day 1 of the BC Cup. • 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. • Final results will be determined by time, skated in “finals”. Teams will be assigned into finals based by serpentine. The winner can come from any final.
Senior/ Master (111.12m track)	1500m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 1500m seed time.
	500m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 500m seed time.
	1000m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on cumulative results.
	3000m relay	<p>BC Cup Relay</p> <ul style="list-style-type: none"> • To participate, all skaters must submit their intent to participate in the Relay by the end of Day 1 of the BC Cup. • Team composition will be created by serpentine-seeding skaters based on their best 500m results from Day 1 of the BC Cup.

		<ul style="list-style-type: none">• Teams may be composed of three (3) or four (4) skaters.• Final results will be determined by time, skated in “finals”. Teams will be assigned into finals based by serpentine. The winner can come from any final.
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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.
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 and gender categories. Final placings will be calculated by summing the age and gender category-specific ranking points that each skater has earned in the final for each individual event. Top points in each age and gender category will be assigned to the highest-ranked age and gender category skater in the highest-ranked final, followed by the next ranked age and gender category skater in the highest-ranked final or the highest-ranked age and gender 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

Spirit Award

Finalists needed to be nominated by their coaches or teammates by submitting a completed form specifying the reason why this athlete should be the winner as related to SSBC's Values. The Sport Jury will review all nominations and determine a winner.

BC Long Track Championship

January 18-19th, 2025 (Fort St John)

Competition Objective

To gather athletes from all around the province and reinforce a sense of community. This event considers the True Sport Principles and strives to develop the Social, Cognitive and Physical aspects of development. The event provides the opportunity for all skaters in BC to participate at a provincial level long track event.

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 6th, 2025:

Club Skater (6-8) (9-10)	No time standard.
Youth	No time standard.
NeoJunior/ Junior	No time standard. Skaters must complete all 4 distances (see below) to compete in the BC LT Championship. Any skaters not attempting or completing all 4 distances will not be eligible for provincial medals.
Senior/Master	No time standards for the 500m, 1000m, 1500m and 3000m. Skaters must complete all 3 distances (500m, 1000m and 1500m OS) to compete in the BC LT Championship. Any skaters not attempting or completing all 3 distances will not be eligible for provincial medals. Optional longer distances: 3000m or 5000m* *Time standard: 5000m – 9:28.00 or 1500m – 2:29.00

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.

Exemption

Any skaters who may not be eligible for the BC LT Championship can submit an official exemption form, which will be reviewed by the Athlete Development Committee and the Sport Jury. The exemption request must be completed using the [online form](#) and submitted at least **7 days before the registration deadline**.

Events Format

Category	Event	Format
Club Skater (6-8)	Minimum of 6 races*	Short track-style mass start qualification and final. *Races and distances will be determined by the Sport Expert, with skaters placed according to their developmental stage and ability level.
Club Skater (9-10)	500m OS	Follow ISU regulations .
	300m MS	Short track-style mass start qualification and final.
	4 lap MS	ISU-style mass start final.
	1500m MS	Short track-style mass start qualification and final.
	2 lap Team Pursuit	2 laps Team Pursuit. Team will be created by using HP Bulletin (Canadian Youth Long Track Championships): section 3.8 handicapped performance measure.
Youth (11-13)	500m OS	Follow ISU regulations .
	7 lap MS	ISU-style mass start final.
	1000m MS	Super final based on cumulative results.
	300m MS	Short track-style mass start qualification and final.
	1500m MS	Super final based on cumulative results.
	4 lap Team Pursuit	4 laps Team Pursuit. Team will be created by using HP Bulletin (Canadian Youth Long Track Championships): section 3.8 handicapped performance measure.
Neo-Junior (14-15)	500m OS	Allround format. Follow ISU regulations. Overall ranking include the ISU Mass Start *7 laps ISU-style Mass Start final, combined with Junior.
	1500m OS	
	1000m OS	
	3000m OS	

	7 lap MS*	
	6 lap Team Pursuit	6 laps Team Pursuit. Team will be created by using HP Bulletin (Canadian Neo-Junior Long Track Championships): section 3.4 handicapped performance measure.
Junior (16-18)	500m OS	Allround format. Follow ISU regulations. Overall ranking include the ISU Mass Start *7 laps ISU-style Mass Start final, combined with Neo-Junior.
	1500m OS	
	1000m OS	
	3000m OS (Female) 5000m OS (Male)	
	7 lap MS*	
	6 lap Team Pursuit	6 laps Team Pursuit. Team will be created by using HP Bulletin (Canadian Neo-Junior Long Track Championships): section 3.4 handicapped performance measure.
Senior/ Master (19+)	500m OS	Allround format: 500m OS, 1000m OS and 1500m OS. Follow the ISU regulations . *Optional: Skaters have the option to race the longer distance. (Sign-up Sheet) **Skaters who meet the time standard requirement must choose only one(1) longer distance: 3000m or 5000m OS.
	1500m OS	
	1000m OS	
	3000m OS*	
	5000m OS**	
	4 lap Team Pursuit	4 laps Team Pursuit. Team will be created by using HP Bulletin (Canadian Neo-Junior Long Track Championships): section 3.4 handicapped performance measure.

The Randy Sulyma Memorial 5000m open

[Link to the website information](#)

12 laps Non Competitive-raced Category

12 laps Competitive-raced Category (Sign-up sheet)

Results and Awards

Overall rankings (Club Skater, Youth, Neo-Junior, Junior) will be determined by summing the ranking points earned by each skater in their category in all event finals. Ranking points are assigned based on final placement within each category.

For example, a skater in the Y-11 Female category who places 3rd will be assigned 666 points, while a skater in the same category who places 6th will be assigned 362 points.

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 to determine rankings for the age and gender categories in the Senior and Master divisions. Allround awards will be presented to the skaters with the **lowest** Sammelagt points within each respective age and gender category. If a skater receives a **PEN**, **DNS**, or **DNF** in any event, they will not have a valid Sammelagt calculation and will therefore be **ineligible for a medal**.

Awards will be presented within each age and gender category as follows: *Club Skater (CS) 6, CS-7, CS-8, CS-9, and CS-10; Youth (Y) 11, Y-12, and Y-13; NJ 14-15; Jr 16-18; Sr 19-30; and Master 30+ in 5-year increments.*

Spirit Award

Finalists needed to be nominated by their coaches or teammates by submitting a completed form specifying the reason why this athlete should be the winner as related to SSBC's Values. The Sport Jury will review all nominations and determine a winner.

BC Short Track Championship

March 8-9th, 2025 (Prince George)

Competition Objective

To gather athletes from all around the province and reinforce a sense of community and to celebrate excellence at the provincial level. This event considers the True Sport Principles and strives to develop the Social, Cognitive and Physical aspects of development.

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 23rd, 2025:

Club Skater (9-10)	400m < 1:09.00
Youth	F 400m < 55.00 M 400m < 52.00
NeoJunior/ Junior	F 500m < 57.00 M 500m < 56.00
Senior/Master	500m < 1:15.00

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, 2024 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.

Exemption

Any skaters who may not be eligible for the BC ST Championships can submit an official exemption form, which will be reviewed by the Athlete Development Committee and the Sport Jury. The exemption request must be completed using the [online form](#) and submitted at least **7 days before the registration deadline**.

Events Format

Category	Event	Format
Club Skater (9-10) (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.
	1000m	Super final. Seeded based on cumulative results.
	1200m relay	<p>BC Relay Championship</p> <ul style="list-style-type: none"> • All skaters are eligible to, and expected to, compete in the relay. • Team composition will be created by serpentine-seeding skaters based on their best 400m results from Day 1 of the BC ST Champs. • 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 Competitor Steward 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. • Final results will be determined by time, skated in “finals”. Teams will be assigned into finals based by serpentine. 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*	<p>Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 1500m seed time.</p> <p>*Preliminary rounds – 1200m heats round to qualify to the 1500m Finals</p>
	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 ST Champs Relay</p> <ul style="list-style-type: none"> • All skaters are eligible to, and expected to, compete in the relay. • Team composition will be created by serpentine-seeding skaters based on their best 400m results from Day 1 of the BC ST Champs.

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Neo-Junior/ Junior (111.12m track)	1500m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 1500m seed time
	500m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 500m seed time
	1000m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on cumulative results.
	3000m relay	BC ST Champs Relay <ul style="list-style-type: none"> All skaters are eligible to, and expected to, compete in the relay. Team composition will be created by serpentine-seeding skaters based on their best 500m results from Day 1 of the BC ST Champs. 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 Competitor Steward 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. Final results will be determined by time, skated in “finals”. Teams will be assigned into finals based by serpentine. The winner can come from any final.
Senior/ Master (111.12m track)	1500m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 1500m seed time
	500m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 500m seed time
	1000m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on cumulative results.
	3000m relay	BC ST Champs Relay <ul style="list-style-type: none"> <u>To participate, all skaters must submit their intent to participate in the Relay by the end of Day 1 of the BCST.</u> Team composition will be created by serpentine-seeding skaters based on their best 500m results from Day 1 of the BC ST Champs. Teams may be composed of three (3) or four (4) skaters. Final results will be determined by time, skated in “finals”. Teams



		will be assigned into finals based by serpentine. The winner can come from any final.
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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 and Awards

Overall rankings (Club Skater, Youth, Neo-Junior, Junior) will be determined by summing the ranking points earned by each skater in their category in all event finals. Ranking points are assigned based on final placement within each category.

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