



**SPEED  
SKATING  
BC**

Format Bulletin:  
**Provincial  
Challenges**

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April 2026



## Introduction

The Provincial Challenges are intended to provide a supplementary competitive opportunity for all Speed Skating BC members who meet the age restrictions specified below.

## General Procedures

- Participants must be Speed Skating BC members in good standing.
- Challenges may be completed during sanctioned events or unsanctioned events when supervised by a certified coach.
- Results (number of laps or time) must be recorded by a certified coach or official dedicated to the individual or team.
- Times are recorded to the hundredth of a second.
- Should two teams (in a category of the Relay Challenge) have skated the same number of laps, a tie would be broken in the following manner: the number of entries into the relay challenges (during the current skating season) for each team member would be added together. The team (of those tied) with the higher “participation number” will be declared the winner. This is to promote season-long participation in the relay challenges.
- Should two skaters (in a category of the Sprint Challenge) have skated the same time to the hundredth of a second, they will remain tied.
- Submissions must be made via online form by April 15, 2026.

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## Relay Challenges

The Relay Challenge is a 2-person event. The Relay Challenge must be contested from a standing start. Each team member must complete at least one lap for the team to be eligible. An event timer (separate from the individual(s) recording results for each team) will signal the end of the designated time. Skaters will finish the lap they are skating, which shall be counted as the final lap.

The Relay Challenge will be contested in one of eight categories, as follows:

- 6 minute Club Skater (5-10) relay on the 100m track (mixed gender)
- 10 minute Youth (11-13) relay on the 100m track (mixed gender, all-female, all-male)
- 10 minute Neo-Junior and Junior (14-18) relay on the 111.12m track (mixed gender, all-female, all-male)
- 10 minute PACK Open (19+) relay on the 111.12m track (mixed gender).

## Sprint Challenges

The Sprint Challenge may be skated as an individual time trial or pursuit-style. The Sprint Challenge must be contested from a standing start with a standard speed skating starting procedure.


The Sprint Challenge will be contested in one of nine categories, as follows:

- 200m Club Skater on the 100m track (mixed gender results)
- 200m Youth on the 100m track (gender-specific results)
- 222m Neo-Junior and Junior on the 111.12m track (gender-specific results)
- 222m PACK Open 19+ on the 111.12m track (gender-specific results).

## Vertical Jump Challenge

The Vertical Jump Challenge must be contested from a squat jump. The challenger must jump vertically from the squat position and land in the squat position. The challenge must be performed using the Speed Skating BC app or a jump mat.

The Vertical Jump Challenge will be contested in one of nine categories, as follows:

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- Club Skater (mixed gender results)
  - Youth (gender-specific results)
  - Neo-Junior and Junior (gender-specific results)
  - PACK Open 19+ (gender-specific results).

## Flyer Challenges

The Flyer Challenge must be skated as an individual. The Flyer Challenge must be contested from a rolling start.

Long track

The Flyer Challenge - Long Track will be contested in one of nine categories, as follows:

- 400m Club Skater on the 400m track (mixed gender results)
- 400m Youth on the 400m track (gender-specific results)
- 400m Neo-Junior and Junior on the 400m track (gender-specific results)
- 400m PACK Open 19+ on the 400m track (gender-specific results).

The Flyer Challenge - Short Track will be contested in one of nine categories, as follows:

- 100m Club Skater on the 100m track (mixed gender results)
- 100m Youth on the 100m track (gender-specific results)
- 111m Neo-Junior and Junior on the 111.12m track (gender-specific results)
- 111m PACK Open 19+ on the 111.12m track (gender-specific results).

