



Format Bulletin:

# Provincial Competitions

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Approved May 25, 2026



## Introduction

There will be three Provincial Competitions during the 2026-2027 season: BC Cup (Short Track), BC Long Track Championships (BCLT), and BC Short Track Championships (BCST). 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 or members in good standing of another speed skating PTSO. Event registration for all participants will be via IceReg.
- Skaters at Provincial Competitions must wear cutproof protection offering complete protection (either fully integrated or as a separate undersuit) during all Short Track and Long Track Mass Start and Team events
- 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 divisions, with awards by age category. Skater age is calculated before July 1, 2026

<b>Division</b>	<b>Age and Gender Categories</b>
Club Skater (CS) (4-8)	All Gender 4-8
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 All Gender (14-15)
Junior (Jr) B2 Junior (Jr) A1 Junior (Jr) A2	Female 16   Male 16 Female 17   Male 17 Female 18   Male 18 All Gender (16-18)
Senior (Sr)	Female 19-29 Male 19-29 All Gender (19-29)
Master	Female 30+ (30-34, 35-39, 40-44, 45-49 etc. in 5-year increments) Male 30+ (30-34, 35-39, 40-44, 45-49 etc. in 5-year increments) All Gender (30+)

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- 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 21-22, 2026 (Kamloops)

### Competition Objective

To gather athletes from all around the province and reinforce a sense of community while providing a competitive racing opportunity. 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 9, 2026:

Club Skater (9-10)	400m < 1:05.00
Youth	F 400m < 58.00 M 400m < 56.00
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 August 1, 2025, 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.
	2000 relay	BC Cup Relay <ul style="list-style-type: none"> <li>● All Club Skaters are eligible to, and expected to, compete in the relay.</li> <li>● Team composition will be created by serpentine-seeding skaters based on <b>their best 400m results from Day 1</b> of the BC Cup.</li> <li>● 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.</li> <li>● Teams may be composed of three (3) or four (4) skaters.</li> <li>● 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.</li> </ul>
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	<p>BC Cup Relay</p> <ul style="list-style-type: none"> <li>• All skaters are eligible to, and expected to, compete in the relay.</li> <li>• Team composition will be created by serpentine-seeding skaters based on <b>their best 400m results from Day 1</b> of the BC Cup.</li> <li>• 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 chief referee in writing. Points accumulated during the competition will be retained only if a skater properly withdraws from the relay, as indicated above.</li> <li>• Teams may be composed of three (3) or four (4) skaters.</li> <li>• 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.</li> </ul>
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.
	3000m relay	<p>BC Cup Relay</p> <ul style="list-style-type: none"> <li>• All skaters are eligible to, and expected to, compete in the relay.</li> <li>• Team composition will be created by serpentine-seeding skaters based on <b>their best 500m results from Day 1</b> of the BC Cup.</li> <li>• 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.</li> <li>• Teams may be composed of three (3) or four (4) skaters.</li> <li>• 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.</li> </ul>
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 Cup Relay <ul style="list-style-type: none"> <li>● All skaters are eligible to, and expected to, compete in the relay.</li> <li>● Team composition will be created by serpentine-seeding skaters based on <b>their best 500m results from Day 1</b> of the BC Cup.</li> <li>● Teams may be composed of three (3) or four (4) skaters.</li> <li>● 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.</li> </ul>
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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.
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 rankings** will be determined by summing the ranking points earned by each skater in all individual event finals. Ranking will then be assigned based on final placement overall for each category.

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 Championships

## January 16-17, 2027 (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 4, 2027:

Club Skater (4-8)   (9-10)	No time standard.
Youth	No time standard.
NeoJunior/ Junior	No time standard.
Senior/Master	<p>No time standards for the 500m, 1000m and 1500m. 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.</p> <p>Optional longer distances: 3000m <b>or</b> 5000m</p> <p>Skaters wishing to race in the optional distances will have to fill in their intent using the <a href="#">2027 BC Long Track Championships Senior/Master Optional Distance Form</a> by the deadline indicated in the form.</p> <p>Time standard:</p> <p>3000m - 8:00.00 or 1500m 3:45.00 5000m – 9:28.00 or 1500m – 2:29.00</p>

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

Category	Event	Format
Club Skater (4-5)	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 (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 <a href="#">ISU regulations</a> .
		*Additional races and distances will be determined by the Sport Expert, with skaters placed according to their developmental stage and ability level.
Youth (11-13)	500m OS	Follow <a href="#">ISU regulations</a> .
	7 lap MS	ISU-style mass start final.
	300m MS	Short track-style mass start qualification and final.
	1000m MS	Super final based on cumulative results.
	1500m MS	Super final based on cumulative results.
	4 lap Team Pursuit	4 laps Team Pursuit. Team will be created by using <a href="#">HP Bulletin (Canadian Youth Long Track Championships): section 3.8</a> handicapped performance measure.
Neo-Junior (14-15)	500m OS	<i>Overall ranking include the ISU Mass Start</i>  <i>*7 laps ISU-style Mass Start final, combined with Junior.</i>
	7 lap MS*	
	1500m OS	
	1000m OS	
	3000m OS	

	6 lap Team Pursuit	6 laps Team Pursuit. Team will be created by using <a href="#">HP Bulletin (Canadian Neo-Junior Long Track Championships): section 3.4</a> handicapped performance measure.
Junior (16-18)	500m OS	Overall ranking include the ISU Mass Start  *7 laps ISU-style Mass Start final, combined with Neo-Junior.
	7 lap MS*	
	1500m OS	
	1000m OS	
	5000m OS (Male) 3000m OS (Female)	
	6 lap Team Pursuit	6 laps Team Pursuit. Team will be created by using <a href="#">HP Bulletin (Canadian Neo-Junior Long Track Championships): section 3.4</a> handicapped performance measure.
Senior/ Master (19+)	500m OS	Allround format: 500m OS, 1000m OS and 1500m OS. Follow the <a href="#">ISU regulations</a> .  *Optional: Skaters have the option to race the longer distance. (Sign-up Sheet)  **Skaters may choose to race either the 3000m or the 5000m OS (if they have the required time standard) .
	1500m OS	
	1000m OS	
	3000m OS*	
	5000m OS**	
	4 lap Team Pursuit	4 laps Team Pursuit. Team will be created by using <a href="#">HP Bulletin (Canadian Neo-Junior Long Track Championships): section 3.4</a> 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 all individual event finals. Ranking will then be assigned based on final placement overall for each category.

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: *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 Championships

## March 6-7, 2027 (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 22, 2027:

Club Skater (9-10)	400m < 58.00
Youth	F 400m < 55.00 M 400m < 52.00
NeoJunior/ Junior	F 500m < 1:00.00 M 500m < 58.00
Senior/Master	F: 500m < 1:10.00 M: 500m < 1:05.00

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, 2026 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

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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.
	2000m relay	BC Relay Championship <ul style="list-style-type: none"> <li>● All skaters are eligible to, and expected to, compete in the relay.</li> <li>● Team composition will be created by serpentine-seeding skaters based on <b>their best 400m results from Day 1</b> of the BC ST Champs.</li> <li>● 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.</li> <li>● Teams may be composed of three (3) or four (4) skaters.</li> <li>● 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.</li> </ul>
Youth (100m track)	400m	Traditional short track advancement with a minimum of two rounds of racing. Seeded based on 400m seed time.
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	800m	Traditional short track advancement with a minimum of two rounds of

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	1000m	Super final. Seeded based on cumulative results.
	2000m relay	<p>BC ST Champs Relay</p> <ul style="list-style-type: none"> <li>• All skaters are eligible to, and expected to, compete in the relay.</li> <li>• Team composition will be created by serpentine-seeding skaters based on their <b>best 400m results from Day 1</b> of the BC ST Champs.</li> <li>• 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.</li> <li>• Teams may be composed of three (3) or four (4) skaters.</li> <li>• 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.</li> </ul>
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.
	500(2)m	Super final. Seeded based on best 500m from Day 1 results
	3000m relay	<p>BC ST Champs Relay</p> <ul style="list-style-type: none"> <li>• All skaters are eligible to, and expected to, compete in the relay.</li> <li>• Team composition will be created by serpentine-seeding skaters based on their <b>best 500m results from Day 1</b> of the BC ST Champs.</li> <li>• 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.</li> <li>• Teams may be composed of three (3) or four (4) skaters.</li> <li>• 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.</li> </ul>
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	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.
	500(2)m	Super final. Seeded based on best 500m from Day 1 results
	3000m relay	BC ST Champs Relay <ul style="list-style-type: none"> <li>● All skaters are eligible to, and expected to, compete in the relay.</li> <li>● Team composition will be created by serpentine-seeding skaters based on <b>their best 500m results from Day 1</b> of the BC ST Champs.</li> <li>● Teams may be composed of three (3) or four (4) skaters.</li> <li>● 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.</li> </ul>


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4. Race composition: serpentine.

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