



**SPEED
SKATING
BC**

Format Bulletin:

ST Interclub Competitions

Approved June 23, 2026

Introduction

Short track interclub competitions (“Interclub”) are hosted by clubs and sanctioned by Speed Skating BC. While the host has the ability to choose the format for an Interclub, it is beneficial to have suggested parameters to ensure a base level of consistency across the province.

Why have suggested parameters for Interclub formats?

- Officials, parents, coaches and skaters know what to expect from Interclub to Interclub
- Lack of standardization leads to varying quality of Interclubs
- Officials’ work load decreases by avoiding “reinventing the wheel” at each Interclub
- Skaters have consistent distances on which to track Personal Bests (PBs)
- Interclubs can be structured to optimally prepare skaters for future speed skating events (e.g. Provincial Championships, interprovincial competitions, National Championships)

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.
- The registration deadline for Interclubs should be set for 10 days in advance of the first day of racing (typically Wednesday night, a week and a half before Saturday racing start)
- Draft skater divisions and the schedule should be sent to registered coaches for review by 5 days in advance of the first day of racing (typically Tuesday night). Coaches' feedback must be received by 3 days in advance of the first day of racing (typically Thursday night), and should be considered with adjustments made (when reasonable) to create meaningful opportunities for skaters

Suggested Parameters

	Age Range	Competition Objective	Strongly Suggested Parameters		Optional Parameters			Celebrating Success
			Track	Standard Events	Interclub Format	Divisions	Additional Events	
Club Skater	< 6 years old	Fun experience in a supportive environment	100m or smaller	100m, 200m	Super finals	Mixed gender	50m CW or CCW, 100m, L'd'W, partner relays	Participation awards for all
	6-8 years old	Developmental competition focused on skill development through fun races	100m	200m, 400m		Mixed gender, (8-12 skaters)	100m, 200m pursuits, 800m, L'd'W, partner relays	
	8-11 years old	Developmental competition with an opportunity to showcase skills and measure personal improvements		400m, 800m		Mixed gender, (12 skaters)	200m, 200m pursuit, 1000m, partner relay, 2000m relay	Individual achievement awards for all (personal best recognition, TrueSport awards, Fast Strides rewards)
Youth	11-13 years old	Developmental competition allows participants to demonstrate the benefits of practice and hard work with an introduction to mental and physical challenges to prepare for		400m, 1500m	Single distance seeding into heats/finals, advancement by place OR Super final seeded by cumulative	Mixed gender, (12 skaters)	200m, 800m, 1000m, 1200m, 3000m relay, 20L mixed gender relay	

		racing in later stages			results			
Performance Development	14+ years old	Developmental competition allows participants to develop race strategies, produce performance on demand and adapt to competitive environment	111.12m	500m, 1000m, 1500m	Single distance seeding into heats/finals, advancement by place	Gender specific	777m, 3000m relay, 20L mixed gender relay	Personal best recognition
Competitive for Life	14+ years old	Developmental competition provides an opportunity for personal improvement and challenge, social interaction and promotion of physical fitness		500m, 1000m	Super finals	Mixed gender	777m, 1500m, 3000m relay	

20L: 20 lap

CW: clockwise

CCW: counterclockwise

L'd'W: Loop'd'Whirl