

# SPEED SKATING



## AGE GROUP(S)

### Training to Train (T2T 1) Males & Females

11 - 12 years old\*

(Born on or between July 1, 2006 and June 30, 2008)

### Training to Train (T2T 2) Males & Females

13 - 14 years old\*

(Born on or between July 1, 2004 and June 30, 2006)

\*All ages as of **June 30, 2019**.

## Zone TEAM COMPOSITION

The maximum team size shall be:

12 athletes per Zone (# of females 6 # of males 6)

4 coaches or chaperones per Zone (# of females 2 # of males 2)

Each Zone should either use a long track play-off to select their competitors or use ranking list based on times from the distances that will be raced at AWG. If Zones are unable to use a long-track play-off, then they may choose to use short track times to select their competitors.

Based on the results, skaters should be ranked within each age class category.

The top three (3) ranked skaters in each category will be selected to the team.

## FILL POLICY

If there are any vacancies in any of the categories, the position can be filled based on the following priorities:

1. Each Zone will be responsible to fill its team. First priority will be given to the gender of the category where there are empty positions.
2. If the Zone cannot fill their team, the fill spots will be first offered to the Host Zone. First priority will be given to the age group and gender of the category where there are empty positions. Second priority will be given to the gender of the category where there are empty positions.
3. If the Host Zone cannot fill the remaining spots, the fills will then be decided by a provincial ranking list. This list will be created using times achieved from the 2018-2019 Alberta long-track sanctioned meets up to and including the last long track Zone playoffs. First priority will be given to the age group and gender of the category where there are empty positions. Second priority will be given to the gender of the category where there are empty positions.
4. The ranking list will be based on the ranking points assigned to each skater in each distance using their best times in the 300m MS, 500m OS, 1500m MS (T2T1), and 1500m OS (T2T2). If there are no times for the current season, the previous year's times will be considered for a fill position.

Fills must be submitted for approval to the Alberta Sport Connection by **January 5, 2020**

**ELIGIBILITY****Athletes**

- All Skaters who fall into the AWG age groups who are registered as competitive members of the Alberta Amateur Speed Skating Association.
- Provincial Team (A,B, or C ) members of Development Team members are not eligible.
- Athletes shall compete in the Alberta Games Zone in which he/she resides.

For Alberta Games Eligibility Policy information please visit [www.albertawintergames.ca](http://www.albertawintergames.ca)

**Coaches**

- **NCCP Certification** - For the one (1) named coach per Zone, they must be fully certified or in training under the National Coaching Certification Program (NCCP) to at least the **Fundamentals Level**.

At least one of the coaches or chaperones must be at least twenty one (21) years old by the start of the Alberta Winter Games. Both must be a minimum of 18 years of age by the start of the AWG.

**Note:** Successful coaches and chaperones may be subject to a security screening.

**AFFILIATION**

Alberta Amateur Speed Skating Association (AASSA) membership is required. Contact the AASSA office at (403) 220-7911. Benefits of affiliation include:

- Competition insurance
- Reduced fees for specific training camps
- Access to selected facilities at the Olympic Oval
- Reduced coaching fees for the Olympic Oval program for skaters who qualify

**PROVINCIAL GAMES REGISTRATION FEE AND DEADLINE**

All Zone team athletes, who qualify to compete at the 2020 Alberta Winter Games (excluding coaches and chaperones), are required to pay an individual registration fee of **\$80.00**.

This fee will go towards offsetting the costs related to transportation, accommodation, meals, Zone identification, medals, athlete entertainment and sport competitions. This fee must accompany the athlete's registration form for the Provincial Games.

Please note that the registration deadline for Speed Skating is **January 3, 2020**.

**EVENT(S)****Long Track**

T2T 1

T2T 2

**Day One**

300m Can MS, 7 lap ISU MS, Team Pursuits

300m Can MS, 7 lap ISU MS, Team Pursuits

**Long Track**

T2T 1

T2T 2

**Day Two**

500m OS, 1500m MS

500m OS, 1500m OS

The pursuits will be contested in the following gender separate categories:

T2T 1 (11-12) T2T 2 (13-14)

Teams of mixed ages must skate in the older age category.

**Note:** Medals will be awarded to overall age category and gender class winners (not per distance) and to winning relay teams.

**Note:** A pursuit team shall consist of three (3) from the same Zone.

**Note:** Relay teams can be made from athletes from different Zones, however these teams will not be eligible for medals.

The racing format will follow the special rules and procedures of the Canadian Age Class Long Track Championships as prescribed in Speed Skating Canada's Competitions Bulletin 2019-2020.

### **Seed Times**

Seed times for the 500m Olympic Style, 1500m Olympic Style, and 300m Canadian Mass Start must be submitted by **February 10, 2020**.

Long track times skated from September 1st, 2018 – January 3rd, 2020 will be accepted.

Skaters without long track seed times will be sorted and ranked according to their season's best (2019-2020) 400m short track time and placed after those with long track times in their categories.

### **Race Composition**

A maximum of 6 skaters will be placed on the line for the 300m Mass Start.

For the 7 Lap ISU Mass Start event, a maximum of 24 skaters will start the race, with a maximum of 6 skaters in each row. The start positions will be based on the rankings from the 300m event. This event will follow ISU Communication No. 2195, except as noted below:

1. No point generating sprint laps
2. Racing on the inner racing lane, not the warmup track
3. Lapped skaters must exit the race as per the Referees instructions.
4. Race results are based on finishing order.

Seeding into the 1500m Canadian Mass Start Super Final will be based on points earned from the 300m, 500m and 7 Lap events. There will be a maximum of 12 skaters per final.

## **PROTEST PROCEDURES**

**Prior to the Games:** Any question or disputes shall be directed to the Provincial Sport Co-ordinator who shall seek input from AASSA's Coach and Skater Development Committee and the Alberta Sport Connection liaison.

**During the Games:** As per Speed Skating Canada Rules

**EQUIPMENT SPECIFICATIONS**

Each skater shall be assigned a helmet cover number for the duration of the event.

Required equipment for Mass Start races at this competition shall conform to Rule D3-300/ D3-301 “Long Track Mass Start Competition”.

Required equipment for Olympic Style races at this competition shall conform to Rule D3-200 “Long Track Olympic Style Training and Competition”.

The start-of-day warm-up requires Mass Start equipment. The Team Pursuit is considered a Mass Start event

**ENTRY AND Zone PLAYOFF PROCEDURES**

Each Zone may host a long track Zone playoff. This could take the form of a special category as part of an AASSA sanctioned event.

Playoffs must be completed by **December 31, 2019**.

Alternatively, Zones may choose to use times for their team selection criteria.

To determine the date and location of Zone playoffs/selection please visit [www.alberta-speedskating.ca](http://www.alberta-speedskating.ca) or [www.albertawintergames.ca](http://www.albertawintergames.ca)

**PROVINCIAL SPORT COORDINATOR**

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Website: [www.albertaspeedskating.ca](http://www.albertaspeedskating.ca)

**Zone SPORT REPRESENTATIVE**

Each of the eight (8) Zones has a designated Speed Skating representative. The following contacts for Speed Skating can be contacted for more information about Zone playoffs/ events.

Zone 1	Staci Muller	Phone: 403 223 6300 Email: <a href="mailto:jsmuller8@gmail.com">jsmuller8@gmail.com</a>
Zone 2	Ian Mellors	Phone: 403 609 7031 Email: <a href="mailto:ianmellors@shaw.ca">ianmellors@shaw.ca</a>
Zone 3	Debbie Fisher / Lorelei St. Rose	Phone: 403 560 1253 Email: <a href="mailto:deb.fischer@calgaryspeedskating.ca">deb.fischer@calgaryspeedskating.ca</a> Phone: 250 691 0983 Email: <a href="mailto:lorelei@teamkdz.com">lorelei@teamkdz.com</a>

Zone 4	Nick Schultz	Phone: 403 588 9378 Email: njschultz15@gmail.com
Zone 5	Chris Padbury	Phone: 780 686 0770 Email: cgp128@yahoo.ca
Zone 6	Christ Padbury	Phone: 780 686 0770 Email: cgp128@yahoo.ca
Zone 7	Bill Stephens	Phone: 306 825 4062 Email: billstephens0@gmail.com
Zone 8	John MacLennan	Phone: 780 876 4129 Email: johnny.property@gmail.com

