



Speed Skating Manitoba 2023-2024 Competition/Events Bulletin

Mission

The following bulletin outlines the yearly competition schedule as recommended by Speed Skating Manitoba (SSM). This Bulletin will be used to establish a repeatable competition cycle. Furthermore, this Bulletin outlines which competitions SSM is responsible for hosting each skating season.

SSM Hosted Events

- 1. MB Cups**
- 2. Prairie Challenge Short Track Championships**
- 3. Silver Skates Long Track**
- 4. SSM Long Track Provincial Championships**
- 5. SSM Short Track Championships**

1. MB Cup (PrePlanned) Racing Circuit Bulletin:

Mission: This event will be catered to all skill levels, and will be grouped according to ability, through seed times, and through advice from the high performance program coaches and club coaches, where appropriate.

The aim of these events is to provide race training with mental, tactical and skill development for the intermediate to advanced skaters, and race experience and fun for the new and developing skaters.

The pre-planned races will allow coaches a forum to provide advice on ideal groupings, and race events, to allow their skaters specific opportunities to practice racing with specific goals in mind. The MB Circuit will be a great tool for coaches to become more involved in race planning.

Event Protocol: The groupings, race schedule, all race events, and starting line positions will all be pre-planned. This event protocol will be provided to appropriate coaches a minimum of five days before the event, for feedback and suggested changes. Final changes will then be made, and the final event protocol will be distributed to the e-timing team, three days before the event, for them to input into their software. One advantage of completely pre-planning all the race events is that it drastically reduces the number of volunteers required and negates the need for recorders, and can be run without a referee if necessary as all races are pre-planned and event results do not impact subsequent races. Also, it provides skaters with advanced knowledge of their races so they can practice planning race strategies.

Suggested Race Groupings and distances:

- o Group 1 (100m Track)
 - 200m, 200m, 400m, 400m, bucket races and/or a fun relay
- o Group 2 (100m Track or 111m track - dependent on registration)
 - 400m or 500m, 400m or 500m, 1500m, 1500m
- o Group 3 (111m Track)
 - 500m, 500m, 1500m, 1500m

Volunteer requirements:

- Event administrator(s): This position should be 1 or 2 individuals, and in consultation with the High Performance Committee and coaches, the event administrator will set the race schedule, and create all the race events with starting line positions. This individual will also run the event from an on-ice, referee-type position. This volunteer position must be filled by an accredited referee or an experienced and accredited coach. As a learning experience for the skater, if an infraction is made by the skater during the race they will be notified by the event administrator,

but no subsequent action will be taken as subsequent races are already pre-planned. Finishing positions should be recorded by the event administrator for confirmation with the e-timing team.

- Electronic Timing team: (2-3) This team should be comprised of 2-3 individuals with e-timing experience. The e-timing team will generate race results that include final time and finishing position. This team is incredibly important to the overall success of the event, as skaters will be racing for position and personal bests.
- Back up hand timers and back up judges (minimum 4)
- Starter (1)
- Lap counter (1)
- Heat box clerks (2)
- Track stewards: (4) on-ice track stewards are preferred (a minimum of 2 is mandatory), and (1) one off-ice track steward is required to run water buckets and assist.
- Medical staff: (1) Doctor or an individual with emergency medical training.
- Video recorder: (1) Ideally we would like an individual to record all the races and post them to a site where skaters and coaches can view them after the event.

Total Volunteers Required: 15-19

Awards: No awards will be given at the MB Cups.

2. Prairie Challenge Short Track Championships

Mission: This event will focus on competitive events that are used at the national level, such as Canadian Youth Short Track Championships West, WEC, Canada Winter Games and Canadian Junior Championships.

This event will be an open format with modified age categories (U10, U14, U19), and this event will also be used for Manitoba Games and Canada Games short track team selection, every 4 years respectively.

Date: This event should be held in November or December.

Optional One Day Competition on Non-Team Selection years.

Information: This will be a one day event using the following age categories (as of the summer preceding the speed skating season):

- U10 (age 9 and under as of 11:59pm on June 30) ,
- U14 (age 10 to age 13 as of 11:59pm on June 30)
- U19 (age 14 to age 18 as of 11:59pm on June 30)
- Senior/Open (age 19 and older as of 11:59pm on June 30)

Distances:

- U10 (100m Track) [mixed gender]

race events is that it drastically reduces the number of volunteers required and negates the need for recorders, and can be run without a referee if necessary as all races are pre-planned and event results do not impact subsequent races. Also, it provides skaters with advanced knowledge of their races so they can practice planning race strategies.

Date: This event will be held within the first two weeks of January each year.

Information: This event will provide an opportunity for athletes to establish times and baseline for the Long Track season. This competition should be held as a one day event.

Distances:

- Group 1 (Generally, Fund, L2T, Special O) Mass Start: **100m , 300m, 500m,**
- Group 2 (Generally Youth and Neo Junior): **300m MS, 500m OS, 1500m MS**(one race - all on the line)
- Group 3 (Junior, and Senior) **Olympic Style: 500m, 1500m, 10 lap ISU mass start** (one race - all on the line)
 - Groups will be based on age as well as seed time. (Must register with a seed time)
 - The High Performance (HP) Committee will assist the Competitions Committee with groupings. Registration lists should be forwarded to the HP Committee once registration closes.

Volunteer requirements:

- Event administrator(s): This position should be 1 or 2 individuals, and in consultation with the High Performance Committee and coaches, the event administrator will set the race schedule, and create all the race events with starting line positions. This individual will also run the event from an on-ice, referee-type position. This volunteer position must be filled by an accredited referee or an experienced and accredited coach. As a learning experience for the skater, if an infraction is made by the skater during the race they will be notified by the event administrator, but no subsequent action will be taken as subsequent races are already pre-planned. Finishing positions should be recorded by the event administrator for confirmation with the e-timing team.
- Electronic Timing team: (2-3) This team should be comprised of 2-3 individuals with e-timing experience. The e-timing team will generate race results that include final time and finishing position. This team is incredibly important to the overall success of the event, as skaters will be racing for position and personal bests.
- Back up hand timers and back up judges (minimum 4)
- Starter (1)
- Lap counter (1)
- Heat box clerks (2)
- Track stewards: (4) on-ice track stewards are preferred (a minimum of 2 is mandatory), and (1) one off-ice track steward is required to run water buckets and assist.
- Medical staff: (1) Doctor or an individual with emergency medical training.

- Video recorder: (1) Ideally we would like an individual to record all the races and post them to a site where skaters and coaches can view them after the event.

Total Volunteers Required: 15-19

Awards: There will be limited awards: first place prize for the Group 2 winner of the 1500m MS, first place prize for the Group 3 winner of the 10 lap MS, first place prize for the Group 1, 2, 3 silver shoe winners.

4. Manitoba Provincial Long Track Championships

Mission: Prepare athletes for national level events, utilizing age appropriate distances.

Date: This event should be held during the 2nd or 3rd week of January

This event will focus on competitive events that are used at the national level, such as Canadian Youth Long Track Championships and Canada Cups. This event will be offered as an open competition, wherein skaters from outside the province will be welcome to attend. Out of province skaters will be included in the award pool, but Provincial Champions will be extracted from the final results and presented an award at the SSM banquet.

Information: This competition will select athletes to the CYLT Championships, and the Neo Junior Canadian Championship. Furthermore, this competition must be held a minimum of three weeks prior to either Neo Junior or CYLTC, in order to provide parents with the proper time to register for the event.

Age Classifications: This event will use the following age categories (as of the summer preceding the speed skating season):

- Fundamentals (age 6 to age 8 as of 11:59pm on June 30) ,
- L2T (age 9 to age 10 as of 11:59pm on June 30) ,
- Youth (age 11 to age 13 as of 11:59pm on June 30),
- Neo Junior (age 14 to age 15 as of 11:59pm on June 30),
- Junior (age 15 to age 18 as of 11:59pm on June 30),
- Senior/Open (age 19 and up as of 11:59pm on June 30)

Distances and Age Categories:

- Fundamentals (will race all mass start) [mixed gender]
 - Day 1: **500m** (heat to final - max 6/race) [seeded/serpentine off 500m seed time], **300m** (heat to final - max 6/race) [seeded/serpentine off previous race results]
 - Day 2: **100m** (heat to final - max 6/race) [seeded/serpentine off cumulative points] , **800m SF** (max 8/race) [seeded/serpentine off cumulative points]

- L2T [mixed gender]
 - Day 1: **500m Olympic Style** (ranked according to 500m seed time paired fastest to slowest), **300m** (heat to final - max 6/race) [seeded/serpentine off previous race results]
 - Day 2: **500m** (heat to final - max 6/race) [seeded/serpentine off cumulative points] , **800m SF** (max 8/race) [seeded/serpentine off cumulative points]
- Youth
 - Day 1: **500m Olympic Style** (ranked according to 500m seed time paired fastest to slowest), **300m** (heat to final - max 6/race) [seeded/serpentine off previous race results]
 - Day 2: **1500m** (heat to final - max 6/race) [seeded/serpentine off cumulative points] , **7 lap ISU Mass Start** (all one group - order based on cumulative points)
- Neo Junior, Junior, and Senior/Open (all Olympic Style races)
 - Day 1: **500m** (ranked according to 500m seed time paired fastest to slowest) , **1500m** (ranked according to 500m race time paired fastest to slowest)
 - Day 2: **1000m** (ranked according to 500m race time paired fastest to slowest), **3000m(W+NeoJ)/5000m(M)** (ranked according to 1500m race time paired fastest to slowest)

Seeding: skaters will be seeded off of submitted 500m times

National competition qualification:

Youth categories (Y11, Y12, Y13) will be grouped for the purpose of raising the level of competition within the Youth age group. The skaters within the Youth age category will be ranked according to overall points earned and will have priority selection for CYLTC, which will vary depending on spots earned by Manitoba in any given year, if no appeals have been submitted and granted. In the event of a tie for the final CYLTC qualification spot the skater's 500m Olympic Style time will be used to break the tie. Neo Junior categories will be grouped with the Juniors for the purpose of raising the level of competition. The skaters within the Neo Junior age category will be ranked according to final samalag and will have priority selection for Neo Junior Nationals, which will vary depending on spots earned by Manitoba in any given year, if no appeals have been submitted and granted. In the event of a tie for the final qualification spot the skater's 500m Olympic Style time will be used to break the tie.

Volunteer requirements: Standard volunteer requirements for a certified and recorded long track competition.

Awards: The following age categories will award a gold, silver and bronze medal: Fundamentals mixed gender, LT2 mixed gender, Youth Male, Youth Female, Neo Junior Male, Neo Junior Female, Junior Male, Junior Female, Senior/Open Male, Senior/Open Female, Special O Mixed Gender

5. Manitoba Provincial Short Track Championships (One Day Competition)

Mission: This event will focus on competitive events that are used at the national level, such as CYSTCW and Canadian Short Track Championships.

Date: This event should be held a minimum of 3 weeks prior to the Canadian Youth Short Track Championships West (CYSTCW).

Information: This competition will select Youth athletes for the Canadian Youth Short Track Championships West (CYSTCW).

Age Classifications: This event will use the following age categories (as of the summer preceding the speed skating season):

- Fundamentals (age 6 to age 8 as of 11:59pm on June 30) ,
- L2T (age 9 to age 10 as of 11:59pm on June 30) ,
- Youth (age 11 to age 13 as of 11:59pm on June 30),
- Neo Junior (age 14 to age 15 as of 11:59pm on June 30),
- Junior (age 15 to age 18 as of 11:59pm on June 30),
- Senior/Open (age 18 and up as of 11:59pm on June 30)

Distances:

- Fundamentals (100m Track) [mixed gender]
 - **400m** (heat to final - max 5/race) [seeded/serpentine off 400m seed time], **200m** (heat to final - max 5/race) [seeded/serpentine off previous race results], **800m superfinal** (max 7/race) [seeded/serpentine off cumulative points]
- L2T (100m Track) [mixed gender]
 - **400m** (heat to final - max 5/race) [seeded/serpentine off 400m seed time], **200m** (heat to final - max 5/race) [seeded/serpentine off previous race results], **1500m superfinal** (max 7/race) [seeded/serpentine off cumulative points]
- Youth (100m Track)
 - **400m** (heat to final - max 5/race) [seeded/serpentine off 400m seed time], **800m** (heat to final - max 6/race) [seeded/serpentine off previous race results], **1500m Superfinal** (max 7/race) [seeded/serpentine off cumulative points]
- Neo Junior and Junior (111m Track)
 - **500m** (heat to final - max 4/race) [seeded/serpentine off 500m seed time], **1000m** (heat to final - max 5/race) [seeded/serpentine off

- previous race results], **1500m Superfinal**(max6/race) [seeded/serpentine off cumulative points]
- Senior (111m Track) [mixed gender]
 - **500m** (heat to final - max 4/race) [seeded/serpentine off 500m seed time], **1000m** (heat to final - max 5/race) [seeded/serpentine off previous race results], **1500m Superfinal**(max6/race) [seeded/serpentine off cumulative points]

National competition qualification:

Youth categories (Y11, Y12, Y13) will be grouped for the purpose of raising the level of competition within the Youth age group. The skaters within the Youth age category will be ranked according to overall points earned and will have priority selection for CYSTCW, which will vary depending on spots earned by Manitoba in any given year, if no appeals have been submitted and granted. In the event of a tie for the final CYLTC qualification spot the skater's 400m time will be used to break the tie.

Volunteer requirements: Standard volunteer requirements for a certified and recorded short track competition.

Awards: The following age categories will award a gold, silver and bronze medal: Fundamentals Female, LT2 Male, Youth Male, Youth Female, Neo Junior Male, Neo Junior Female, Junior Male, Junior Female, Senior/Open (mixed), Special O mixed gender