USSPEEDSKATING

2011-2012 LONG TRACK SPEEDSKATING REGULATIONS

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General Information

Notwithstanding anything that may be printed in any written materials before or during a competition and any statements made orally at any time by any persons, including but not limited to US Speedskating (USS) Employees, Board Members, or others, the US Speedskating 2011-2012 Long Track Speedskating Regulations approved by the Board of Directors shall control in all instances. If there has been amended Regulations or selection procedures approved at an in person Board Meeting in accordance with US Speedskating By-laws, then those properly amended regulations shall supersede the original and subsequent amended Regulations.

Long Track Selection Committee ("LTSC"). The LTSC shall refer to a committee consisting of (i) the President or his/her designee, (ii) the Executive Director or his/her designee, (iii) the Long Track Program Coordinator, (iv) the Chair of the Long Track Committee or his/her designee, and (v) one Elite Athlete Representative who serves on the USS Board of Directors as determined by the Elite Athlete Directors, collectively. Members of the LTSC will be named and ratified annually at the meeting of the Board of Directors at the Spring Board meeting. All decisions of the LTSC will be determined by a majority vote of the LTSC. Coaches may be invited to attend LTSC meetings at the discretion of the LTSC without voting privileges.

The general purpose of the LTSC is to certify skaters for the National Racing Programs, finalize rosters for international teams and to address all special circumstances. The LTSC may also recommend skaters to the Board of Directors for Category 1 status.

USS Rules of Competition

A) General. All Long Track U.S. Speedskating Championships, U.S. Team Trials and American Cup Racing Series events ("Competitions") shall be conducted in accordance with applicable International Skating Union ("ISU") Rules and Regulations except as otherwise stated.

B) ISU. All changes made by the ISU in rules and procedures that affect these Regulations shall be incorporated into these Regulations.

C) ISU Eligibility. All changes made by the ISU in rules and procedures that affect these Regulations shall be incorporated into these Regulations and go into effect the same day the ISU Rule takes effect.

D) It is recommended that a technical representative be appointed to all Competitions listed in Section E below.

E) 2011-2012 Schedule of Dates and Locations

COMPETITIONS	POINTS	LOCATION	DATES
U.S. Single Distance Championships/Fall World Cup Qualifier	n/a	Salt Lake City, UT	Nov. 4-6, 2011
Olympic Oval Can Am	n/a	Calgary, AB	November 17-20, 2011
American Cup I	Sr & Jr	Roseville, MN	Dec 3-4, 2011
U.S. Speedskating Championships	n/a	Milwaukee, WI	December 13-18, 2011
Americas Cup II/US Junior Championships	Sr & Jr	Milwaukee, WI	February 3-5, 2012
American Cup III / North American Championships	Sr & Jr	Calgary, AB	February 10-12, 2012
American Cup Final / Champions Challenge	Sr & Jr	Salt Lake City, UT	Mar 2-4, 2012

F) Re-Skates.

1. If, in the sole judgment of the Referee, a skater's performance in a Competition race is materially and negatively impacted by the following circumstances:

a. an unintentional fall,
b. skate equipment failure,
c. verifiable medical issue
d. disqualification with the exception of disqualification due to false starts

2. Upon reasonable determination of the referee, the Referee may permit the skater to re-skate such race in its entirety from a fresh start (a "Re-skate").
3. Any skater desiring a Re-skate must notify the Referee or their designated coach must notify the Referee to request the Re-skate immediately following the race in which the skater's performance is impacted.
4. Unless the Re-skate would otherwise have been permitted under applicable ISU Rules and Regulations, Re-skate times will be considered unofficial times and shall be disregarded in the determination of final Competition standings. Re-skate times shall be deemed official times solely for team selection and training and athlete designation purposes.

G) Qualifying Times/Seed Times for US Speedskating Competitions

1. **Qualifying times** for US Speedskating competitions meet the following criteria:
   a. Must be achieved in an ISU, any national governing body sanctioned competition, or an approved long track metric time trial event with proper officials (ISU Rule 210 (1) (a-e) and must be printed in a published protocol.
   b. For competitions conducted prior to November 7, 2011 times achieved during the 2010-11 (June 1, 2010-May 31, 2011) season may be used
   c. For competitions conducted November 7, 2011 or later times must be achieved during the 2011-12 (June 1, 2011-May 31, 2012) season.
   d. All qualifying times must be achieved prior to the entry deadline for the applicable competition.
2. **Seed times** will be based solely on the season's best times in the judgment of the USS Event Coordinator, referee, and approved by the USS Technical Representative.
3. If reasonably requested by the USS Technical Representative, a skater may be required to substantiate seed times through production of a published protocol from an official competition.

H) Coaches Area. Referees may allow up to two coaches on the ice in the coaches area per skater in the 500m, 1000m and quartets.

I) Opening Draw

1. For the opening draw of a Competition, skaters shall be grouped based on their seed times.
2. **Grouping Orders; Grouping by Lane.** At the Referee's discretion, based on conditions at an outdoor competition grouping orders may be reversed and/or draws may be conducted so that all skaters within a grouping start from the same lane.
3. **Grouping.** At the Referee's discretion, the skaters may be placed in groups of fewer or more than 8 skaters.
4. **Quartet Starts.** At the Referee's discretion, Competition races may be conducted using quartet starts.
5. **Allround Competitions – Final Distance.** The final (longest) distance in Allround Competitions may be open to all skaters who compete in all of the Competition's three shortest distances. However, if the referee determines it to be necessary or appropriate to limit the number of skaters racing the final distance, consistent with ISU Rule 240, Section 4 (a), the Referee will determine the number of skaters that start such distance.
6. **Out of Competition Racing.** No out of competition races shall be conducted during any Competition.

J) Eligibility.

1. **Citizenship.** Competitions used to select U.S. Speedskating Teams for international competitions shall be open only to skaters eligible to represent the United States in the particular international competitions for which U.S. Speedskating Teams are being selected.

2. **Age.** The 2012 U.S. Speedskating Championships shall be open to all eligible members of US Speedskating who are at least 15 years of age before July 1, 2011. All other Competitions shall be open to all eligible members of US Speedskating who are at least 13 years of age before July 1, 2011 except as otherwise stated in these Regulations.

K) ISU Age Restriction. Skaters selected to U.S. Speedskating Teams for international competitions must satisfy all applicable requirements established by the ISU.

L) ISU Qualifying Times. Skaters selected to US Speedskating Teams for international competitions must achieve all applicable qualifying times established by the ISU by the end of the selection competition.

M) Entry Deadline. The entry deadline for each US Speedskating Metric Competition will be clearly stated on the Competition announcement. All entries, with payment enclosed, must be received five (5) days prior to the first day of Competition. If the entry deadline falls on a weekend or holiday, the entry deadline will be the first day after the weekend or holiday. Late entries (with an additional $100 late fee enclosed($150 total)) must be **received** 48 hours prior to the opening draw for the event (6pm). Final-Late entries will be accepted after the 48 hour Late entry deadline up to the opening Team Leaders/Coaches Meeting and will be assessed an additional $200 entry fee ($250 total).Entries sent by mail must have payment enclosed to be valid. Entries sent by fax must have credit card information attached to be valid. All entry forms submitted at the opening team leaders/coaches meeting must be paid in cash and are non-refundable. All cash late entry fees will be given directly to the local organizing committee.

N) Uniforms. No skater may wear a USS issued Team uniform or skin suit in a Competition that he or she did not earn and which was not issued by USS to such skater personally. All uniforms worn in competition must comply with the USS Athlete Agreement. No member of USS may wear a uniform of a foreign country. The Technical Representative shall issue a warning and if no corrective action is taken, the referee may disqualify the skater.

O) Warm Up Sessions. Competition warm up sessions shall only be open to skaters who are entered in the Competition and competing the same day, unless otherwise permitted by announcement of the Referee, the Event Coordinator and the Technical Representative. Any of the Referee, the Technical Representative, the USS Event Coordinator, or the Local Organizing Committee (in consultation with the USS Event Coordinator) shall have the authority to enforce this policy

P) Medical Procedures: Medical procedures at all USS ACRS, Championship and North American metric events shall be as follows:

1. Medical personnel must be available for all official practice times and prior to the start of the warm-ups.
2. Medical personnel may consist of a minimum of one (1) first aid personnel with either of the following minimum qualifications:
    a. State Certified Paramedic or
    b. State Certified EMT (Emergency Medical Technician)
3. The necessary medical equipment as stated in ISU rule 40; paragraph 1.
4. City or private ambulance service must be available to respond to emergencies at the ice rink within five minutes.
5. A minimum of one (1) of the above qualified medical personnel shall be in attendance and available to treat injuries at all practice sessions before and during the competitions.
6. Any deviation from the above safety measures must be approved by the Referee in consultation with the USS Technical Representative.

Q) Stoppage of Races. The referee may stop a race if there are safety concerns in the case of a fallen or injured skater in accordance with ISU Rule 216. Re-skates shall be granted for the impeded skater.

Selection Criteria

A) Notification. Each skater selected to a U.S Speedskating Team must notify the US Speedskating Technical Representative (or his/her designated representative) in writing, whether such skater accepts or declines selection to compete in each event for which the skater has qualified. Such notification must be delivered no later than one hour following the completion of the applicable selection competition. The commitment effected by such notification shall be used for team management purposes, including travel planning and determining the number of positions potentially open to other skaters to fill individual event quotas and fill Team Pursuit Teams. Skaters should be prepared in advance of a selection competition to accept or decline each position for which they potentially may be eligible. Skaters must have appropriate information (passports, etc.) available for processing at the selection competition. Skaters are committed to race the events in which they have accepted selection to compete, unless determined otherwise by the appointed coaching staff and team leaders in attendance. If, notwithstanding such commitment, a skater should elect not to compete in an event for which the skater accepted selection, then, in addition to all other sanctions available under the USS Code of Conduct, all additional expenses incurred by US Speedskating in connection with such skater's change of commitment, shall be the responsibility of the skater.

B) Team Selection and Support. After the completion of the first qualifying competition in the American Cup Racing Series and after each subsequent ACRS event, a separate classification (order of eligibility) will be created and will be used for selection for athletes to receive benefits and/or for selection to additional competitions/camps not prescribed in these Regulations.

C) 2011 Medal Contender Status:

1. Medal Contender Status is used exclusively for computations for the Order of Eligibility and for the extreme circumstance of injury and/or illness that prevents an athlete from completing/competing in a qualifying competition.
2. To be considered as an athlete who earned Medal Contender status, an athlete must have met one of the following criteria:
   - A) Top 10 finish in an individual distance in the 2011 World Single Distance Championships.
   - B) Achieving a top 10 ranking in an individual distance in the 2010-2011 World Cup Final Standings (WCFS).
   - C) Fall World Cup Medalist in the current season.
   - D) Team pursuit medalist in the 2011 World Single Distance Championships (WSD) will earn Medal Contender Status in one of the 1000m, 1500m, or 3000m ladies/5000m men if they skated in that distance at the 2011 World Single Distance Championships (WSD). If they compete in more than one of those distances, they must declare which distance before the selection competition.
   - E) Based on the forgoing criteria, the following skaters achieved 2011 Medal Contender Status:

Shani Davis: 9th 500m, 1st 1000m, 2nd 1500m (WSD); 3rd 1000m, 1st 1500m (2010-2011 WCFS)
Medal Contender in the 500m, 1000m, 1500m

Tucker Fredricks: 7th 500m (WSD); 4th 500m (2010-2011 WCFS)
Medal Contender in the 500m

Jonathan Kuck: 9th 1500m, 6th 5000m (WSD); 9th 1500m, 5th 5000m (2010-2011 WCFS)
Medal Contender in the 1500m, 5000m

Trevor Marsicano: 1000m (1st TP WSD), 7th 1500m (WSD); 5th 1500m (2010-2011 WCFS)
Medal Contender in the 1000m, 1500m

Heather Richardson: 6th 500m, 3rd 1000m (WSD); 4th 500m, 1st 1000m (2010-2011 WCFS)
Medal Contender in the 500m, 1000m

Jilleanne Rookard: 4th 3000m (WSD); 8th 1500m, 3rd 3000m (2010-2011WCFS)
Medal Contender in the 1500m, 3000m

Coaching Policy

A) International Events. US Speedskating will select the coaches to represent US Speedskating and its teams at the international events listed herein. These coaches will be National Racing Program or other US Speedskating staff coaches unless the Executive Director or his designee, in consultation with the LTSC, determines the need for support by non-National Racing Program or other US Speedskating staff coaches as members of the official US Speedskating coaching delegation. Individual members of US Speedskating teams desiring to be coached at an international event by a personal coach not among those selected as part of the official US Speedskating coaching delegation may petition the Executive Director or his designee to request competition and ice accreditation for such coach. The Executive Director, the Long Track High Performance Managing Director or their designee shall endeavor to obtain competition and ice accreditation privileges for any qualified personal coach for whom a timely and complete accreditation petition has been submitted, as provided and subject to the prioritization provisions contained in the US Speedskating Personal Coach Accreditation Policy. All matters of discretion under such policy shall be determined by the LTSC. Any personal coach approved for accreditation under such policy, or otherwise receiving competition or ice accreditation at an international event, shall be required to sign and comply with the US Speedskating Additional Coaching Agreement, which agreement shall provide, among other things, that the personal coach will be responsible to and take appropriate direction from the official US Speedskating coaching delegation and that the personal coach must wear the official team apparel for each applicable international event, including sponsor advertising, while coaching on or near the ice. US Speedskating reserves the right to revoke or suspend any personal coach accreditation or application for accreditation for cause, including, without limitation, violations of the Code of Conduct or the Additional Coaching Agreement.

1) A US Speedskating coach must be in the coaches area when International or private coaches are present for the competing skater. When only one coach is allowed on the ice at once, the Executive Director, Long Track High Performance Managing Director or their designee will designate who is to be on the ice.

B) Domestic Events. Skaters must designate on the entry form for each Competition, the coaches who they designate to serve as their coach at such Competition. A maximum of two (2) coaches may be designated by a skater. Only coaches designated by a competing skater will be entitled to receive a coaching credential for a particular Competition. Coaches must register with US Speedskating Headquarters each season to be listed on the approved coaching list for such season and to be eligible to receive Competition coaching credentials. Such registration must be completed at least five (5) days prior to the first Competition for which the credential is desired. Once registered, coaches will be listed on the approved coaching list for the entire season, unless revoked for cause. For the 2011-12 Season, all coaches must be certified USS Level 2.

1) **Coaches Area.** Referees may allow up to two coaches on the ice in the coaches area per skater in the 500m, 1000m, and quartets.

Travel Policy

US Speedskating will adhere to the USS Travel Policy in booking all tickets for domestic and international events. A copy of this policy is included as attachment "A" to these regulations.

U.S. DOMESTIC EVENTS

US Speedskating shall sanction the following Competitions during the 2011-2012 competition season:

2011-2012 American Cup Racing Series for Long Track Speedskating (ACRS)

A) Summary: The American Cup Racing Series for Long Track Speedskating (ACRS) is a season-long competition series combining both high performance and development racing. ACRS events include American Cups I, II and III, the American Cup Final, the U.S. Speedskating Championships and the U.S. Junior Speedskating Championships. Separate ACRS ranking lists shall be maintained for Senior skaters and Junior skaters.

B) Divisions & Qualifications

1. The ACRS will have four competition divisions: senior men, senior ladies, junior men and junior ladies.
2. In order for an athlete to compete in America's Cups I, II, and Final in any event other than the 500m, they must have met a 500m qualifying time of 50.00 (both male and female) prior to the entry deadline. For Americas Cup III/North American Championships, the qualification standards are listed below.
3. Each ACRS competition will be conducted in a single distance championship format.
4. Skaters must have reached at least the age of 13 before the July 1st preceding the event in order to compete in any ACRS event.
5. Senior Men are eligible to participate in the Americas Cup 3000m but will not receive Americas Cup points in that distance.

C) 2011-2012 Schedule of Dates and Locations

COMPETITIONS	POINTS	LOCATION	DATES
American Cup I	Sr & Jr	Roseville, MN	December 3-4, 2011
American Cup II/US Junior Champs	Sr & Jr	Milwaukee	February 3-5, 2012
North American Championships/ Am Cup III	Sr & Jr	Calgary, AB	February 10-12, 2012
American Cup Final/ Champions Challenge	Sr & Jr	Salt Lake City, UT	Mar 2-4, 2012

D) North American Championships/Am Cup III. Skaters achieving one or more of the qualifying times below may compete in only that distance. These standards apply only to the North American Championships.

Ladies	Calgary/SLC	Milwaukee/Richmond	Outdoor
	Senior/Junior	Senior/Junior	Senior/Junior
500m	45.0/47.0	46.0/48.0	48.0/50.0
1000m	1.29.0/1.33.0	1.31.0/1.35.0	1.36.0/1.40.0
1500m	2.19.0/2.25.0	2.23.0/2.29.0	2.30.0/2.36.0
3000m	4.54.0/5.06.0	5.03.0/5.15.0	5.24.0/5.36.0
Men			
500m	40.0/42.0	41.0/43.0	43.0/45.0
1000m	1.19.0/1.23.0	1.21.0/1.25.0	1.26.0/1.31.0
1500m	2.01.0/2.07.0	2.05.0/2.11.0	2.12.0/2.18.0
5000m	7.19.0/7.39.0	7.34.0/7.54.0	8.04.0/8.24.0
JR M 3k	4.26.0	4.36.0	5.01.0

E) Distances & Program

1. American Cup I

	Ladies	Men
Day 1	500m #1, 1500m	500m #1, 1000m, 3000m (Jr)
Day 2	500m #2, 1000m, 3000m	500m #2, 1500m, 5000m (Sr)

2. American Cup II/US Junior Championships, North American Championships/American Cup III, and the American Cup Final Long Track will be held over three days with the following format:

	Ladies	Men
Day 1	500m #1, 1500m	500m #1, 1000m #1, 3000m (JR)
Day 2	1000m #1, 3000m	1500m, 5000m(Sr&US JrChamps)
Day 3	500m #2, 1000m #2	500m #2, 1000m #2

***First day 1000m men and Third day 1000m women, will not count towards Junior Americas Cup Points.**

F) ACRS Rankings

1. After each ACRS competition, skaters shall be ranked within the following ACRS competition divisions, in each distance, as follows:

a. Senior Ladies: 500m, 1000m, 1500m, 3000m
b. Senior Men: 500m, 1000m, 1500m, 5000m
c. Junior Ladies: 500m, 1000m, 1500m, 3000m
d. Junior Men: 500m, 1000m, 1500m, 3000m/5000m combined (5000m from US Junior Champs)

2. Within each ACRS competition division above, separate event and series rankings shall be maintained as follows:
    a. One ranking system will be maintained for all participants, including both U.S. and international skaters. Rankings under this system shall be considered the official Competition rankings for the ACRS and shall be the basis for all ACRS Competition prizes and awards.
    b. A second ranking system will be maintained exclusively for US Speedskating members who are eligible to represent the U.S. in international events (without regard to age requirements). Rankings under this second system shall be used for purposes of determining the U.S. Order of Eligibility and for other domestic ranking purposes.
3. Ranking points shall be awarded for each ACRS Competition event, in each ACRS competitive division, and under each of the foregoing ranking systems as follows:
    a. At all ACRS Competitions including the American Cup Final and the U.S. Junior Championships, the following table shall be used:

Place	Points		Place	Points		Place	Points		Place	Points
1	100		9	32		17	10		25+	0
2	80		10	28		18	8			
3	70		11	24		19	6			
4	60		12	21		20	5			
5	50		13	18		21	4			
6	45		14	16		22	3			
7	40		15	14		23	2			
8	36		16	12		24	1			

4. At the conclusion of the season-long ACRS, overall ACRS Champions will be named in each ACRS competitive division and event under Section 1 above, based on the final ACRS rankings.
5. ACRS Champions in the all divisions will be determined based on a final skater ranking of total points earned over the course of the four (4) ACRS division competitions.
6. Junior C division American Cup skaters will not be eligible for American Cup Points

G) Prizes: ACRS Prizes per the above events may be either in product, gifts or cash. Prizes for the 2011-2012 season will be determined during the budget process.

2011 U.S. Single Distance Championships/Fall World Cup Qualifier

A) General Information

1. The U.S. Single Distance Championships will serve as the selection competition for the 2011 Fall World Cup Team.

B) Dates and Location: This event will be conducted November 4-6, 2011 at the Utah Olympic Oval in Salt Lake City, UT.

C) Format: The Competition will be conducted over three-days with the following format:

	Ladies	Men
Day 1	500m #1, 3000m	500m #1, 5000m
Day 2	500m #2, 1000m	500m #2, 1000m
Day 3	1500m, Team Pursuit	1500m, Team Pursuit

D) Qualification Standards

1. **Eligibility to Compete.** The following criteria are used for athletes to be eligible to enter the 2011 U.S. Single Distance Championships/Fall World Cup Qualifier.
    a. Skaters must have reached at least the age of 13 before the July 1, 2011 in order to compete. Skaters who are at least 13 years of age before July 1, 2011 and are under the age of 15 before July 1, 2011 may compete, but are not eligible for team selection.
    b. Any skater earning Senior Category 1 status for the 2011-2012 season which was earned during the 2010-11 season shall be eligible to compete in every distance at the 2011 U.S. Single Distance Championships/Fall World Cup Qualifier. If the competitor is Category 1 short track skater, they must have skated a long track metric race with a published protocol in the 2011-2012 season for seeding times in order to compete.
    c. Any skater who achieves one or more of the time standards below in his/her respective division shall be eligible to compete only in that distance at the 2011 U.S. Single Distance Championships:

Times for Any Track		
	Ladies	**Men**
500m	43.24	39.00
1000m	1:24.82	1:16.08
1500m	2:11.13	1:57.96
3000m	4:35.15	X
5000m	8:02.03	7:06.68
10,000m	X	14:54.89

E) Selection Procedures for the 2011 Fall World Cup Team

The complete and detailed procedures are contained in this document titled 2011 Fall World Cup (p. 15)

2011-2012 U.S. Speedskating Championships

A) Dates and Location: The 2011-2012 U.S. Speedskating Championships will be conducted December 13-18, 2011 at the Pettit National Ice Center in Milwaukee, WI and will serve as the qualification competition for 2012 Winter World Cups, North American/Oceana Regional Qualifier for the World Allround Championships, and World Sprint Championships.

B) Format: The 2011-2012 U.S. Speedskating Championships will be conducted as a six day single distance competition in the following event format:

2011-12 US Speedskating Championships:

Day	Ladies	Men
1	**3000m**	**5000m**
2	**500m x 2**	**500m x 2**
3	**1000m**	**1000m**
4	**Rest Day**	**Rest Day**
5	**1500m**	**1500m**
6	**5000m**	**10,000m**

***This format is based off of the Olympic schedule**

C) Qualification Standards

1. **Eligibility to Compete.** The following criteria are used for athletes to be eligible to enter the 2011 U.S. Speedskating Championships:
   a. Skaters must have reached at least the age of 15 before July 1, 2011 in order to compete at the 2012 U.S. Speedskating Championships.
   b. Any skater earning Senior Category 1 status for the 2011-2012 season shall be eligible to compete in every distance. If the competitor is a Category 1 Short Track skater, they must have skated a long track metric race in the 2011-2012 season for seeding purposes.
   c. Skaters who have not qualified based on 1.b. above shall qualify if they achieve one or more of the time standards below. Skaters who achieve qualifying times in the 500m or 1000m based on the time standards below shall be eligible to compete in the sprint events (500m #1 & #2, 1000m). Skaters who achieve qualifying times in the 1500m, 3000m(ladies), 5000m or 10,000m(men) based on the time standards below shall be eligible to compete in the allround events (500m #1, 3000m(ladies), 5000m, 1500m, 10,000m(men)):

Times for Any Track		
	Ladies	**Men**
500m	**43.24**	**39.00**
1000m	**1:24.82**	**1:16.08**
1500m	**2:11.13**	**1:57.96**
3000m	**4:35.15**	**X**
5000m	**8:02.03**	**7:06.68**
10,000m	**X**	**14:54.89**

*These are the 2011-12 U.S. Speedskating Championships time standards.

D) Selection Procedures for the 2011-12 U.S. Winter World Cup Team, Regional Qualifier, World Allround, Sprint, and Single Distance Championships. The complete and detailed procedures are contained in this document titled 2011-12 International Events (p.14)

2012 U.S. Junior Speedskating Championships

A) The 2012 U.S. Junior Speedskating Championships will be held January 27-29, 2012 at the Pettit National Ice Center and will serve as the qualification competition for the 2012 World Junior Speedskating Championships.

B) Format: The 2012 U.S. Junior Speedskating Championships will be conducted as a three day single distance competition in conjunction with the American Cup II in the following format:

	Ladies & C Men	**Men**
Day 1	500m #1, 1500m	500m #1, 3000m
Day 2	1000m, 3000m	1500m, 5000m
Day 3	500m #2, Team Pursuit	500m #2, 1000m, Team Pursuit

* Mens 5000m will not be a Jr. Americas Cup Points Event.

1. The allround total points will be determined using the following distances:
   a. Ladies and C Men: 500m (first day), 1000m, 1500m, 3000m
   b. Men: 500m (first day), 1500m, 3000m, 5000m
2. The Junior A and B Men's 1000m and the second 500m in each division shall be used for the purpose of ranking skaters in that individual distance.
3. The Junior A and B Men's 3000m shall be used for the sole purposes of ranking skaters in the allround total points.
4. The U. S. Junior Speedskating Championships will be open to, and only to, skaters who are at least 13 but not yet 19 years of age before July 1, 2011. Except as provided in subsection 7 below, a skater may compete only in the class designated for the skater's age before July 1, 2011, as follows:
   a. Junior A:Ages 17 and 18 years

b. Junior B: Ages 15 and 16 years
c. Junior C: Ages 13 and 14 years

5. For purposes of seeding and for purpose of the opening and subsequent draws, skaters will be seeded based solely on their current season's best seed times.
6. Skaters will be ranked in the following categories for each single distance and for the overall classification:
    a. US Speedskating Junior Men and Junior Ladies – includes all US Speedskating Junior Ladies competitors and US Speedskating Junior A and B Men.
    b. US Speedskating Junior A Men and Women
    c. US Speedskating Junior B Men and Women
    d. US Speedskating Junior C Men and Women
7. A Junior C skater, aged 13 or 14 years, before July 1, 2011, who has achieved the time standard required for eligibility to compete under Section C below may apply to compete in the Junior B class by submitting a petition to the Long Track Selection Committee, before the close of entries for the U.S. Junior Speedskating Championships, requesting permission to compete in the Junior B class and acknowledging that, by competing in said class, the skater will thereafter be ineligible for benefits in the Junior C class. Such petition must be signed by the skater and his or her personal coach and parent or legal guardian.
8. Junior C skaters are ineligible to qualify for team selection unless they meet the ISU age requirement (ISU RULE 108, paragraph 1) and fall under section 7. above.

C) <u>Qualification Standards</u>

1. All skaters that meet the age requirements as listed above will be eligible to compete.
2. In order for an athlete to compete in any event other than the 500m, they must have met a 500m qualifying time of 50.00 (both male and female).
3. Skaters are encouraged to have skated metric time trials in their specific events for seeding purposes. Those without seeding times will be placed in the last seeding groups.

U.S. CHAMPIONSHIP MEDALS AND TITLES: *Subject to change- new sponsor*

US Speedskating shall award U.S. Speedskating Championship medals and titles during the 2011-2012 competition season as follows:

A) U. S. Speedskating Championships:

The following medals and titles will be awarded at the U.S. Speedskating Championships:

1. Event Medals: Event medals will be awarded at the conclusion of each individual distance event. For the 500m, the combined times will be used to determine the medal winners. For the 1000m, the best time skated by each skater will be used to determine the medal winners.
2. Sprint Championship Medals: The title "U.S. Sprint Speedskating Champion," and gold U.S. Sprint Speedskating Championship medals, will be awarded to the skaters, ladies and men, achieving the best point totals over the four sprint events at the U.S. Championships (2 x 500m, 2 x 1000m). Silver and bronze championship medals will be awarded to the skaters achieving the second and third best point totals over said distances.
3. Allround Championship Medals: The title "U.S. Allround Speedskating Champion," and gold U.S. Allround Speedskating Championship medals will be awarded to the skaters, ladies and men, achieving the best point totals over the four allround events at the U.S. Speedskating Championships (500m (first race), 1500m, ladies' 3000m, 5000m, men's 10,000m). Silver and bronze U.S. Allround Speedskating Championship medals will be awarded to the skaters achieving the second and third best point totals over said distances.

B) U.S. Junior Speedskating Championships:

The following medals and titles will be awarded at the U.S. Junior Speedskating Championships:

1. Event Medals: Event medals will be awarded at the conclusion of each individual distance event for each of the Junior A, Junior B, and Junior C classes. For the 500m, the combined times will be used to determine the medal winners.
2. Junior Championship Medals: The title "U.S. Junior [Class] Speedskating Champion," and gold U.S. Junior Speedskating Championship medals, will be awarded to the skaters, ladies and men, achieving the best point totals over the four contested events (Ladies: 1st 500m, 1000m, 1500m and 3000m. Men – 1st 500m, 1500m, 3000m, 5000m) at the U.S. Junior Speedskating Championships in each of the Junior A, Junior B, and Junior C classes. Silver and bronze championship medals will be awarded to the skaters achieving the second and third best point totals over said distances in each class. The title "U.S. Junior Speedskating Champion," and gold U.S. Junior Speedskating Championship medals, will be awarded to the Junior lady having the best point total among the Junior A, Junior B, and Junior C classes as defined in the 2011-2012 U.S. Junior Championships format above, combined, and the Junior man having the best point total among the Junior A and Junior B classes, combined. Silver and bronze championship medals will be awarded to the skaters achieving the second and third best point totals over such combined classes.

INTERNATIONAL EVENTS (2011-2012 Season)

2011-2012 World Cups – General

A) **Entry Quotas**: US Speedskating's ISU entry quotas for the 2011-2012 World Cup season are as follows:

	Ladies	Men
500m	**4**	**5**
1000m	**3**	**3**
1500m	**3**	**5**
3000m/5000m	**3**	**X**
5000m/10,000m	**X**	**5**

*US Speedskating may elect not to send a full quota.

B) **Dates and Location**: The dates and location of ISU World Cup events may change as the discretion of the ISU. Any changes will be posted on the US Speedskating web site.

World Cup #1	All Distance	Chelyabinsk, Russia	November 18-20, 2011
World Cup #2	All Distance	Astana, Kazakhstan	November 25-27, 2011
World Cup # 3	All Distance	Heerenveen, Netherlands	December 2-4, 2011
ISU North American and Oceana Regional Qualifier	All Distance	Calgary, Canada	January 14-15, 2012
World Cup #4	Sprint	Salt Lake City, USA	January 21-22, 2012
World Sprint Championships	Sprint	Calgary, Canada	January 28-29, 2012
World Cup #5	Mid/Long Distance	Hamar, Norway	February 11-12, 2012
World Allround Championships	Allround	Moscow, Russia	February 17-19, 2012
World Cup #6	All Distance	Heerenveen, Netherlands	March 2-4, 2012
Junior World Chamionships	All Distance	Obihiro, Japan	March 2-4, 2012
Junior World Cup Final	All Distance	Obihiro, Japan	March 9-10, 2012
World Cup Final	All Distance	Berlin, Germany	March 9-11, 2012
World Single Distance Championships	All Distance	Heerenveen, Netherlands	March 22-25, 2012

C) **Definitions**:

1. World Cup Team: Those who are eligible by rank and have met the ISU qualifying standards listed below but have not met the US Speedskating qualification standards. World Cup Team will be self- funded.

2. World Cup Elite Team: World Cup Team Members achieving US Speedskating Elite World Cup qualifying standards as listed below. Funding will be provided only for the World Cup Elite Team members.
3. Domestics World Cups: A special category of world cup team member will be recognized for domestic "USA World Cups." The skaters in this category shall be recognized as domestic World Cup Team members. The Domestic World Events have an ISU max quota in every distance. This creates additional Domestic World Cup Team Quota spots. Eligible skaters for the Domestic World Cup Team will be those skaters from the rank order from that distance at the respective selection competition with the applicable ISU time. If those eligible for the Domestic World Cup Team also have the US Speedskating qualifying standard they will receive funding for that domestic world Cup only. USS will provide appropriate competition apparel as necessary for all Domestic World Cup Team skaters. Apparel must be returned at the completion of the domestic world cup by those athletes that do not achieve a US Speedskating time.

D) Time Standards:

1. ISU Time Qualification Standards: A skater must have met the following time standards between July 1, 2010 and the end of the selection competition to qualify for the World Cup Team. These time may be achieved at any track:

ISU Qualification Standards:

Distance	Ladies	Men
500m	40.00	36.20
1000m	1:20.00	1:11.90
1500m	2:03.00	1:51.00
3000m	4:24.00	X
5000m	7:25.00 or 4:15.00	6:48.00
10,000m	X	13:40.00 or 6:35.00

a. **US Speedskating Time Qualification Standards:** A skater must have met the following time standards between July 1, 2010 and the end of the selection competition to qualify for the World Cup Elite Team. These time may be achieved at any track:

US Speedskating World Cup Elite Team Qualification Standards:

Distance	Ladies	Men
500m	38.86	35.40
1000m	1:17.39	1:10.04
1500m	1:58.08	1:46.24
3000m	4:11.44	X
5000m	7:12.04	6:27.36
10,000m	X	13:27.66

*Times are based on the average of the 20th fastest skater in the 2010-11 season, the 20th fastest time on the 2011 ISU World Single Distance Classification List and the 20th place time in the 2011 World Single Distance Championships (14th place in the Mens/Ladies 10,000/5000; 18th place Mens 500m; Ladies 500m the slower 20th place finish). Times achieved in the womens 3k/5k can be used for either distance since they are combined in World Cup points.

E) **Reservation:** Foregoing notwithstanding, US Speedskating shall not be obligated to staff, send, fund, or enter a World Cup Team to all or any particular World Cup competitions. US Speedskating is not obligated to fill the entry quota. The LTSC will have the authority to make this determination. Funding decisions will be made by the Long Track Selection Committee and Long Track High Performance Managing Director.

1. **Demonstration Events:** Start positions in any World Cup demonstration events contested as part of or in conjunction with World Cup competitions may be filled by interested members of the particular World Cup

Team, as determined by, and in the discretion of, the US Speedskating coaches and Long Track High Performance Managing Director, or his designee, in attendance at the applicable World Cup competition.

2011 Fall World Cups

A) The U.S. Speedskating Team for the 2011 Fall World Cups (meaning World Cup events occurring prior to the 2012 U.S. Speedskating Championships) shall be selected in accordance with the following:

1. **Provisional Entry Quotas**: U.S. Speedskating's ISU entry quotas for the 2011-2012 World Cup are as follows:

	Ladies	Men
500m:	4	5
1000m:	3	3
1500m:	3	5
3000m/5000m:	3	x
5000m/10,000m:	x	5

2. **Team Selection:** Skaters become eligible and qualify for positions on the 2011 Fall World Cup Team by meeting the following criteria in the stated order.
   a. **Eligibility:** Skaters become **eligible** for selection to the 2011 Fall World Cup Team by their ranking in each distance at the 2011 U.S. Single Distance Championships / Fall World Cup Qualifier. The distances for Ladies are 2 x 500m (combined time), 1000m, 1500m, 3000m (will be used to pick the 5000m). The distances for men are 2 x 500m (combined time), 1000m, 1500m, 5000m (will be used to pick the 10,000m). The number of eligible skaters will not exceed U.S. Speedskating's ISU entry quota for each distance.
      1. If an eligible skater declines their eligibility for a distance for all of the 2011 Fall World Cup events, only 1 skater per distance will move up to an eligible position. This will be the skater finishing 1 place beyond U.S. Speedskating's ISU quota for the distance concerned at the 2011 U.S. Single Distance Championships / Fall World Cup Qualifier. There will be no additional move-ups.
   b. **Qualification:** Eligible skaters from Step 1 (Eligibility) qualify for a position on the 2011 Fall World Cup team by meeting the current ISU World Cup Qualifying Time for a distance they are eligible for in from Step 1. An eligible skater will only qualify for a World Cup start position for the distance(s) where they meet the ISU World Cup Qualifying Time. These times are stated in ISU Communication 1689 and below. Times must have been skated between July 1, 2010 and the end of the 2011 U.S. Single Distance Championships / Fall World Cup Qualifier. There is no USS funding for any skaters qualifying for a position on the 2011 Fall World Cup Team by this step. All expenses to compete in the 2011 Fall World Cups are the responsibility of the skater. There are no move-ups in this step.

2011 - 2012 ISU World Cup Qualifying Times:

Distance	Ladies	Men
500m	40.00	36.20
1000m	1:20.00	1:11.90
1500m	2:03.00	1:51.00
3000m	4:24.00	X
5000m	7:25.00 or 4:15.00	6:48.00
10,000m	X	13:40.00 or 6:35.00

b. **Funding Qualification:** Skaters that have qualified for the 2011 Fall World Cup Team by steps 1 and 2 (Eligibility and Qualification) above can qualify for a position on 2011 Fall World Cup Elite Team by meeting the USS Qualifying Times for their respective events. The times are listed below. These times must have been skated after July 1, 2010. 2011 Fall World Cup Elite Team Members receive full funding from USS to participate in the 2011 Fall World Cups. 2011 World Cup Team Members can qualify for 2011 Fall World Cup Elite Team status at any point prior to the 2011-2012 US championships. USS funding will begin from that point forward.

2011 USS Fall World Cup Elite Team Qualifying Times:

Distance	Ladies	Men
500m	38.86	35.40
1000m	1:17.39	1:10.04
1500m	1:58.08	1:46.24
3000m	4:11.44	X
5000m	7:12.04	6:27.36
10,000m	X	13:27.66

*Times are based on the average of the 20th fastest skater in the 2010-11 season, the 20th fastest time on the 2011 ISU World Single Distance Classification List and the 20th place time in the 2011 World Single Distance Championships (14th place in the Mens/Ladies 10,000/5000; 18th place Mens 500m; Ladies 500m the slower 20th place finish). Times achieved in the womens 3k/5k can be used for either distance since they are combined in World Cup points.

d. **Team Pursuit:** USS staff present at the specific World Cup competition will determine the composition of Fall World Cup Pursuit Team from the athletes present and competing at the World Cup event.

Team Pursuit Specialist: One male and one female Team Pursuit Specialist may or may not be selected to travel to specific World Cups where the Team Pursuit is contested and the World Single Distance Championships. Team Pursuit Specialists will be selected by the USS Long Track Coaching Staff and the Long Track High Performance Managing Director. Different skaters may or may not be selected for different world Cup Team Pursuit events and the World Single Distance Championships. Team Pursuit Specialists shall be funded to the Competition they have been selected for pending finalization by the Long Track Selection Committee.

3. **Mass Start Events:** Start positions will be based on ISU communication 1689 and will be filled by interested members of the Fall World Cup Team, as determined by, and in the discretion of, the U.S. Speedskating coaches, Team Leaders and Long Track High Performance Managing Director in attendance at the applicable Fall World Cup competition.
4. **Demonstration Events**: Start positions in Fall World Cup demonstration events contested as part of or in conjunction with Fall World Cup competitions may be filled by interested members of the Fall World Cup Team, as determined by, and in the discretion of, the U.S. Speedskating coaches, Team Leaders and Long Track High Performance Managing Director in attendance at the applicable Fall World Cup competition.
5. **Medal Contender Illness or Injury**: In the event that a Medal Contender in the 500m, 1000m, 1500m, ladies 3000m, or 5000m men, should be reasonably prevented from qualifying for the Fall World Cup Team due to a verifiable illness or injury, the Medal Contender may submit a petition to the Long Track High Performance Managing Director, or his designee, at or before the conclusion of the 2012 U.S. Single Distance Championships, requesting to be named as an alternate to the Fall World Cup Team and submit evidence from a qualified physician as to the condition which prevented such qualification. Such petition must be signed by the skater and parent or legal guardian (if the skater is a minor). The petition will be considered by the Long Track Selection Committee. Medal Contenders must receive a clean bill

of health from a qualified physician to be eligible for the right to skate off. Medal Contenders so selected as alternates will skate off for start positions according to the following:

a. The skate off will be with the lowest ranked qualified skaters.
b. The skate off will be held over two (2) 500m races, one 1000m, 1500m, 3000m(ladies), or 5000m men.
c. Skate off will be held at a reasonable place and time determined by the USS Long Track High Performance Managing Director.

6. **Fall World Cup Replacement Skaters**: One Skater and one skater only per distance shall be eligible for Fall World Cup Replacement Skater status (FWCRS) in the 500m, 1000m, and 1500m in accordance with the final rankings in such events at the Fall World Cup Qualification Competition. (combined time in the case of the 500m) Additional skaters shall be eligible in the ladies' 3000/5000m and men's 5000/10000m in accordance with the final rankings in the ladies' 3000m and men's 5000m respectively, at the Fall World Cup Qualification Competition.

7. **Vacancies:** USS Reserves the right to fill any unused World Cup start positions that may occur for any reason at any particular World Cup with members of the 2011 Fall World Cup Team or 2011 Fall World Cup Elite Team. The Team member moving into a vacant start position must meet the 2011-2012 ISU World Cup Qualifying Time for that distance. This will be solely at the discretion of the USS staff at the particular World Cup.

8. **Travel and Participation**: All members of the 2011 Fall World Cup Team and 2011 Fall World Cup Elite Team are required to travel as a team on the dates specified by USS. All Team Members are also required to skate in all of the 2011 Fall World Cups.

9. **Reservation:** Foregoing notwithstanding, US Speedskating shall not be obligated to staff, send, fund, or enter a World Cup Team to all or any particular Fall World Cup competitions. US Speedskating is not obligated to fill the entry quota. The LTSC will have the authority to make this determination. All Funding decisions will be made by the Long Track Selection Committee and the Long Track High Performance Managing Director.

10. **Medical Provision:** Should any skaters be deemed medically unfit to compete by the US Speedskating medical staff in attendance in consultation with National Team Coaching Staff, that skater will forfeit their starting position until medically cleared by the US Speedskating medical staff in attendance.

2012 Winter World Cups

A) The U.S. Speedskating Team for the 2012 Winter World Cups (meaning World Cup events occurring after to the 2012 U.S. Speedskating Championships) shall be selected in accordance with the following:

1. **Provisional Entry Quotas**: U.S. Speedskating's ISU entry quotas for the 2011-2012 World Cup are as follows:

	Ladies	Men
500m:	4	5
1000m:	3	3
1500m:	3	5
3000m/5000m:	3	x
5000m/10,000m:	x	5

3. **Team Selection:** Skaters become eligible and qualify for positions on the 2012 Winter World Cup Team by meeting the following criteria in the stated order.

a. **Eligibility Based on Prior Performance:**

1) Any skater who achieves a top five (5) ranking in an individual distance in overall World Cup points through the conclusion of the 2011 Fall World Cup shall qualify for the 2012 Winter World Cup events in that individual distance.

b. **Remaining Positions:** Skaters are eligible and qualified for remaining positions on the 2012 Winter World Cup Team by meeting the following criteria in the stated order.

1) **Selection Eligibility:** Skaters become eligible for selection to the 2012 Winter World Cup Team by their ranking in each distance at the 2012 U.S. Championships. The distances for Ladies are 2 x 500m (combined time), 1000m, 1500m, 3000m. The distances for men are 2 x 500m (combined time), 1000m, 1500m, 5000m. The number of eligible skaters will not exceed U.S. Speedskating's ISU entry quota for each distance.

a. If an eligible skater declines their eligibility for a distance for all of the 2012 Winter World Cup events, only 1 skater per distance will move up to an eligible position. This will be the skater finishing 1 place beyond U.S. Speedskating's ISU quota for the distance concerned at the 2012 U.S. Championships. There will be no additional move-ups.

2) **Qualifications:** Eligible skaters from Step 1 (Selection Eligibility) qualify for a position on the 2012 Winter World Cup team by meeting the current ISU World Cup Qualifying Time for a distance they are eligible for in from Step 1. An eligible skater will only qualify for a World Cup start position for the distance(s) where they meet the ISU World Cup Qualifying Time. These times are stated in ISU Communication 1689 and below. Times must have been skated between July 1, 2010 and the end of the 2012 U.S. Championships. <u>There is no USS funding for any skaters earning a position on the 2012 Winter World Cup Team by this step</u>. All expenses to compete in the 2012 Winter World Cups are the responsibility of the skater. There are no move-ups in this step.

2011 - 2012 ISU World Cup Qualifying Times:

Distance	Ladies	Men
500m	40.00	36.20
1000m	1:20.00	1:11.90
1500m	2:03.00	1:51.00
3000m	4:24.00	X
5000m	7:25.00 or 4:15.00	6:48.00
10,000m	X	13:40.00 or 6:35.00

1) **Funding:** Skaters that have qualified for the 2012 Winter World Cup Team by steps 1and 2 (Selection Eligibility and Qualifications) above can qualify for a position on 2012 Winter World Cup Elite Team by meeting the USS Qualifying times for their respective events. The times are listed below. These times must have been skated after July 1, 2010. 2012 Winter World Cup Elite Team Members receive full funding from USS to participate in the 2012 Winter World Cups. 2012 World Cup Team Members can earn 2012 Winter World Cup Elite Team status at any point during the season. USS funding will begin from that point forward.

2012 USS Winter World Cup Elite Team Qualifying Times:

Distance	Ladies	Men
500m	38.86	35.40
1000m	1:17.39	1:10.04
1500m	1:58.08	1:46.24
3000m	4:11.44	X
5000m	7:12.04	6:27.36
10,000m	X	13:27.66

*Times are based on the average of the 20th fastest skater in the 2010-11 season, the 20th fastest time on the 2011 ISU World Single Distance Classification List and the 20th place time in the 2011 World Single Distance Championships (14th place in the mens/ladies 10,000/5000; 18th place Mens 500m; Ladies 500m the slower 20th place finish). Times achieved in the womens 3k/5k can be used for either distance since they are combined in World Cup points.

4) **Team Pursuit:** USS staff present at the specific World Cup competition will determine the composition of the Winter World Cup Pursuit Team from the athletes present and competing at the World Cup event.

   Team Pursuit Specialist – One male and one female Team Pursuit specialist may or may not be selected to travel to specific World Cups where the Team Pursuit is contested and the World Single Distance Championships. Team Pursuit Specialists will be selected by the USS Long Track Coaching Staff and the Long Track High Performance Managing Director. Different skaters may or may not be selected for different World Cup Team Pursuit events and the World Single Distance Championships. Team Pursuit Specialist shall be funded to the Competition they have been selected for pending finalization by the Long Track Selection Committee.

3. **Mass Start Events:** Start positions will be based on ISU communication 1689 and will be filled by interested members of the Fall World Cup Team, as determined by, and in the discretion of, the U.S. Speedskating coaches, Team Leaders and the Long Track High Performance Managing Director in attendance at the applicable Fall World Cup competition.
4. **Demonstration Events**: Start positions in Winter World Cup demonstration events contested as part of or in conjunction with Winter World Cup competitions may be filled by interested members of the Winter World Cup Team, as determined by, and in the discretion of, the U.S. Speedskating coaches, Team Leaders and the Long Track High Performance Managing Director in attendance at the applicable Winter World Cup competition.
5. **Medal Contender Illness or Injury:** In the event that a Medal Contender in the 500m, 1000m, 1500m, ladies 3000m, or 5000m men, should be reasonably prevented from qualifying for the 2012 Winter World Cup Team due to a verifiable illness or injury, the Medal Contender may submit a petition to the the Long Track High Performance Managing Director, or his designee, at or before the conclusion of the 2012 U.S. Championships, requesting to be named as an alternate to the Winter World Cup Team and submit evidence from a qualified physician as to the condition which prevented such qualification. Such petition must be signed by the skater and parent or legal guardian (if the skater is a minor). The petition will be considered by the Long Track Selection Committee. Medal Contenders must receive a clean bill of health from a qualified physician to be eligible for the right to skate off. Medal Contenders so selected as alternates will skate off for start positions according to the following:
   a. The skate off will be with the lowest ranked qualified skaters.
   b. The skate off will be held over two(2) 500m races, one 1000m, 1500m, 3000m(ladies), or 5000m men.
   c. Skate off will be held at a reasonable place and time determined by the USS Long Track High Performance Managing Director.

6. **Winter World Cup Replacement Skaters**: One Skater and one skater only per distance shall be eligible for Winter World Cup Replacement Skater status (WWCRS) in the 500m, 1000m, and 1500m in accordance with the final rankings in such events at the Winter World Cup Qualification Competition (US Championships). (combined time in the case of the 500m) Additional skaters shall be eligible in the ladies' 3000/5000m and men's 5000/10000m in accordance with the final rankings in the ladies' 3000m and men's 5000m respectively, at the Winter World Cup Qualification Competition.
7. **Vacancies:** USS Reserves the right to fill any unused World Cup start positions that may occur for any reason at any particular World Cup with members of the 2012 Winter World Cup Team or 2011 Winter World Cup Elite Team. The Team member moving into a vacant start position must meet the 2011-2012 ISU World Cup Qualifying Time for that distance. This will be solely at the discretion of the USS staff at the particular World Cup.
8. **Travel and Participation:** All members of the 2012 Winter World Cup Team and 2012 Winter World Cup Elite Team are required to travel as a team on the dates specified by USS. All Team Members are also required to skate in all of the 2012 Fall World Cups.
9. **World Cup Final:** The entries to this competition will be based on ISU rules and Regulations.
10. **Reservation:** Foregoing notwithstanding, US Speedskating shall not be obligated to staff, send, fund, or enter a World Cup Team to all or any particular World Cup competitions. US Speedskating is not obligated to fill the entry quota. The LTSC will have the authority to make this determination. All funding decisions will be made by the Long Track Selection Committee and the Long Track High Performance Managing Director.
11. **Medical Provision:** Should any skaters be deemed medically unfit to compete by the US Speedskating medical staff in attendance in consultation with National Team Coaching Staff, that skater will forfeit their starting position until medically cleared by the US Speedskating medical staff in attendance.

2012 North American/Oceana Regional Qualifier for World Allround Championships

The 2012 North American/Oceana Regional Qualifier for the 2012 World Allround Championships shall be selected in accordance with this section.

A) Entry Quotas: US Speedskating's ISU entry quotas for the 2012 North American/Oceana Regional Qualifier shall be determined in accordance with applicable ISU Rules and Regulations based on the number of entries by all participating ISU members, but shall not exceed three (3) ladies and four (4) men unless otherwise allotted by the ISU. US Speedskating may elect not to send a full quota.

B) Team Selection/Qualification: Berths on the Regional Qualifier Team and Regional Qualifier start positions shall be determined and ranked as follows:

a. First, start positions will be awarded to any skaters, but no more than two (2) ladies and two (2) men, achieving a top ten (10) ranking in both the 1500 and 3000m/5000m ladies, or 1500m and 5000m/10,000m men, in overall World Cup points through the conclusion of the 2012 Fall World Cups.

b. Second, all but the last two (2) start positions will be awarded to the skaters, ladies and men, not among the skaters qualifying above, having the lowest point totals after the first three (3) allround distances at the 2011-2012 U.S. Speedskating Championships (500m, 1500m, 3000m-ladies/5000m-men).

c. Finally, the final two (2) start positions will be awarded to the skaters, ladies and men, not among the skaters qualifying above, having the lowest point totals after all four (4) allround distances at the 2012 U.S. Speedskating Championships (500m, 1500m, 3000m-ladies/5000m-men, 5000m-ladies/10,000m-men).

C) Alternates: Unless an alternate is selected under Section D below, one ladies' and one men's alternate will be selected to the Regional Qualifier Team. The alternates will be the skaters achieving the lowest point totals after all four (4) allround distances at the U.S. Championships not among those already selected to the Regional Qualifier

Team. Alternates selected under this Section C will only compete or travel with the team if a member of the Regional Qualifier Team cannot compete due to illness or injury.

D) Time Standards:

Ladies:	Mens:
3000m: 4:24.00	5000m: 6:48.00

*Based on ISU Regulations

E) Medal Contender Illness or Injury: In the event that a Medal Contender in the 1500m, ladies 3000m, 5000m, or men's 10,000m should be reasonably prevented from qualifying for the Regional Qualifier due to a verifiable illness or injury, the Medal Contender may submit a petition to the Long Track High Performance Managing Director, or his designee, at or before the conclusion of the U.S. Championships, requesting to be named as an alternate to the Regional Qualifier Team and must submit evidence from a qualified physician as to the condition which prevented such qualification. Such petition must be signed by the skater and parent or legal guardian (if the skater is a minor). The petition will be considered by the Long Track Selection Committee. Alternates selected under this subsection will replace the lowest ranked qualifier if the Alternate receives a clean bill of health from a qualified USS physician and certified from the Long Track Selection Committee.

F) Reservation: The foregoing notwithstanding, U.S. Speedskating shall not be obligated to staff, send, fund, or enter a Regional Qualifier Team. US Speedskating is not obligated to fill the entry quota. The LTSC will have the authority to make this determination. All Funding decisions will be made by the Long Track Selection Committee and Executive Director.

2012 World Allround Championships

The US Speedskating Team for the 2012 World Allround Championships shall be selected in accordance with this section.

A) Entry Quotas: US Speedskating's ISU entry quotas for the 2012 World Allround Championships shall be determined in accordance with applicable ISU Rules and Regulations based on results achieved at the 2012 Regional Qualifier, but shall not exceed four (4) ladies and four (4) men. The quota for the North American region is six (6) ladies and eight (8) men. US Speedskating may elect not to send a full quota.

B) Team Selection: Berths on the U.S. World Allround Team and World Allround Championships start positions for Ladies and Men shall be determined and ranked as follows:

1. All start positions will be awarded to skaters in accordance with their final overall rankings at the Regional Qualifier. The US Speedskating rule regarding Competition Re-skates shall apply to the extent the same may be permitted by the Regional Qualifier referee.
2. Should skaters decline the invitation to compete in this event, additional skaters may be selected based upon the criteria defined in Team Selection B) 1 above.
3. Should US Speedskating fail to qualify any spots at the 2012 World Allround Championships based on the results from the 2012 North American/Oceana Regional Qualifier for World Allround Championships, one skater will be selected to compete at the 2012 World Allround Championships based on ISU Rule 208, the top finisher at the 2012 Regional Qualifier and the following criteria:

Time Standards:

Ladies:	Men:
3000m 4:20.00	5000m: 6:40.00

*Based on ISU Regulations

C) Alternates: Unless an alternate is selected under Section D below, one ladies' and one men's alternate will be selected to the World Allround Team. The alternates will be the skaters achieving the highest final overall rankings at the Regional Qualifier for ladies and men not among those already selected to the World Allround Team. The US Speedskating rule regarding Competition Re-skates shall apply to the extent the same may be permitted by the Regional Qualifier referee. In the event that an alternate cannot be so named, that alternate shall be the skater having

the lowest point total after all four (4) allround distances at the U.S. Championships not among those already selected to the World Allround Team. Alternates selected under this Section C will only compete or travel with the team if a member of the World Allround Team cannot compete due to illness or injury.

D) Medal Contender Illness or Injury: (Note: This all depends on date the Regional Qualifier will be held) In the event that a Medal Contender in the 1500m, ladies 3000m, 5000m, or men's 10,000m should be reasonably prevented from qualifying at the Regional Qualifier for the World Allround Championships due to a verifiable illness or injury, the Medal Contender may submit a petition to the Long Track High Performance Managing Director, or his designee, at or before the conclusion of the Regional Qualifier, requesting to be named as an alternate to the World Allround Team and must submit evidence from a qualified physician as to the condition which prevented such qualification, Such petition must be signed by the skater and parent or legal guardian (if the skater is a minor). The petition will be considered by the Long Track Selection Committee. Medal Contenders must receive a clean bill of health from a qualified physician to be eligible to skate off, medal contenders so selected as alternates will skate off for start positions according to the following:

B) Skate off will be against the lowest ranked qualifier.
B) The skate off will be held over one 1500m and one 3000m for ladies, or one 1500m and one 5000m for men.
B) The skate off will be held at a reasonable place and time as determined by the Long Track High Performance Managing Director.
B) The skater(s) with the lowest combined point total over such distances will occupy the contended start position(s)

E) Reservation: The foregoing notwithstanding, U.S. Speedskating shall not be obligated to staff, send, fund, or enter a World Allround Team. US Speedskating is not obligated to fill the entry quota. The LTSC will have the authority to make this determination. All Funding decisions will be made by the Long Track Selection Committee and the Long Track High Performance Managing Director.

2012 World Sprint Championships

The US Speedskating Team for the 2012 World Sprint Championships shall be selected in accordance with the following:

A) Entry Quotas: US Speedskating's ISU entry quotas for the 2012 World Sprint Championships shall be two (2) ladies and three (3) men. US Speedskating may elect not to send a full quota.

B) Team Selection: Berths on the World Sprint Team and World Sprint Championships start positions shall be determined, and ranked as follows:

1. Start positions will be awarded to one (1) lady and one (1) man as follows:

   a. A skater achieving a top ten (10) ranking in both the 500m and 1000m in overall World Cup points at the conclusion of the 2011 Fall World Cup. If skaters are tied, the first tie-breaker will be the skater who has the highest overall 2011-2012 World Cup ranking in either the 500m or the 1000m distance. A second tie-breaker will be the best individual finish in a 2011-2012 World Cup in either the 500m or 1000m event. A third tie-breaker is the skater's best finish in the 500m or 100m at the last 2011 Fall World Cup.

-OR-

   b. A skater may also qualify by obtaining a top six (6) ranking in at least one 500m and at least one 1000m in individual 2011 Fall World Cup events. If skaters are tied, the tie-breaker will be the skater who has the highest overall 2011-2012 World Cup ranking in either the 500m or the 1000m distance. A second tie-breaker will be the best individual finish in a 2011-2012 World Cup in either the 500m or the 1000m event. A third tie-breaker is the skater's best finish in the 500m or 1000m at the last 2011 Fall World Cup.

2. Remaining start positions shall be awarded to the skaters, ladies and men having the lowest point totals after all three (3) sprint distances at the 2011-2012 U.S. Speedskating Championships (2 x 500m, 1 x 1000m).
3. Should skaters decline the invitation to compete in this event, additional skaters may be selected based on the criteria defined in Team Selection B) 2. Any additional skaters must have achieved the following times to be named to the team:

Times for Any Track		
	Ladies	**Men**
500m	**39.80**	**35.95**
1000m	**1:19.50**	**1:10.90**

*Times are based on average time for the 20th place skater from the 2011 World Sprint Championships or the ISU Qualifying Times whichever is faster.

C) Alternates: Unless an alternate is selected under Section D below, one ladies' and one men's alternate will be selected to the World Sprint Team. The alternate shall be the skater having the lowest point total after all three (3) sprint distances at the U.S. Speedskating Championships (2 x 500m, 1 x 1000m) not among those already selected to the World Sprint Team. Alternates selected under this Section C will only compete or travel with the team if a member of the World Sprint Team cannot compete due to illness or injury. To be selected as an alternate the skater must have skated the times listed above in B (3).

D) Medal Contender: In the event that a Medal Contender in the 500m or 1000m should be reasonably prevented from qualifying at the U.S. Speedskating Championships for the World Sprint Championships due to a verifiable illness or injury. The Medal Contender may submit a petition to the Long Track High Performance Managing Director, or his designee, at or before the conclusion of the U.S. Speedskating Championships, requesting to be named as an alternate to the World Sprint Team and submitting evidence from a qualified physician as to the condition which prevented such qualification. Such petition must be signed by the skater and parent or legal guardian (if the skater is a minor). The petition will be considered by the Long Track Selection Committee. Medal Contenders so selected as alternates will skate off for a start position against the lowest ranked qualifier if the Medal Contender receives a clean bill of health from a qualified physician. The skate off will be held over one 500m and one 1000m, at a time and place determined by the Long Track High Performance Managing Director. The skater with the lowest combined point total over such distances will occupy the contended start position.

E) Reservation: The foregoing notwithstanding, U.S. Speedskating shall not be obligated to staff, send, fund, or enter a World Sprint Team. US Speedskating is not obligated to fill the entry quota. The LTSC will have the authority to make this determination. Funding decisions will be made by the Long Track Selection Committee and the Long Track High Performance Managing Director.

2012 World Single Distance Speedskating Championships

The U.S. Speedskating Team for the 2011 World Single Distance Championships shall be selected in accordance with the following:

A) **Entry Quotas**: U.S. Speedskating's ISU entry quotas for the 2012 World Single Distance Championships shall be determined in accordance with applicable ISU Rules and Regulations based on individual overall 2011-12 World Cup rankings and times skated in World Cup competitions and ISU Championships. The quota for U.S. Speedskating shall not exceed three (3) ladies or three (3) men per event.

B) **Team Selection**: Berths on the World Single Distance Team and World Single Distance Championships start positions shall be awarded to the individual skaters earning such positions as per the applicable ISU rankings. If more than three (3) skaters meet the ISU entry criteria, berths and start positions shall be determined and ranked as follows:

1. First, a start position will be awarded to the skater having the highest overall 2010-11 World Cup ranking in the distance, provided the skater's overall rank is in the top 10

2. Second, a start position will be awarded to the skater, not selected above, having the best individual event placing (provided such placing must be at least a top 6 finish) in the distance during the 2011-12 Winter World Cups (World Cup events skated after the 2012 US Speedskating Championships to be held December 30, 2011-January 4, 2012). If two (2) or more skaters have the same best event placing's, the start position will be awarded to the skater, among them, with the highest overall 2011-12 World Cup ranking; and
3. Finally, positions will be awarded by the Long Track Selection Committee.
4. Reserve Skaters fund themselves unless they are able to compete.

C) **Team Pursuit**: 2012 World Single Distance Team members shall be eligible to compete in the team pursuit contested as part of or in conjunction with the 2012 World Single Distance Championships as follows:

a. **Team Pursuit**: USS staff present at the competition will determine the World Single Distance pursuit Team from the athletes present and competing at the event. The selection will be made by the Team Leader, USS coaches, and the Long Track High Performance Managing Director.

Team Pursuit Specialist – One male and one female Team Pursuit Specialist may or may not be selected to travel to specific World Cups where the Team Pursuit is contested and the World Single Distance Championships. Team Pursuit Specialists will be selected by the USS Long Track Coaching Staff and the Long Track High Performance Managing Director. Different skaters may or may not be selected for different World Cup Team Pursuit events and the World Single Distance Championships. Team Pursuit Specialist shall be funded to the Competition they have been selected for pending being finalized by the Long Track Selection Committee.

D) **Reservation:** Foregoing notwithstanding, US Speedskating shall not be obligated to staff, send, fund, or enter a World Single Distance Team. US Speedskating is not obligated to fill the entry quota. The LTSC will have the authority to make this determination. Funding decisions will be made by the Long Track Selection Committee and the Long Track High Performance Managing Director.

2012 World Junior Speedskating Championships

The US Speedskating Team for the 2012 World Junior Speedskating Championships shall be selected in accordance with the following:

A) **Entry Quotas**: US Speedskating's ISU entry quotas for the 2012 World Junior Championships shall be up to five (5) ladies and five (5) men. US Speedskating may elect to not to send a full team.

B) **Team Selection**: Berths on the World Junior Team and World Junior Championships start positions shall be determined and ranked as follows:

1. Any Junior skater who qualifies for a World Allround or World Sprint Championships shall be eligible for a starting position in each of the respective distances.
2. Allround Entries and Start Positions.
   a. The top two finishers, ladies and men, from the U.S. Junior Speedskating Championships Allround Total Points Classification will earn a starting position in each of the allround distances (Ladies: first 500m, 1000m, 1500m, 3000m; Men: first 500m, 1500m, 3000m, 5000m).
3. Individual Distances Entries and Start Positions.
   a. Positions will be awarded to the junior aged skaters, ladies and men, who finish first in a distance classification in one of the four (4) individual distances at the 2012 U.S. Junior Speedskating Championships (Ladies: 500m(combined results), 1000m, 1500m, 3000m; Men: 500m(combined results), 1000m, 1500m and 5000m).
4. If the total number of entries exceeds US Speedskating's ISU entry quota per ISU Rule 208 after the above criteria are applied, a reduction process will be used by using the percentage in comparing the time raced with the World Junior record at that distance. For the 500m, the fastest time skated will be used in computing the percentage.

5. If necessary, remaining positions will be awarded to the second (2nd) ranked skater from each individual distance with the time closest in percentage from the Junior World Record in that distance until the entry quota of five (5) ladies and five (5) men is reached. If all second ranked skaters are awarded positions and the entry quota of five (5) ladies and five (5) men is still not reached, the same process will be done with third (3rd) place finishers, then fourth (4th) place, then fifth (5th) in each individual distance if necessary.
6. Remaining starting positions will be filled based on the ranking of the Team members in the Distance Classification at the 2012 U.S. Junior Speedskating Championships.
7. Should not all starting positions be filled, the appointed U.S. Team coaches at the event will select the skaters to fill the remaining start positions.
8. If skaters are withdrawn or withdraw themselves from their race, the US Speedskating Coaches and Team Leaders have the discretion to fill the spot with the present Junior World Team.

C) Time Standards:

1. In addition to the team selection criteria above (B, #1-6), to participate in the 2012 World Junior Championships a skater must have met the following time standards in their specific distance for individual distance qualifiers and in at least one distance for allround qualifiers (excluding the 500m) after July 1, 2010 through the end of the 2012 U.S. Junior Speedskating Championships.

Times for Any Track		
	Ladies	**Men**
500m	**40.78***	**37.14***
1000m	**1:21.41**	**1:15.36**
1500m	**2:03.70**	**1:53.08**
3000m	**4:32.01**	**X**
5000m	**X**	**7:05.00 or 4:05.00 in the 3000m**
Allround (only)	**2:10.00- 1500m**	**4:05.00- 3000m**

Times are from the 25th place times at the 2010 Junior World Speedskating Championships or the ISU Regulations depending on which is faster.

*Based on 500m #1 because there were not 25 skaters in 500m #2

D) Team Pursuit:

1. If at least three(3) of the five(5) skaters selected based on the criteria in letter 'B' do not meet the minimum time standard in letter 'C', the U.S. will still take a minimum of three skaters in order to field a Team Pursuit team. The skaters selected for the Team Pursuit team will be determined by the U.S. Junior Speedskating Championships Allround Total Points (Ladies: 500m(combined results), 1000m, 1500m, 3000m; Men: 500m(combined results), 1000m, 1500m and 5000m).
2. Team Pursuit Teams for the World Junior Championships shall be selected from the World Junior Team members and alternates by, and in the discretion of, the assigned US Team coaches.

E) Vacancies: If a member of the World Junior Team withdraws from or elects not to compete in the World Junior Championships AND US Speedskating elects to fill such vacancy, the vacancy will be filled by the next ranked skater per B above.

F) Reservation: The foregoing notwithstanding, U.S. Speedskating shall not be obligated to staff, send, fund, or enter a Junior World Team. US Speedskating is not obligated to fill the entry quota. The LTSC will have the authority to make this determination. All Funding decisions will be made by the Long Track Selection Committee and the Long Track High Performance Managing Director.

2011-2012 Junior World Cup Series (if attending – schedule TBD by the ISU)

The US Speedskating Team for the 2011-2012 Junior World Cup shall be selected in accordance with the following;

A) Entry Quotas: US Speedskating's entry quotas for the 2011-2012 Junior World Cup shall be ten (10) ladies and ten (10) men with a maximum of five (5) in each distance. US Speedskating may or may not elect to send a full quota.

B) Team Selection: Berths for U.S. skaters on the Junior World Cup Team and Junior World Cup start positions will be awarded based on the most current Junior Order of Eligibility and meeting the ISU Qualifying times as stated in ISU Communication 1690. For Junior Regional Competition #1, the 2011-2012 Junior Order of Eligibility will be used. For Junior Regional Competition #2 the updated Order of Eligibility from the current season will be used to select the team members. For the Junior World Cup Final, we will be sending the 2012 Junior World Team to compete.

C) Start Positions: Start positions for each event will be determined by the coaching staff.

D) Team Pursuit: Teams for the Junior World Cup team pursuit events shall be selected from the Junior World Cup members by, and in the discretion of, the US Speedskating coaches.

E) Vacancies: If a member of the Junior World Cup Team withdraws from or elects not to compete in the Junior World Cup and US Speedskating elects to fill such vacancy, the vacancy shall be filled by the skater having the lowest point total after all four (4) allround distances at the U.S. Junior Championships (500m, ladies' 1000m, 1500m, 3000m, men's 5000m) not among those already selected to the Junior World Cup Team.

F) Reservation: Foregoing notwithstanding, US Speedskating shall not be obligated to staff, send, fund, or enter a Junior World Cup Team to all or any particular Junior World Cup competitions. Should US Speedskating not elect to participate in any Series event, skaters qualified according to the above standards may be entered and participate in any Series event at their own cost, providing they have met all qualification standards to participate. This does not apply to the Junior World Cup Final. US Speedskating is not obligated to send a coach, trainer or any support staff.

2012-2013 TRAINING AND ATHLETE DESIGNATIONS

Seniors

A) Order of Eligibility –Overall Senior – used to rank all skaters in all distances in one list.

1. U.S. World Single Distance Team- ranked in order of individual distance results in that competition. The second best individual distance result will serve as the first tie breaker. The highest result placement at the U.S. Speedskating Championships will serve as the next tie breaker. The second overall tie breaker will be best overall World Cup ranking in any distance.
2. U.S. Senior World Cup Team, ranked in order of World Cup best individual distance ranking. The second best individual distance World Cup ranking will serve as the first tie breaker. The highest result placement at the U.S. Speedskating Championships will serve as the next tie breaker.
3. U.S. Senior World Allround Team and U.S. World Sprint Team members, ranked in order of overall placement at those events. Best placement in one individual distance will serve as the first tie breaker. Second best finish in an individual distance will serve as the second tie breaker, as so on until the tie is broken.
4. American Cup Racing Series Final Classification ranked by highest placement in an individual American Cup distance classification. Ties will be broken based on the next best overall Americas Cup Racing Series individual distance classification.

B) Order of Eligibility – Per Distance Senior – used to rank skaters in each individual distance.

1. U.S. World Single Distance Team, ranked in order of best individual placement. Second best individual placement will serve as first tiebreaker.

2. U.S. Senior World Cup Team, ranked in order of best individual distance World Cup ranking. The second best individual distance World Cup ranking will serve as the first tie breaker. The highest result placement at the U.S. Speedskating Championships will serve as the next tie breaker
3. U.S. Senior World Allround Team and U.S. World Sprint Team members, ranked in order of overall placement at those events. Best placement in one individual distance will serve as the first tie breaker. Second best finish in an individual distance will serve as the second ties breaker, as so on until the tie is broken.
4. American Cup Racing Series Final Classification per distance. Ties will be broken based on the next best overall Americas Cup Racing Series individual distance classification.
5. If a skater is allowed to fill a Vacancy at an International Competition, they will receive a ranking in that particular race.

D) 2012 Medal Contender Status:

1. Medal Contender Status is used exclusively for computations for the Order of Eligibility and for the extreme circumstance of injury and/or illness that prevents an athlete from completing/competing in a qualifying competition.
2. To be considered as an athlete who earned Medal Contender status, an athlete must have met one of the following criteria:
   A) Top 10 finish in an individual distance in the 2012 World Single Distance Championships.
   B) Achieving a top 10 ranking in an individual distance in the 2011-2012 World Cup Final Standings (WCFS).
   C) Fall World Cup Medalist in the current season.
   D) Team pursuit medalist in the 2012 World Single Distance Championships (WSD) will be given special consideration as a team pursuit specialist.

D) National Racing Programs:

1. **Teams:**
   1. Sprint/Middle Distance Program- Salt Lake City, UT
      a. Maximum of 12 skaters to be named/invited to this team
   2. Allround/Middle Distance Program- Milwaukee, WI
      a. Maximum of 12 skaters to be named/invited to this team
2. **Size:** Up to a maximum of 24 skaters may be named to the National Racing Programs through Automatic invitations and Discretionary invitations.
3. **Automatic Invitations to the National Racing Program:**
   a. Automatic invitations to the National Racing Program will be limited to only the top 8 total athletes (4 Sprint (500, 1000, 1500) and 4 Allround (1500, 3k/5k, 5k/10k) , Ladies and Men combined) from the Order of Eligibility – Overall Senior.
   b. There will be no fill up provision to the Automatic Invitation List should one of the 8 (4 Sprint (500, 1000, 1500) and 4 Allround (1500, 3k/5k, 5k/10k) skaters decline the invitation.
4. **Additions (Discretionary Invitations):** Remaining positions may, but need not, be filled by the Long Track High Performance Managing Director at the discretion of the Long Track Selection Committee, subject to ratification by the Board of Directors.
5. Other skaters outside of the program may be invited to train with the National Racing Program from time to time for a targeted period, as recommended by the High Performance Managing Director and approved by the LTSC.
6. **Letter of Commitment:** Skaters invited to join the National Racing Program must sign and return to US Speedskating a letter of commitment, prepared by the Long Track High Performance Managing

Director, by the date indicated on the letter of commitment. Failure to return the signed letter of intent results in loss of National Racing Program status, title and benefits.

7. Athletes who decline their National Training Program invitation will forfeit all benefits that are tied to the particular National Racing Program including approved USS athlete funding.

E) Category 1 - Senior: U.S. Speedskating Category 1 status for the 2011-2012 season shall be awarded in accordance with this Section D.

1. **Qualification**: Subject to the time standard requirements set forth in Section 3 below, the top ten (10) skaters in each Olympic distance based on the Order of Eligibility per distance - Senior shall be eligible for Category 1 status. (Ladies events: 500m, 1000m, 1500m, 3000m, 5000m; Men's events: 500m, 1000m, 1500m, 5000m, 10,000m)
2. **World Team Members**: Members of the, 2011 World Allround Team, World Sprint Team, and World Single Distance Teams shall be awarded Category 1 status.
3. **Time Standard**: Skaters eligible for Category 1 status pursuant to Sections 1 and 2 above shall be awarded Category 1 status if, and only if, they achieve the time standard in their respective qualification distance set forth below. Qualifying times may be achieved any time during the 2011-12 season between June 1, 2011 and April 15, 2012.

	Ladies	Men
500m	**40.70**	**36.75**
1000m	**1:18.95**	**1:11.73**
1500m	**2:02.97**	**1:49.12**
3000m	**4:16.67**	**X**
5000m	**7:22.92**	**6:44.22**
10,000m	**X**	**13:57.85**

***Times are 110% of the current ISU Senior World Record**

4. **Category 1 Additions**: Additional skaters, may be selected for Senior Category 1 status by the following.
   a. Category 1 status may be awarded to a skater by the Long Track High Performance Managing Director at the discretion of Long Track Selection Committee, subject to ratification by the Board of Directors provided above time standards have been achieved.
   b. Category 1 status may also be restored by the LTSC, subject to ratification by the Board of Directors, for injury, illness or other extraordinary circumstances.

F) USOC Level One Elite Athlete Health Insurance: TBD

Juniors

A) Order of Eligibility – Overall Junior – used to rank all Junior skaters from all distances in one list.

1. U.S. World Single Distance Team, ranked buy highest individual placement. Second best individual placement will serve as first tiebreaker.
2. U.S. Senior World Cup Team, ranked in order of World Cup season overall final points standings. Second best overall points standings in an individual distance will serve as the first tie breaker.

3. U.S. Senior World Allround Team and U.S. World Sprint Team members, ranked in order of overall placement at those events. Best placement in one individual distance will serve as the first tie breaker. Second best finish in an individual distance will serve as the second ties breaker, as so on until the tie is broken.
4. 2012 ISU World Junior Championships individual distance medalist. The second best finish at the 2012 ISU World Junior Championships in an individual distance will serve as the first tie breaker. If still tied, the result placement at the U.S. Junior Speedskating Championships will serve as the third tie breaker.
5. 2012 ISU World Junior Championships Team Pursuit medalist. The best finish at the 2012 ISU World Junior Championships in an individual distance will serve as the first tie breaker. The placement in a second individual distance will serve as the next tie breaker. If still tied, the result placement at the U.S. Junior Speedskating Championships will serve as the third tie breaker.
6. 2012 ISU World Junior Championships team members, ranked in order of placements in an individual distance at the 2012 ISU World Junior Championships.
7. American Cup Racing Series Final Classification ranked by highest placement in an individual American Cup distance classification. Ties will be broken based on the next best overall Americas Cup Racing Series individual distance classification.

B) Order of Eligibility – Per Distance Junior: used to rank skaters in each individual distance

1. U.S. World Single Distance Team, ranked in order of best individual placement. Second best individual placement will serve as first tiebreaker.
2. U.S. Senior World Cup Team, ranked in order of best individual distance World Cup ranking. The second best individual distance World Cup ranking will serve as the first tie breaker. The highest result placement at the U.S. Speedskating Championships will serve as the next tie breaker
3. U.S. Senior World Allround Team and U.S. World Sprint Team members, ranked in order of overall placement at those events. Best placement in one individual distance will serve as the first tie breaker. Second best finish in an individual distance will serve as the second ties breaker, as so on until the tie is broken.
4. 2012 ISU World Junior Championships individual distance medalist. The second best finish at the 2012 ISU World Junior Championships in an individual distance will serve as the first tie breaker. If still tied, the result placement at the U.S. Junior Speedskating Championships will serve as the third tie breaker.
5. 2012 ISU World Junior Championships Team Pursuit medalist. The best finish at the 2012 ISU World Junior Championships in an individual distance will serve as the first tie breaker. The placement in a second individual distance will serve as the next tie breaker. If still tied, the result placement at the U.S. Junior Speedskating Championships will serve as the third tie breaker.
6. 2012 ISU World Junior Championships team members, ranked in order of placements in an individual distance at the 2012 ISU World Junior Championships.
7. American Cup Racing Series Final Classification per distance. Ties will be broken based on the next best overall Americas Cup Racing Series individual distance classification.

C) Junior National Team Program: Up to 12 (male and female combined) skaters may be named to the Junior National Team Program. The named Junior National Skaters will be given the option of training with on of the two oval programs (Utah Olympic Oval and Pettit National Ice Center) free of charge.

1. **Letter of Commitment:** Skaters invited to join the Junior National Team Program must sign and return to US Speedskating a letter of commitment, prepared by the Long Track High Performance Managing Director, by the date indicated on the letter of commitment. Failure to return the signed letter of intent results in loss of Junior National Team Program status, title and benefits.
2. **Qualification**: Skaters who qualify for and participate in the 2012 Junior World Speedskating Championships will be selected for the Junior National Team Program (including non-returning juniors).

3. **Additions:** Additional positions (maximum of 2) may, but need not, be filled at the recommendation of the Long Track High Performance Managing Director at the discretion of the Long Track Selection Committee, and subject to ratification by the Board of Directors (including non-returning juniors).
4. **Reservation:** A maximum of six (6) skaters may be allowed per program free of charge. The US Speedskating Overall Order of Eligibility will be used to pick if more than 6 are interested in any of the two programs. US Speedskating is not obligated to fund a Junior National Team program.

D) Category 1 - Junior: U.S. Speedskating Junior/ Neo-Senior Category 1 status for the 2012-2013 season shall be awarded in accordance with this Section.

1. **Qualifications**:
   a. Age: All Junior Category 1 skaters must be of ISU Junior age (not reached the age of 19 before July 1 preceding the competition season) for the 2011-2012 season. All Junior skaters earning Category 1 status as written in b. and c. below in their last year of junior eligibility can earn Neo-Senior Cat 1 status.
   b. World Single Distance Team, World Allround Team, World Sprint Team, World Cup Team, and Jr World Team members
   c. The top ten (10) junior age skaters per gender from the Junior Overall Order of Eligibility (Neo-Seniors included).
2. **Category 1 Additions**: Additional skaters (not to exceed four (4)), may be selected for Junior Category 1 status by the following.
   a. Junior Category 1 status may be awarded to a skater by the Long Track High Performance Managing Director at the discretion of Long Track Selection Committee, subject to ratification by the Board of Directors.
   b. Junior Category 1 status may also be restored by the LTSC, subject to ratification by the Board of Directors, for injury, illness or other extraordinary circumstances.