



USSPEEDSKATING

**2021-2022
LONG TRACK
SPEEDSKATING
RULES AND REGULATIONS**

Table of Contents

Section 1	General Information.....	3
	<ul style="list-style-type: none">• USS Rules of Competition• Selection Criteria• 2021-2022 Qualified Medal Contenders• Coaching Policy	
Section 2	Domestic Qualification and Ranking Competitions/Events.....	9
	<ul style="list-style-type: none">• US Speedskating American Cup Racing Series (AmCup)• US Speedskating Fall World Cup Trials• 2022 U.S. Olympic Team Trials• U.S. Championships – Junior/Senior/Masters• Domestic event qualifications, standard formats and procedures	
Section 3	International Competitions/Events and Qualifying.....	14
	<ul style="list-style-type: none">• World Cups – General• Fall World Cups• Winter World Cups• World Single Distance Championships / 2022 Olympic Games• Four Continents Long Track Championships• World Allround / Sprint Championships• World Junior Championships• Junior World Cup 1 & 2• Junior World Cup Final	
Section 4	2021-22 National Rankings.....	22
	<ul style="list-style-type: none">• Overall National Rankings• National Distance Rankings	
Section 5	2022-23 National Training Designations.....	24
	<ul style="list-style-type: none">• 2022-23 USS Medal Contender Status• National Team Program (NTP)• Junior National Team• Master Levels• 2022-23 Level Status	
Section 6	National Age Group.....	26
	<ul style="list-style-type: none">• Age Classifications• Entries• Racing Rules• US Speedskating Age Group National Championships• National Speed Skating Marathon/North American Speed Skating Marathon	
Section 7	Appendix.....	37
	<ul style="list-style-type: none">• Appendix A - Qualification Time Standards• Appendix B – MAT 1 Time Standards• Appendix C – MAT 2 Time Standards	

SECTION 1

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 USS Long Track Speed Skating Regulations will take precedence in all instances. If there are amended Regulations or selection procedures, those will be communicated to all competitors at least 10 days in advance of the start of the event. Those properly amended regulations will supersede the original and any previously amended Regulations. Regulation proposals can be submitted to USS using the standard proposal form.

Due to the ongoing COVID-19 pandemic, USS is closely monitoring and following the ISU Communications, USOPC, and CDC guidelines. In the event of a cancellation of either USS or ISU competitions, USS will revisit all qualification procedures. Please check back as updates will surely be forthcoming.

USS RULES OF COMPETITION

- A) **General:** All competitions listed in this document (“Competitions”) will 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 will be incorporated into these Regulations.
- C) **Technical Representative:** It is recommended that a technical representative be appointed to all USS American Cup Racing Series (ACRS or AmCup) and Team Selection Competitions.
- D) **Selection Competitions:** USS may host selection competitions in conjunction with other competitions.
- E) **Qualifying Times/Seed Times for US Speedskating Competitions:**
 - 1) **Qualifying times and Seed Times** for USS competitions must meet the following criteria:
 - a) Must be achieved in an ISU competition, 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 or accessible online.
 - b) Due to COVID-19 restrictions some qualifying times may be accepted with limited officials. Race organizers must request approval from the Long Track Program Director.
 - c) Qualifying and Seed Times must have been met within the timeframe outlined for each competition.
 - 2) 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.
- F) **Drawing Procedures:**
 - 1) **Opening Meeting:** US Speedskating will conduct a coaches meeting prior to the start of all competitions, any further coaches meetings will be subject to the referee and the USS technical representative.
 - 2) **Draw:** The referees, along with USS technical rep and timing and scoring officials, will run the draw and distribute the pairs accordingly.
 - 3) **Grouping:** The referee, in conjunction with USS, has the authority to adjust the grouping, pairings, and schedule to accommodate a successful competition.

- 4) **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 3(a), the Referee will determine the number of skaters that start such distance.
- 5) **Sprint Competitions:** In competitions where the 500m is contended twice, the second race will be paired according to the time ranks from the first race, in such a way that the participants change starting lanes, unless otherwise noted.
- 6) **Out of Competition Racing:** US Speedskating and the hosting venue have the right to allow other races to be run in conjunction with the event subject to approval by the USS Technical Representative and/or the USS Events Director.

G) Eligibility:

- 1) **Citizenship:** Skaters must comply with **ISU Rule 108, 109, and ISU Communication 2030** (re. Citizenship Status and Competition Eligibility) in order to be eligible to represent the United States in international competitions. A skater must be a citizen of the United States to represent the United States at the Winter Olympic Games.
- 2) **Classification:**
 - a) **Junior-** members of USS who are at least 13 years of age as of July 1, 2021 and have not reached the age of 19 before July 1, 2021.
 - b) **Master-** members of USS who are at least 30 years of age as of July 1, 2021.
 - c) **Overall/Senior-** Members of USS who are eligible by both age and qualifying time to compete in a USS event at the highest level.

H) ISU Age Restriction: Skaters selected to U.S. Speedskating teams for international competitions must satisfy all applicable age requirements established by the ISU (please refer to ISU rule #108).

I) ISU Qualifying Times: Skaters selected to USS teams for international competitions must achieve all applicable qualifying times established by the ISU by the end of the selection competition unless otherwise stated.

J) Entry Deadline: The entry deadline for each USS Competition will be clearly stated on the Competition announcement. All entries must be registered online ten (10) 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) must be **received** prior to the opening Team Leaders/Coaches Meeting. All late entry fees must be paid in cash and are non-refundable. All cash late entry fees will be given directly to the local organizing committee.

K) Entry Fees: Entry Fees for USS events listed herein will be published on the event registration site.

L) Uniforms: No skater may wear a USS-issued team uniform or skin suit from the current season or the previous season 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 or skin suit with the markings of a foreign country. The Technical Representative shall issue a warning and if no corrective action is taken, the referee may disqualify the skater.

M) Safety Equipment:

- 1) For all Competitions covered in these regulations, except for marathons, current ISU rules will be followed with regard to required safety equipment. For mass start and pack style racing, ISU communication No. 2195 section 2.1 “Safety Measures” will be followed. Competitions not listed in this document are not required to meet this safety requirement, but USS highly recommends following these guidelines.
 - a) Leather gloves will be considered cut resistant for National Age Group Long Track Championships.

N) Re-Skates:

- 1) For all events sanctioned by USS and listed in this document, a re-skate not allowed by ISU rules may be granted if, in the judgment of the Referee in consultation with the appointed USS technical representative, 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
- 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"), provided, however, a skater will be allowed no more than one re-skate per race per day for disqualification due to false start (meaning, for clarification, when two 500 meter races are contested on the same day, one re-skate could be awarded for each race).
- 3) A skater will not be permitted a re-skate for the following reasons:
 - a) At the reasonable determination of the Referee and or USS Technical Representative it is obvious that the athlete failed to follow the competition rules in order to gain an advantage.
 - b) A race for which the skater did not start due to the skater's failure to timely appear at the starting line unless, in the reasonable determination of the Referee, one of the following applies:
 - i) The skater's failure to appear at the starting line was not the result of the skater's intention to obtain a competitive advantage for the skater (such as, without limitation, more favorable ice or weather conditions, a more competitive or favorable pairing or pairing order, or additional recovery time following an earlier race) or to create a competitive disadvantage to the detriment of the skater with whom the skater was initially paired.
 - ii) The re-skate is not likely to create an actual competitive advantage in favor of the skater (disregarding any advantage the skater might obtain due to pairing considerations, including pairing order), and the skater has not previously been awarded a re-skate following the skater's failure to timely appear at the starting line during any 2021-2022 competition.
- 4) 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.
- 5) Unless the re-skate would otherwise have been permitted under applicable ISU Rules and Regulations, re-skate times will be considered unofficial times and will be disregarded in the determination of final competition standings. Re-skate times and subsequent point totals will be used solely for team selection.

O) 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 will be granted for the impeded skater.

P) Mass Start:

- 1) Mass Start will be run in either of the below described formats as specified for a particular competition. The competition Referee, in consultation with USS, may hold a semi-final round if deemed necessary.
- 2) Distances:
 - a) 16 Lap
 - i) Intermediate Sprint Laps: Completion of lap 4, 8, and 12
 - Intermediate Sprint Points: 1st) 10 Points, 2nd) 8 Points, 3rd) 6 Points
 - ii) Final Sprint: Completion of 16 Laps
 - Final Sprint Points: 1st) 80 Points, 2nd) 40 Points, 3rd) 20 Points, 4th) 10 Points, 5th) 6 Points, 6th) 3 Points
 - b) 10 Lap
 - i) Intermediate Sprint Lap: Completion of lap 4 and 7
 - Intermediate Sprint Points: 1st) 10 Points, 2nd) 8 Points, 3rd) 6 Points
 - ii) Final Sprint: Completion of 10 Laps
 - Final Sprint Points: 1st) 80 Points, 2nd) 40 Points, 3rd) 20 Points, 4th) 4 Points, 5th) 2 Points, 6th) 1 Point

- c) Elimination Mass Start
 - i) ISU Mass Start safety rules and regulations will be used.
 - ii) No athletes will be eliminated in the first lap, but athletes are allowed to pass.
 - iii) After the first “safety” lap, the athlete that crosses the finish line last will be eliminated from the race until 4 competitors remain.
 - iv) The final 4 competitors will race 2 additional laps to determine finishing positions.
 - v) Race distance will be directly related to the number of entries with a maximum of 30 skaters
 - vi) In the case of minimal entrants, the race must be at a minimum of 8 laps, with non-elimination laps skated until the lap to go count equals 2 and 4 competitors remaining.
 - For example – 6 participants – the race distance would be 8 laps with the last place competitor being eliminated with 3 laps to go and another competitor being eliminated with 2 laps remaining. The final four skaters will then compete for placement in the final 2 laps.

3) Overall Placement

- a) Mass Start:
 - i) At the completion of the race, the athletes will be ranked by total points earned during the race (Intermediate and Final sprints points added together). Those not earning points will be ranked according to their final sprint finish. The overall ranking list will then use the ACRS points system for overall points.
 - ii) If there are any ties in points after the completion of a race, the final sprint result will be the tie breaker.
 - iii) A skater who does not finish the race will lose any intermediate sprint points earned. This includes skaters who are lapped by the lead skater or are disqualified. These points will not be transferred to any other skater.
- b) Elimination Mass Start
 - i) Competitors will be ranked according to their position when eliminated or if in the final 4 according to their placement across the finish line at the conclusion of the final 2 laps.

Q) Finishing

- 1) All athletes are expected to maintain their skating position and skate with 100% effort through the finishing line.
 - a) Penalties will not be in place for the 2021-2022 season.

SELECTION CRITERIA

- A) **STATEMENT:** The intent is that all USS Selection Competitions are a fair and equal opportunity event to qualify the best possible team to send to the World Cups and the World Championships. However, the USS Long Track Program Director (or designee) with the Medical Commission will review any COVID-19 related health situations that may arise. If warranted, medical waivers may be granted to athletes. The Medical Commission will evaluate situations where skaters are prevented from or cannot complete competing at the US Championships due to COVID-19 related situations. This would include such things, but not limited, to a positive COVID-19 test, exposure, symptoms, or mandated self-quarantine.
- B) **IMPORTANT:** If at anytime prior, during or after the US Championships an athlete believes they have COVID-19 symptoms they must report immediately to the USS Medical Manager in a written email notification and a phone call to instigate the proper medical precautions.
- C) If the USS Medical Manager is notified by email of a COVID-19 situation this is the start of the potential medical exemption waiver. Once these details are documented by the Medical Manager they will convene with Medical Commission members to review the situation and any medical exemption requests. Only the USS Medical Manager in consultation with Medical Commission members may issue a COVID-19 medical waiver.

- 1) Competitors must have achieved an eligible ISU qualification time for medical exemption consideration. See Appendix "A", B1/B2 time standards.
- 2) The Medical Manager will liaise with Medical Commission members prior to the coaches meeting and report any waiver requests that are known and/or approved at that time to the LT Director and they will provide an update during the coaches meeting.
- 3) Decisions on naming the team may be delayed due to consideration of COVID-19 medical exemption requests. USS is committed to naming the conditional team within seven days after the completion of the selection event conditional of any pending medical clearances.

D) COVID Selection Implications

- 1) In the event that a selection competition must be cancelled, or an athlete(s) is approved for a COVID-19 medical waiver, USS will use a Selection Committee to select an athlete(s) to the Winter World Cup Team or Junior World Team.
 - i) Athletes must have results from the 2019-20 through the current 2021-22 season that would rank them in a qualifying position for a US World Cup or Junior World Championship Team.
- 2) The Selection Committee will consist of the following voting members and seek council from the Long Track Task Force.
 - i) USS Executive Director
 - ii) USS Long Track Program Director
 - iii) USOPC Athletes Advisory Council Representative

E) Notification: Each skater selected to a U.S Speedskating Team must notify the USS 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 competition. The commitment affected by such notification will 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 Team and Team Sprint 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 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 USS in connection with such skater's change of commitment, will be the responsibility of the skater.

F) Other International Events: USS may identify competition opportunities for which it will select a traveling team. To select a traveling team, the most recent qualifying competition may be used. USS reserves the right to select skaters directly to the traveling team.

G) Reservation: USS will not be obligated to staff, send, or fund a team to any particular ISU competition. USS reserves the authority to make this determination superseding all other communications, written or oral. Additionally, funding decisions will be made at the sole discretion of USS.

- H) **Medical Provision:** Should any skaters be deemed medically unfit to compete by the USS medical staff in consultation with the USS Coaching Staff, that skater will forfeit their starting position until medically cleared by the USS medical staff in attendance.
- I) **Demonstration Events:** Start positions in demonstration events may be filled by interested members of the present Team, as determined by, and at the discretion of, the USS High Performance Staff in attendance.
- J) **USS Team Selection:**
- 1) Athletes who violate the rules listed below will first receive a warning, a second violation will result in a disqualification. Athletes who are disqualified due to the items listed below may still be eligible for team selection with their time achieved in the race in which they were disqualified. These times will be used solely for team selection purposes, the athlete will still be disqualified from the event. These rules include:
 - a) Armband infraction (wrong armband, failure to wear armband, armband falling off or being removed during race)
 - b) Failure to comply with timing equipment rules (i.e. transponders)
 - 2) The above rules apply to time trial events only. Transponders must be worn for Mass Start events where transponders are used as determined by USS, failure to wear transponders will result in a disqualification.

2021-2022 QUALIFIED MEDAL CONTENDERS

A) Medal Contender Status:

1) 2021-2022 USS Medal Contenders:

- a) The following athletes earned medal contender status for the 2021-2022 season through the criteria outlined in the 2020-2021 Long Track Speed Skating Rules and Regulations. Due to COVID-19 restrictions some athletes Medal Contender Status was carried over from the 2019-20 season.
 - **Brittany Bowe:**
 - 1st 1000m (WSD-2021), 2nd 1500m (WSD-2021), 8th 500m (WSD-2021) 1st 1000m (WC-2021), 1st 1500m (WC-2021)
 - Medal Contender in the 500m & 1000m & 1500m
 - **Erin Jackson:**
 - 7th 500m (WSD-2020)
 - Medal Contender in the 500m
 - **Kimi Goetz**
 - 5th 500m (WSD-2020), 5th 1000m (WSD-2020)
 - Medal Contender in the 500m & 1000m
 - **Mia Manganello-Kilburg:**
 - 6th Mass Start (WSD-2020)
 - Medal Contender in the Mass Start
 - **Joey Mantia:**
 - 1st Mass Start (WSD-2021), 5th 1500m (WSD-2021), 7th Mass Start (WC-2021)
 - Medal contender in the 1500m and Mass Start

2) Implementation of Medal Contender Clause:

- a) In the event that a Medal Contender in the 500m, 1000m, 1500m, Women's 3k/5k, men's 5k/10k, or Mass Start should be reasonably prevented from qualifying for a team due to a verifiable illness or injury, the Medal Contender may submit a petition to USS at or before the conclusion of the qualifying event, requesting to be named as an alternate to the team being selected 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 USS. 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:

- i) The skate off will be with the lowest ranked qualified skater in the specific distance.
- ii) The skate off will be held in the distance(s) petitioned for by the medal contender athlete.
- iii) Mass start medal contenders will be awarded positions at the discretion of the USS High Performance Staff.
- iv) Skate off will be held at a reasonable place and time determined by the USS High Performance Staff.
- v) The lowest-ranked qualified skater may voluntarily decline their right to a skate off - the medal contender will then acquire the lowest-ranked qualified skater’s starting position.

Team Pursuit Medal Contender may be given special consideration as a Team Pursuit Specialist.

COACHING POLICY

- A) International Events:** USS will select the coaches to represent USS and its teams at the international events listed herein. These coaches will be the USS National Training Program (NTP) coaches unless USS determines the need for additional support by non-NTP coaches as members of the official USS coaching delegation, subject to the non-NTP coach signing and complying with the USS Additional Official Agreement.
- 1) Non-NTP coaches selected as members of the official USS coaching delegation must be USS Certified Level 3 coaches or equivalent as determined by USS.
- B) Domestic Events (as defined in this document):** Skaters must designate on the entry form for each Competition, the coach who they designate to serve as their coach at the Competition. Only the coach designated by a skater competing will be entitled to receive a coaching credential for that Competition. All coaches must be a certified and current USS Level 2 coach or equivalent as determined by USS.

SECTION 2

USS will sanction the following Competitions during the 2021-2022 competition season:

2021-2022 US Speedskating Long Track American Cup Racing Series (ACRS)

- A) Event:** The American Cup Racing Series for Long Track Speedskating (ACRS or AmCup) is a season-long competition series combining both high performance and development racing. ACRS events include the AmCup #1, AmCup #2 and AmCup Final. Each ACRS competition will be conducted in a single distance format. AmCup #2 will be run in conjunction with the U.S. Junior Championships and serve as the World University Championships Qualifier.
- B) Format:**
- 1) **Divisions:** Overall men, Overall women, Junior men and Junior women, and Master men and Master women. Individual distance rankings will be maintained for each division. In addition, Sprint and Long-Distance rankings will be maintained for Overall men and Overall women. Points will be earned for Overall Sprint and Long-Distance based on the chart below.

Event	Overall Long-Distances	Overall Sprint Distances
-------	------------------------	--------------------------

2	54		10	31		18	23		26	15		34	7	
3	48		11	30		19	22		27	14		35	6	
4	43		12	29		20	21		28	13		36	5	
5	40		13	28		21	20		29	12		37	4	
6	38		14	27		22	19		30	11		38	3	
7	36		15	26		23	18		31	10		39	2	
8	34		16	25		24	17		32	9		40	1	

- 2) Athletes who are disqualified will receive last place points.
- 3) AmCup #2 will receive 1.5xpoints (points will be truncated)

E) Final Ranking:

- 1) At the end of the ACRS, Champions will be named based on total points earned in each of the following divisions:
 - a) Overall Sprint
 - b) Overall Long-Distance
 - c) Overall Individual Distances
 - d) Junior Individual Distances
 - e) Master Individual Distances
- 2) Tie breaker for overall points will be based on results at the ACRS Final event.
- 3) 2nd tie breaker will be the athlete with the closest season best time to the senior world record in the distance tied in or any one of the distances represented in the point series where multiple distances are factored.
- 4) There will be one male and one female Overall ACRS Sprint and Long-Distance Champion. Athletes awarded as the overall Sprint and Long-Distance Champion will be eligible for a partial to full scholarship in a USS approved program. These skaters must have met one of the "C" USS time standards during the current season in the Sprint or Long-Distances depending on which they qualified for to be eligible. If no time standard has been achieved, the athlete will still be presented with the overall award and title but will not receive the scholarship to the programs.

F) ACRS Competition Incentives

- 1) **Competition Travel Incentives**
 - a) **AmCup #1**
 - (i) Top 3 Junior (Women& Men) and Top 2 Neo (Women& Men) (Neo as defined by ISU) will receive up to \$300 reimbursement for travel costs to approved international competitions.
 - b) **AmCup #2**
 - (i) Top 3 Junior (Women& Men) and Top 2 Neo (Women& Men) (Neo as defined by ISU) will receive up to \$300 reimbursement for travel costs to approved international competitions.
 - c) **AmCup Final**
 - (i) Top 3 Junior (Women & Men) and Top 2 Neo (Women& Men) (Neo as defined by ISU) will receive up to \$300 reimbursement for travel costs to approved international competitions.
- 2) **Ranking** for funding will be determined using the following criteria
 - a) **Juniors**
 - (i) Funding positions #1 & #2 (Women & Men) will be awarded to the competitor with the lowest point total over 4 distances (500m, 1000m, 1500m, 3000m, or 5000m).
 - (ii) Funding Position #3 will be awarded to the competitor with a finish time closest to the Junior World Record in that respective distance, not including competitors who have earned a funding position based on points above.
 - b) **Neo-Senior**
 - (i) Positions #1 & #2 (Women & Men) will go to the competitor with a finish time closest to the Senior World Record in that respective distance.

US Speedskating Long Track Fall World Cup Trials

A) This event will select the USS Fall World Cup team and will be run in conjunction with AmCup #1.

B) The race format will be:

Day	Women	Men
1	500m #1, 3000m	500m #1, 5000m
2	500m #2, 1500m	500m #2, 1500m
3	1000m, 5000m	1000m, 10000m
4	2x16 Lap Mass Start	2x16 Lap Mass Start

- 1) Non-U.S. Skaters will not be permitted entry into the mass start competition (Non-U.S. Skaters may participate in the AmCup Mass Start)

Qualification Standards:

- 1) To compete in the US Speedskating Fall World Cup Trials in any event other than the 500m, competitors must have met a "D1" level time standard for Seniors and "D2" level time standard for Juniors and Masters after July 1st, 2019 and prior to the event late entry deadline. Athletes who do not have the USS time standards may compete in the 500m only. Any D1 or D2 time standard will make an athlete eligible for all events except the 5000m for women and the 10000m for men. Eligibility to compete in the 5000m women and 10000m for men will be the "C" time standard in the 3000m women and 5000m men. For the Mass Start, the "C" level time standard will be required to be eligible. The mass start competition will be for U.S. skaters only.

2022 U.S. Olympic Team Trials

A) Event: This event will serve as the qualification competition for the U.S. Olympic Team

B) Format: 2022 U.S. Olympic Team Trials will be conducted as a five-day single distance competition on January 5-9 in West Allis, Wisconsin, using the following event format:

Day	Women	Men
1	3000m	5000m
2	1000m	1000m
3	1x500m	1x500m
4	1500m	1500m
5	Mass Start	Mass Start

C) U.S. Speed Skating Athlete Selection Procedures for the 2022 Winter Olympic Games Long Track Speed Skating may be found at the following web address: https://www.teamusa.org/-/media/US_Speedskating/Documents/Athletes/Long-Track/Rules-and-Regulations/SSK-Long-Track-WOG-2022-ATH-4-15-21-Final-V1---signedBHMKTm.pdf?la=en&hash=586E8DF501801B601C7EA2AFB606952174107C46

D) Qualification Standards:

- 1) Athlete must be a national of the United States.
- 2) Athlete must hold a valid U.S. passport that will not expire for six months after the conclusion of the Games.
- 3) To compete in the 2022 U.S. Olympic Team Trials competitors must have met a "C1" level time standard in the specific race they are competing in.
- 2) These times must have been met after July 1st, 2019 and before the late entry deadline for the competition.

US Speedskating Long Track Junior Championships & World University Championship Qualifier

- A) Event:** This event will also serve as the qualification competition for the Junior World Championships. Reference “Junior World Speed Skating Championships” for team selection procedures. This event will also be run in conjunction with America’s Cup #2. This will also serve as the selection event for the University Championships. Selection criteria for the World University Championships will be released in a separate document.
- B) Format:** The U.S. Junior Speed Skating Championships will be conducted as a three-day single distance competition for drawing purposes. Total Points Classification will be used to determine selection to the Junior World Team, see World Junior Championships section.

	Women	Men	C Women & Men
Day 1	500m, 3000m	500m, 5000m	500m, 3000m
Day 2	1000m, 10 Lap Mass Start	1000m, 10 Lap Mass Start	1000m, 10 Lap Mass Start
Day 3	1500m, Team Pursuit	1500m, Team Pursuit	1500m, Team Pursuit

C) Final Ranking:

- 1) The Allround Total Points Classification will be determined using the following distances:
 - a) Women: Junior A, B and C 500m, 1000m, 1500m, 3000m
 - b) Men: Junior A and B 500m, 1000m, 1500m, 5000m
 - c) Junior C Men: 500m, 1000m, 1500m, 3000m

D) Qualification Standards:

- 1) Any USS D2 time standard will make an athlete eligible for all events in their age group

E) Eligibility to Compete:

- 1) The U.S. Junior Speed Skating Championships will only be open to skaters who have not yet reached the age of 19 years before July 1, 2021. A skater may compete only in the class designated for the skater’s age before July 1, 2021, as follows:
 - a) Junior A: Ages 17 and 18 years
 - b) Junior B: Ages 15 and 16 years
 - c) Junior C: Ages 14 and below
- 2) A Junior C skater, aged 14 years, before July 1, 2021, who has achieved the time standard required for eligibility to compete may apply to compete in the Junior B class by submitting a petition to USS, 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, his or her personal coach, and parent or legal guardian. Skaters under the ISU age of 14 that are eligible to compete based on achieving time standards, may not petition to skate above the Junior C class.
- 3) Junior C skaters are ineligible to qualify for team selection unless they meet appropriate ISU age requirement (ISU RULE 108, paragraph 1).

US Speedskating Masters Championships (Salt Lake City)

A) Event: This event will serve to determine the U.S. Masters Champion. This event will also be run in conjunction with AmCup Final.

B) Format: US Championships will be conducted as a three-day single distance competition in the following event format:

Day	Women	Men

1	2x500m, 3000m	2x500m, 5000m
2	1500m, Team Pursuit	1500m, Team Pursuit
3	1000m, Elimination Mass Start	1000m, Elimination Mass Start

E) Qualification Standards:

- 4) IMSSC time standards will be used for qualification. See www.imssc.org

SECTION 3

World Cups – General

A) Entry Quotas: US Speedskating’s ISU entry quotas for World Cups will be determined in accordance with applicable ISU Rules and Regulations.

B) Funding:

- 1) **Time Standards:** A skater must have met the “A1 (Calgary or Salt Lake City) or A2 (All other rinks)” time standard as outlined by the end of the selection competition to qualify for funded travel to the USS World Cup Team.
- 2) **Athlete Agreement:** A skater must have signed the USS Athlete Agreement for the current season to receive funded travel.

C) Domestic Events: US Speedskating may be allocated additional quota spots for ISU events within the United States. USS will still use its time standards for funding these events. US Speedskating will offer a reserve spot for all domestic events in order to try and fill the allocated quota spots.

Fall World Cups / Special Olympic Qualification Classifications

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

B) Entry Quotas: Entry Quotas for Fall World Cups will be determined in accordance with applicable ISU rules and regulations.

C) Team Selection: US Speedskating Long Track Fall World Cup Trials will serve as the selection competition for the Fall World Cups. Skaters become eligible and qualify for positions on the Fall World Cup Team by meeting the following criteria in the stated order.

- 1) **Time Trial Events:** Skaters become eligible for selection to the Fall World Cup Team by their ranking in each distance at the selection competition. The distances for Women are 500m (fastest of the two races), 1000m, 1500m, 3000m, 5000m. The distances for men are 500m (fastest of the two races), 1000m, 1500m, 5000m, 10,000m. The number of eligible skaters will not exceed U.S. Speedskating's ISU entry quota for each, not including reserves or subs.
- 2) **Team Events:**

- 1) **Team Pursuit:** USS may name skaters to the Fall World Cup team as team pursuit athletes. USS staff present at the world cup events will determine the composition and order of the team competing. All athletes entered in the team pursuit must be ISU eligible for the event.
- 2) **Team Sprint:** USS may name skaters to the Fall World Cup team as team sprint athletes. USS staff present at the World Cup events will determine the composition and order of the team competing. All athletes entered in the team sprint must be ISU eligible for the event.
- 3) **Mass Start Events:** Fall World Cup Mass Start positions will be determined by the results of the 2 x Mass Start Races at the selection competition.
 - a) **First Position:** The Competitor with the highest points total, using the ACRS point chart, from the combined two (2) mass start events if they have achieved any one of the ISU/USS “B” qualifying standards.
 - b) **Second Start Position (if applicable):** The second start position may be a discretionary selection or be selected based on their 2nd place overall ranking in the mass start.
 - a) If discretion is implemented the criteria that will be reviewed for the Mass Start Discretionary Selection are as follows:
 - (i) ISU World Cup and World Championship Mass Start results from the last 3 seasons.
 - (ii) National Mass Start results from the last 3 seasons.
 - (iii) Individual Distance results from the current season
 - (iv) A Subjective evaluation of willingness and a proven commitment to teamwork in the mass start
 - b) The selection committee will comprise of the following:
 - (i) USS Executive Director
 - (ii) USS Long Track Program Director
 - (iii) USS Athlete Representative for USS
 - c) **Tie Breaker:** The final sprint finish (finish of the race) of the 16-lap mass start race will serve as the tie breaker for any points ties for that individual race. The final sprint finish (finish of the race) of the 16-lap mass start race #2 will serve as the tie breaker for any combined points ties. The final sprint finish of the 16-lap mass start race #1 will serve as a second tie breaker if needed.
 - d) **Reserves:** If either of the above skaters cannot start an ISU World Cup race, or an additional World Cup position is earned by the US, USS staff present at the competition will choose among present Fall World Cup team members to fill that spot.
- D) Seeding:** Seeding of the athletes at World Cup events will be done by USS and may be discretionary.
- E) Discretionary Invites:** USS reserves the right to fill any remaining World Cup position(s) with discretionary invites for individual distances and/or team pursuit and team sprint events. The discretionary invites must have met the ISU Time Standards in order to compete.
- F) USS Funded Qualification:** Eligible skaters qualify for a funded position on the Fall World Cup team by meeting the following criteria:
 - 1) Achieving a USS A1 or A2 time standards for a distance they are eligible. Times must have been skated between **December 27th, 2019** and the end of the selection competition.
 - a) USS B1/B2 time standards apply to Mass Start events
 - 2) Signing the Athlete Agreement from the current season.
- G) Non-Funded Qualification:** Athletes who qualify for a start position but do not have the “A1 or A2” time standard, or who have not signed the Athlete Agreement for the current season may fund their own way to compete in the qualified events. These athletes must have met the ISU time standards (USS B1 or B2) to qualify.
- H) 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 Fall World Cup Team. The Team member moving into a vacant start position must

meet the ISU World Cup Qualifying Time for that distance. This will be solely at the discretion of the USS staff at the particular World Cup.

World Cup Final

- A) General:** The U.S. Speedskating Team for the World Cup Final will be selected in accordance with the following.
- B) Entry Quotas:** Entry Quotas for the World Cup Final will be determined in accordance with applicable ISU rules and regulations.
- C) Team Selection:** Selection to the World Cup Final team will be based on the final World Cup ranking upon the completion of World Cups 1-4. Those who earn a quota position for the World Cup Final will also be selected by USS to the World Cup Final Team.
- ~~1) In the event that that an athlete(s) is given a COVID medical exemption waiver or an event is cancelled, the guidelines on page 7 will be followed for team selection.~~
 - ~~2) **Time Trial Events:** Skaters become eligible for selection to the Winter World Cup Team by their ranking in each distance at the selection competition. The distances for Women are 500m, 1000m, 1500m, 3000m. The distances for men are 500m, 1000m, 1500m, 5000m. The number of eligible skaters will not exceed U.S. Speedskating's ISU entry quota for each, not including reserves or subs.~~
 - ~~3) **Team Events:**~~
 - ~~1) **Team Pursuit:** USS may name skaters to the Winter World Cup team as team pursuit athletes. USS staff present at the world cup events will determine the composition and order of the team competing. All athletes entered in the team pursuit must be ISU eligible for the event.~~
 - ~~2) **Team Sprint:** USS may name skaters to the Winter World Cup team as team sprint athletes. USS staff present at the World Cup events will determine the composition and order of the team competing. All athletes entered in the team sprint must be ISU eligible for the event.~~
 - ~~4) **Mass Start Events:** Winter World Cup Mass Start positions will be determined by the combined results of the 2x16 Lap Mass Start Races from the USS Fall World Cup Trials and the 2022 U.S. Olympic Team Trials.~~
 - ~~b) **First Position:** The Competitor with the highest points total, using the ACRS point chart, from the combined three (3) mass start events (2021 USS Fall World Cup Trials & 2022 U.S. Olympic Team Trials) if they have achieved any one of the ISU/USS "B" qualifying standards.~~
 - ~~c) **Second Start Position (if applicable):** The second start position may be a discretionary selection or be selected based on their 2nd place overall ranking in the mass start.~~
 - ~~a) Criteria that will be reviewed for the Mass Start Discretionary Selection are as follows:~~
 - ~~(i) ISU World Cup and World Championship Mass Start results from the last 3 seasons.~~
 - ~~(ii) National Mass Start results from the last 3 seasons.~~
 - ~~(iii) Individual Distance results from the current season~~
 - ~~(iv) A Subjective evaluation of willingness and a proven commitment to teamwork in the mass start~~
 - ~~b) The selection committee will comprise of the following:~~
 - ~~(i) USS Executive Director~~
 - ~~(ii) USS Long Track Program Director~~
 - ~~(iii) USS Athlete Representative for USS~~
 - ~~d) **Tie Breaker:** The final sprint finish (finish of the race) of the 16 lap mass start race will serve as the tie breaker for any points ties for that individual race. The final sprint finish (finish of the race) of the 16 lap mass start race #2~~

will serve as the tie breaker for any combined points ties. The final sprint finish of the 16-lap mass start race #1 will serve as a second tie breaker if needed.

e) ~~**Reserves:** If either of the above skaters cannot start an ISU World Cup race, or an additional World Cup position is earned by the US, USS staff present at the competition will choose among present Winter World Cup team members to fill that spot.~~

- D) Discretionary Invites:** USS reserves the right to fill any remaining World Cup position(s) with discretionary invites for individual distances and/or team pursuit and team sprint events. The discretionary invites must have met the ISU Time Standards in order to compete.
- E) USS Funded Qualification:** Eligible skaters qualify for a funded position on the Winter World Cup team by meeting the following criteria:
- 1) Achieving a USS A1 or A2 time standards for a distance they are eligible. Times must have been skated between **December 27th, 2019** and the end of the selection competition.
 - a) USS B1/B2 time standards apply to Mass Start events
 - 2) Signing the Athlete Agreement from the current season.
- F) Non-Funded Qualification:** Athletes who qualify for a start position but do not have the “A1 or A2” time standard, or who have not signed the Athlete Agreement for the current season may fund their own way to compete in the qualified events. These athletes must have met the ISU time standards (USS B1 or B2) to qualify.
- G) 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 World Cup Final Team. The Team member moving into a vacant start position must meet the ISU World Cup Qualifying Time for that distance. This will be solely at the discretion of the USS staff at the particular World Cup.

World Single Distance Championships

- A) There will be no World Single Distance Championships in the 2021-22 Season – please see [2022 Winter Olympic Games Long Track Athlete Selection Procedures](#)**

Four Continents Long Track Championships – This Event Has Been Reinstated

- A) General:** The U.S. Speedskating Team for the 4-Continent Championships will be selected in accordance with the following provisions.
- B) Entry Quotas:** Entry Quotas for the 4-Continent Championships will be determined in accordance with applicable ISU rules and regulations.
- C) Team Selection:** 2021 Fall World Cup Trials will serve as the selection competition for the 4-Continent Championships. Skaters become eligible and qualify for positions on the 4-Continents Team by meeting the following criteria in the stated order.
- 1) **Time Trial Events:**

- 1) Positions will be determined based on the results from 2022 U.S. Olympic Team Trials. The distances for Women are 500m, 1000m, 1500m, 3000m. The distances for men are 500m, 1000m, 1500m, 5000m. The number of eligible skaters will not exceed U.S. Speedskating's ISU entry quota for each, not including reserves or subs.
- 2) **Team Events:**
 - 1) **Team Pursuit:** USS may name skaters to the 4-Continents team as team pursuit athletes. USS staff present at the 4-Continent event will determine the composition and order of the team competing. All athletes entered in the team pursuit must be ISU eligible for the event.
 - 2) **Team Sprint:** USS may name skaters to the 4-Continents team as team sprint athletes. USS staff present at the 4-continent event will determine the composition and order of the team competing. All athletes entered in the team sprint must be ISU eligible for the event.
- 3) **Mass Start:** Starting positions for the 4-Continents will be determined and ranked as follows:
 - 1) **Mass Start Events:** Mass Start positions will be determined by the results of the 2x16 Lap Mass Start Races from the USS Fall World Cup Trials.
 - a) **First Position:** The Competitor with the highest points total, using the ACRS point chart, from the combined three (3) mass start events (2021 USS Fall World Cup Trials & 2022 U.S. Olympic Team Trials) if they have achieved any one of the ISU/USS "B" qualifying standards.
 - b) **Second Start Position (if applicable):** The second start position may be a discretionary selection or be selected based on their 2nd place overall ranking in the mass start.
 - a) Criteria that will be reviewed for the Mass Start Discretionary Selection are as follows:
 1. ISU World Cup and World Championship Mass Start results from the last 3 seasons.
 2. National Mass Start results from the last 3 seasons.
 3. Individual Distance results from the current season
 4. A Subjective evaluation of willingness and a proven commitment to teamwork in the mass start
 - b) The selection committee will comprise of the following:
 - (i) USS Executive Director
 - (ii) USS Long Track Program Director
 - (iii) USS Athlete Representative for USS
 - c) **Tie Breaker:** The final sprint finish of the 16 Lap Mass Start race at 2022 U.S. Olympic Team trials will be the tie breaker for any overall points ties.
- D) **Seeding:** Seeding of the athletes at 4-Continent events will be done according to ISU rules.
- E) **Discretionary Invites:** USS reserves the right to fill any remaining 4-Continent position(s) with discretionary invites for individual distances and/or team pursuit and team sprint events. The discretionary invites must have met the ISU Time Standards (USS "B1 or B2") time standard in order to compete.
- F) **USS Funded Qualification:** Eligible skaters qualify for a funded position on the 4-Continents team by meeting the following criteria:
 - 1) Achieving a USS A1 or A2 time standards for a distance they are eligible. Times must have been skated between December 27th, 2019 and the end of the selection competition.
 - a) USS B1/B2 time standards apply to Mass Start events
 - 2) Signing the Athlete Agreement from the current season.

- G) Non-Funded Qualification:** Athletes who qualify for a start position but do not have the “A1 or A2” time standard, or who have not signed the Athlete Agreement for the current season may fund their own way to compete in the qualified events. These athletes must have met the ISU time standards (USS B1 or B2) to qualify.
- H) Vacancies:** USS Reserves the right to fill any unused 4-Continent start positions that may occur for any reason with members of the 4-Continent Team. The Team member moving into a vacant start position must meet the ISU World Cup Qualifying Time for that distance. This will be solely at the discretion of the USS staff at the 4-Continent Championships.

World Allround Championships

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

- A) Funding:** USS intends to fund athletes that meet the following requirements
- 1) Achieved a top 5 finish at any of World Cups #1-4 in the 1500m, 3000m, 5000m or 10000m
 - 2) Achieved a top 10 finish at any of World Cups #1-4 in the 1500m (Women and Men) and 3000m/5000m (Women) or 5000m/10000m (Men)
- B) Entry Quotas:** Entry quotas for the World Allround Championships will be determined in accordance with applicable ISU Rules and Regulations.
- C) Team Selection:** Berths on the U.S. World Allround Team and World Allround Championships start positions for Women and Men will be determined and ranked as follows:
- 1) **Pre-Qualification:** Up to one (1) spot per distance may qualify for the World Allround Team based on the criteria outlined below:
 - a) A skater will earn a starting position for a distance by winning a medal in one of the following distances 1500m, 3000m, 5000m or 10000m at World Cups #1-4. If multiple skaters win medals the higher-ranking medal will earn the pre-qualification spot. Ties will be broken based on SOQC ranking in that distance.
 - b) Skaters with a top five (5) ranking in the 1500m, 3000m, 5000m or 10000m on the SQRL, after World Cups #1-4, will earn a starting position. Should multiple skaters have a top five (5) ranking in a particular distance the pre-qualification spot will go to the skater with the better SOQC ranking.
 - 2) Additional spots will be allocated based on point totals from the 2022 U.S. Olympic Team Trials in the Women’s 1500m & 3000m; Men’s 1500m & 5000m.
 - 3) All skaters earning start positions must have met the ISU time standards in order to be eligible to compete.

World Sprint Championships

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

- A) Funding:** USS intends to fund athletes that meet the following requirements
- 1) Achieved a top 5 finish at any of the World Cups #1-4 in the 500m or 1000m
 - 2) Achieved a top 10 finish at any of the World Cups #1-4 in both the 500m and 1000m

- B) Entry Quotas:** US Speedskating's ISU entry quotas for the World Sprint Championships will be determined in accordance with applicable ISU Rules and Regulations.
- C) Team Selection:** World Sprint Championships start positions will be determined, and ranked as follows:
- 1) **Pre-Qualification:** Up to one (1) spot per distance may qualify for the World Sprint Team based on the criteria outlined below:
 - a) A skater will earn a starting position for a distance by winning a medal in either the 500m or 1000m distance at one of the Fall World Cups #1-4. If multiple skaters win medals, the higher-ranking medal will earn the pre-qualification spot. Ties will be broken based on SOQC ranking in that distance.
 - b) Skaters with a top five (5) ranking in the 500m or 1000m on the SOQC after World Cups #1-4 will earn a starting position. Should multiple skaters have a top five (5) ranking in a particular distance, the pre-qualification spot will go to the skater with the better SQRL ranking. The 2nd tiebreaker will go to the athlete with the fastest 500m at the U.S. Single Distance Championships.
 - 2) Additional spots will be allocated based on sprint point totals from the 2022 U.S. Olympic Team Trials in the 500m and 1000m.
 - 3) All skaters earning start positions must have met the ISU time standards in order to be eligible to compete (B1/B2 from the US Speedskating Time Standard Chart)
 - 4) **Team Sprint:**
 - a) USS staff present at the World Sprint Championships will determine the composition and order of the team competing.
 - b) The Team Sprint team will only be comprised of athletes competing in the Individual portion of the World Sprint Championships.

World Junior Championships

- A) Entries:** Entries and available quota spots for World Junior Championships will be determined in accordance with applicable ISU rules and regulations.
- B) Team Selection:** Start positions at the World Junior Team and World Junior Championships will be determined as follows:
- 1) In the event that that an athlete(s) is given a COVID medical exemption waiver or an event is cancelled, the guidelines on page 7 will be followed for team selection.
 - 2) **Time Trial Events:** Skaters become eligible and qualify for positions on the World Junior Championship Team by meeting the following criteria in the stated order.
 - a) Skaters earning a top eight (8) finish, in an individual distance, at World Junior Championships the previous year who win that distance at US Speedskating Junior Championships will receive a starting position for that distance.
 - b) Athletes that earn a starting position on the Senior World Cup or Olympic Team.
 - c) Remaining positions will be awarded based on the 4 race Total Points Classification from the U.S. Speedskating Junior Championships.
 - 3) **Team Events:** Will be selected from the World Junior Team members, and at the discretion of, the USS Team Coach and Team Leader along with USS
 - 4) **Mass Start:** Start Positions will be selected from the World Junior Team members who competed in the Mass Start at US Junior Championships.

5) **Seeding:** Will be done by USS and will be based on the results from US Junior Championships. In the event an athlete makes the Senior World Cup Team, they will be seeded at the discretion of the coaching staff and long track program director.

c) **USS Funded Qualification:** Eligible skaters qualify for a funded position on the World Junior Championship team by meeting the following criteria:

1) Achieving one of the time standards from the following table after **December 27th, 2019** through the end of the Junior World Championships:

	Women		Men	
	SLC / Calgary	All Other Tracks	SLC / Calgary	All Other Tracks
500m	40.64	41.45	36.42	37.14
1000m	1:20.37	1:21.97	1:11.33	1:12.75
1500m	2:04.66	2:07.15	1:49.35	1:51.53
3000m / 5000m	4:21.78	4:27.01	6:47.37	6:55.52
Team Pursuit	3:08.08	3:11.84	3:52.67	3:57.32

*Times are from 25th place at the 2018 World Junior Championships for the 500m/1000m/1500m

*Times are from 20th place at the 2018 World Junior Championships for the 3000m/5000m

- 2) Team Pursuit funding times may only be achieved with a team comprised of U.S. Junior aged skaters.
- 3) Athletes placing in the top 25 at the World Junior Championships in the 500/1000/1500 and/or top 20 in the 3000m (Women) 5000m (Men) will receive funding for the Jr. World Championships
- 4) Team Pursuit athletes that finish in the top 6 at the Jr. World Championships when 8 or more teams are competing will receive funding for the Jr. World Championships.
- 5) Non-funded skaters must have achieved applicable ISU qualifying time standards
- 6) Signing the Athlete Agreement

D) **Vacancies:** USS Reserves the right to fill any unused start positions that may occur for any reason with another World Junior Team Member. This will be solely at the discretion of the USS Team Coach and Team Leader.

Junior World Cup 1 & 2

A) **Entry Quotas:** Entry quotas will be determined in accordance with applicable ISU Rules and Regulations.

B) **Eligibility:** Eligibility will be determined in accordance with applicable ISU Rules and Regulations.

C) **Funding:** US Speedskating will NOT fund athletes for the Junior World Cups. However, you may request a travel contribution of 750 USD per competitor from the International Skating Union (ISU). The contribution will be given through the ISU Development Program and transferred to the ISU Member concerned by the end of the season. Please see ISU Communication 2430 for more details.

D) **Junior Entries:** Entries for all Junior World Cups will be determined and ranked as follows based on results from the AmCup #1:

- 1) USS will enter a maximum of 3 Junior aged competitors.
- 2) Positions #1 & #2 for Ladies and Men will be earned by the competitor with the lowest point total over 2 distances 500m (fastest of the two) & 1500m.
- 3) Position #3 for Ladies and Men will be awarded to the competitor with a finish time closest to the Junior World Record in that respective distance, not including competitors who have earned positions based on total points.
- 4) There will be no move-ups to fill allotted quota spots.

E) Neo-Senior Entries: Entries for all Junior World Cups will be determined and ranked as follows based on results from the AmCup #1:

- 1) USS will enter a maximum of 3 Neo aged competitors.
- 2) Positions #1, #2 & #3 for Ladies and Men will go to the competitor with a finish time closest to the current Sr. World Record.
- 3) There will be no move-ups to fill allotted quota spots.

Junior World Cup Final

A) Junior Entries: Entries for all Junior World Cup Final will be determined and ranked as follows:

- 1) Current Junior World Team Members
- 2) There will be no move-ups to fill allotted quota spots.

B) Neo-Senior Entries: Entries for Junior World Cup Final will be determined and ranked in accordance with applicable ISU Rules and Regulations for Eligibility.

SECTION 4

Seniors

A) Overall National Ranking: Used to rank all skaters in all distances in one list.

- 1) World Single Distance Championships - ranked in order of the highest individual distance results in that competition. The second highest individual distance result will serve as the first tie breaker. The highest result placement at the U.S. Championships will serve as the next tie breaker. The third overall tie breaker will be best overall World Cup points ranking in any distance. Athletes competing in team events at the World Single Distance Championships will be ranked after the individual distance athletes.
- 2) Senior World Cup Team from World Cups #1-4, ranked in order of best individual distance points ranking. The second-best individual distance World Cup points ranking will serve as the first tie breaker. The highest result placement at the U.S. Championships will serve as the next tie breaker. Athletes competing in team events at World Cups 1-4 will be ranked after the individual distance athletes only if they achieve a top eight (8) points ranking.
- 3) ACRS Final Classification ranked by highest placement in an individual ACRS distance points classification. Ties will be broken based on the next best overall ACRS individual distance points classification.

B) Overall National Ranking – Per Distance: Used to rank skaters in each individual distance.

- 1) World Single Distance Championships- ranked in order of individual distance results in that competition. Athletes competing in team events at the World Single Distance Championships will be ranked after the individual distance athletes.
- 2) Senior World Cup Team from World Cups 1-4, ranked in order of best individual distance points ranking. The second-best individual distance World Cup points ranking will serve as the first tie breaker. The highest result placement at the U.S. Championships will serve as the next tie breaker. Athletes competing in team events at World Cups 1-4 will be ranked after the individual distance athletes only if they achieve a top eight (8) points ranking.
- 3) ACRS final points classification per distance. Ties will be broken based on the next best overall ACRS individual distance points classification.

Juniors

A) Overall National Ranking: Used to rank all Junior skaters from all distances in one list.

- 1) World Single Distance Championships, ranked by highest individual placement. Second best individual placement will serve as first tiebreaker.
- 2) U.S. Senior World Cup Team from World Cups 1-4 ranked in order of best individual distance points ranking. The second-best individual distance World Cup points ranking will serve as the first tie breaker.
- 3) ISU World Junior Championships individual distance or allround medalist. The second-best finish at the 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.
- 4) ISU World Junior Championships Team Pursuit medalist. The best finish at the 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.
- 5) ISU World Junior Championships team members, ranked in order of placements in an individual distance or allround finish at the ISU World Junior Championships. 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 Speed Skating Championships will serve as the third tie breaker.
- 6) World Junior team members who choose not to participate at the World Juniors.
- 7) ACRS Final Classification ranked by highest average placement in their two best ACRS distance classifications. Ties will be broken based on the next best overall ACRS individual distance classification. The next tie break will be the athlete who has the season best time closest to the Senior World Record in any distance.

B) Overall National Ranking – Per Distance: Used to rank skaters in each individual distance

- 1) World Single Distance Championships, ranked in order of best individual placement.
- 2) U.S. Senior World Cup Team from World Cup #1-4, ranked in order of best individual distance points ranking.
- 3) ISU World Junior Championships individual distance or allround point total medalist.
- 4) ISU World Junior Championships Team Pursuit medalist. The best finish at the 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. Speedskating Championships will serve as the third tie breaker.
- 5) ISU World Junior Championships team members, ranked in order of placements in an individual distance or allround point total at the ISU World Junior Championships. The placement in a second individual distance will serve as the next tie breaker
- 6) ACRS final points classification per distance.

SECTION 5

Seniors

A) 2022-2023 USS 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 eight (8) finish in an individual distance in the 2022 Olympic Games.
 1. For the mass start events at the 2022 Olympic Games, athlete must cross the finish line within the top 8 athletes in order to achieve medal contender status. Points will not be considered for medal contender status.
 - b) Achieving a top 5 ranking in an individual distance (Mass Start) in the 2021-2022 World Cup Final Standings (WCFS).
- 3) Team pursuit medalist in the 2022 Olympic Games may be given special consideration as a team pursuit specialist for the 2022-2023 World Cup Season.

B) National Team Program (NTP):

- 1) **Size:** Up to a maximum of 24 skaters may be named to the NTP through automatic invitations and discretionary invitations.
- 2) **Automatic Invitations to the NTP:**
 - a) Automatic invitations to the National Team Program will be limited to only the top 6 total athletes from the Overall National Ranking – Overall Senior.
 - b) There will be no fill up provision to the Automatic Invitation List should one of the skaters decline the invitation.
- 3) **Additions (Discretionary Invitations):** Remaining positions may, but need not, be filled by the USS High Performance Staff. Athletes may be added at any point as approved by the USS High Performance Staff.
- 4) Other skaters outside of the program may be invited to train with the NTP from time to time for a targeted period, as recommended by the USS High Performance Staff
- 5) **Letter of Commitment:** Skaters invited to join the NTP must sign and return to USS a letter of commitment, prepared by the USS High Performance Staff, by the date indicated on the letter of commitment. Failure to return the signed letter of intent results in loss of NTP status, title and benefits.
- 6) Athletes who decline their NTP invitation may not be eligible for all benefits that are tied to the particular NTP. Please refer to the USS Athlete Services grid.
- 7) **Standards:** Athletes named to the national team program may be required to meet performance criteria set by either their coach or the USS Long Track High Performance Staff. Athletes failing to meet said criteria may be removed from the national team program.

Juniors

A) Junior National Team: US Speedskating Junior National Team for the 2022-2023 season will be awarded in accordance with this section.

- 1) World Single Distance Championships and World Cup 1-4 Team members
- 2) Junior World Team Members
 - (i) Members of the 2021 Junior World Team who have placed in the top 25 in individual events at the 2021 Junior World Championships will be added to the Junior National Team. In the mass start the athlete must be among the top 15 to cross the line – point ranking will not be used. Athletes who place in the top 8 for the Team Pursuit will also be added to the Junior National Team.
 - (ii) Members of the 2021 Junior World Team who have placed in the top 15 in Allround Points at the 2021 Junior World Championships will be added to the Junior National Team.

B) Junior Development Team: U.S. Speedskating Junior Development Team for the 2022-2023 season will be awarded in accordance with this Section.

1) **Qualifications:**

1. The top ranked skater from the women's and the men's divisions (Junior B, Junior C) from the 2021-2022 Overall Junior National Ranking List who are not already on the Senior or Junior National Team. (4 skaters total)

Masters

A) US Speedskating Masters Levels for the 2022-2023 season will be awarded in accordance with this section.

B) USS Masters Team (USMAT):

- 1) To earn USMAT status an athlete must complete the following criteria:
 - a) Skate qualification times in 2 distances in the MAT I timetable
 - b) Engage in a service project for US Speedskating
 - c) Complete one of the two following criteria:
 - i) Skate top 40% finish at IMSSC Masters Allround or Sprint Games
 - ii) Be ranked in the top 20% of the field at the end of the season in 2 distances and within their respective age category

C) Masters Level 1 (MAT 1):

- 1) To earn MAT 1 status, an athlete must complete one of the two following criteria
 - a) Skate a qualifying time in 1 distance in the MAT I timetable
 - b) Be ranked in the top 20% of the field at the end of the season within their respective age group in two distances

D) Masters Level 2 (MAT 2):

- 1) To earn MAT 2 status, an athlete must complete two of the following three criteria:
 - a) Ranked in the top 50% of the field at the end of the season within their respective age group in one distance
 - b) Complete at an American Cup Racing Series event
 - c) Skate the time standard for your age group on the MAT timetable

E) Masters Level 3 (MAT3):

- 1) All registered USS master members will be considered level 3

Level Status

- A) Level 1:** U.S. Speedskating Level 1 status will be awarded in accordance with 1) or 2) below.
- 1) **World Single Distance Championship Team:** Members of the 2022 U.S. Olympic Team will be automatically awarded Level 1 status. Both Junior and Senior skaters are eligible under this section.
 - 2) **Time Standard:** Skaters achieving the “A1 or A2” time standard requirements will be eligible for Level 1 status. Both Juniors and Seniors are eligible for Level 1 status under this section. Qualifying times must be achieved between July 1, 2021 and April 1, 2022.
- B) Level 2:** U.S. Speedskating Level 2 status will be awarded in accordance with 1), 2), or 3) below.
- 1) **Qualification:** The top five skaters in individual distance overall Am Cup Points rankings (500m, 1000m, 1500m, 3000m-Women, 5000m-men) at the end of the 2021-2022 season will earn Level 2 status, subject to the “B1 or B2” time standard.
 - 2) **World Cup Members:** Members of the 2021-2022 World Cup 1-4 Team.
 - 3) **Time Standard:** Skaters eligible for Level 2 status pursuant to Sections 1) and 2) above will be awarded Level 2 status if, and only if, they achieve the “B1 or B2” time standard in their respective qualification distance. Qualifying times must be achieved between July 1, 2021 and April 1, 2022.
- C) Level 3:** U.S. Speedskating Level 3 status will be awarded in accordance with 1 below.
- 1) **Qualification:** Skaters achieving the “C” time standard requirements will be eligible for Level 3 status. Qualifying times must be achieved between July 1, 2021 and April 1, 2022.

SECTION 6

REGULATIONS AND RACING RULES FOR AGE GROUP PACK STYLE COMPETITIONS AND MARATHON RACING

AGE CLASSIFICATIONS

- A)** The following definitions establish the age classification of skaters for the National Age Group Championships. Please refer to each Championship section for specific division and distance information.
- 1) The age of the skater will be the age the competitor is before July 1st preceding the competition.
 - Master 70+ - 70 years of age or older.
 - Master 60-69 - 60 years of age or older.
 - Master 50-59 - 50 years of age or older.
 - Master 40-49 - 40 years of age or older.
 - Master 30-39 - 30 years of age or older.
 - Senior – 19 years of age or older.
 - Junior A –17-18 years of age.
 - Junior B - 15-16 years of age.
 - Junior C – 13-14 years of age.
 - Junior D – 11-12 years of age.

Junior E – This age division has been removed from Age Group Nationals and replaced with “The Future of Speed” Camp.

- B)** A skater may petition the competition organizers and referees to compete in an advanced age group in National Age Group Short Track competition without jeopardizing his current or future lower age status in National Age Group Long Track competition. If a skater is placed in an advanced age group as a result of combining classes but did not sign up for that division and scores points, they will not be required to skate in that advanced age group for future National Age Group Short Track or Age Group Long Track Championships.
- C)** A skater may compete in only one division at a championship competition and in only one competition when competitions are combined.
- D)** If there is only one skater registered in a division, they will be combined with the next age appropriate division. Referees will have discretion to combine other groups in order to create competitive racing.

ENTRIES

- A)** All National Age Group Championship entries except for the National Marathon and North American Marathon are required to be done online through the USS website.
- B)** All entries should be completed with the name of the competitor, age/date of birth, address, name of club or program, name of Association (if applicable), USS membership number, name of coach and the requested seed time information.
- C)** National Age Group Championships are only open to USS members with US citizenship and Permanent or Temporary Resident Card Holders.
- D)** The USS National Office will process all entries and fees for the National Championships. For meets held in Canada, the fees will be paid to Speedskating Canada. No surcharge may be added to the entry fee for any reason.
- E)** Entry fees for the National Championships will be \$99. Entries must be received 10 days prior to the event. Late entries will be accepted up to 5 days prior to the first day of competition. If the late entry deadline falls on a weekend or legal holiday, the late entry deadline will be the first day after the weekend or legal holiday. Late entries are subject to \$100 late fee in addition to the event entry fee (\$199 total).
- F)** Entry fee for the National Marathon and North American Marathon meets will be listed on the entry form. Entries must be received at least 48 hours prior to the start of the first race to avoid a late fee. Late entries will include a late fee and the following information should be provided: 1) a signed USS membership application, 2) Proof of age and citizenship (birth certificate or passport), and 3) Payment of applicable membership dues.
 - 1) Any skater who is not a member of USS, or of an ISU affiliate organization, may purchase a single event race license to compete in a designated USS-sanctioned marathon event. USS shall designate those events at which the single event license will be available. At events not so designated, the single event license will not be available.
 - 2) The license entitles the purchaser to USS member benefits during the specified event. The license fee, plus proof of birth date and citizenship, must be submitted with the event application and entry fee.

A) Infractions of Racing Rules:

- 1) The general racing rule is that the competitors—by their way of skating—will contribute to honest sporting and safe progress of the race in order to determine the result of the race on its merits.
 - a) The following are considered breaches of the racing rules:
 - (i) OFF-TRACK: Shortening the distance to be skated with one or both skates on the left side of the curve, marked by track marking blocks.
 - (ii) IMPEDING: Deliberately impeding, blocking, charging, or pushing another Competitor with any part of the body. Interfere with another Skater by crossing his/her course thereby deliberately causing contact.
 - (iii) ASSISTANCE: Each Skater shall compete as an individual. Any assistance from other Skaters will be cause for sanctions of all Skaters involved. This will not apply to the push the Skater receives from their Team-mate in a Relay race, nor to a push or other assistance in a Team Pursuit race.
 - (iv) KICKING OUT: Deliberately kicking out of a skate (so that the skate is losing entirely its contact with the ice) at the finishing line, or throwing the body across the finishing line, is forbidden, and will lead to a disqualification.
- 2) The Referee may disqualify any competitor from the entire meet or any part of the meet if the competitor:
 - a) Competes to lose, coaches during the race, or uses unfair teamwork by blocking or impeding other competitors.
 - b) Fails or refuses to compete in his or her first event on the meet program, or any subsequent event, after voluntarily entering, unless the competitor shows good cause for not competing.
 - c) The Referee may also disqualify an entire team for any unfair teamwork by any of the members, including but not limited to boxing out, pushing, blocking, etc.
 - d) Any unsportsmanlike behavior against other competitors can lead to disqualification at the discretion of the referee.
 - e) When a skater has fallen and refuses or is unable to get up and continue the race, thereby endangering him or herself or other skaters by remaining on the track, the referee may stop the race and order an immediate restart.
 - f) If during the race any irregularity affecting the result does take place, the Referee may stop the race and order an immediate restart of the race. If the distance has been completed, the Referee may order a re-run of the race. Should any of the skaters have been disqualified in the initial part of the race, they will not take part in the restart or re-run.
 - g) If, at any time, a skater commits any acts unbecoming of a gentleman or lady (such as use of profane language, engaging in fighting, causing undue disturbance), or commits any willful or deliberate act which results in damage, loss, or injury to person or property, without regard to the location of the competitor's act from time of first check-in, during, and until completion of presentation of awards.
- 3) For Long Track Pack Start Competition, the Referee may disqualify a competitor for failure to observe the following passing rules:
 - a) Upon gaining the inside or pole position, the skater has the right of way and may be passed on the right side; but should the skater stray from the pole position, any competitor has the privilege of passing such skater on the left provided there is ample room. When passing, the responsibility for collision or obstruction is upon the passing skater, provided that the skater being passed does not act improperly.
 - b) Keep in their respective positions from the start to finish in all races on straightaway track. In all races with one or more turns, competitors shall not cross to the inner edge of the track except when they can do so without interfering with other competitors.
 - c) Upon entering the homestretch, competitors must stay in a straight line without deviation to the right or left until reaching the finish line. If the skater is far enough ahead so that his or her changing lanes will not interfere with the following skater, he or she may cross to another lane.

B) Sanctions for infringement of the Racing Rules:

- 1) The term "disqualification" as used in ISU Rule 297 paragraph 5 describes the various sanctions mentioned in this Rule including, without limitation, the following type of sanctions:
 - a) **PENALTY:** In the case of an infringement of the Racing Rules a penalty will be given. The Skater/Relay Team will be disqualified in the relevant race in which the infringement occurred, and will be excluded from participating in the next round of the distance concerned. The Skater/Relay Team will forfeit the points/result accrued in that race alone. Points/results accrued prior to that race will not be affected.
 - b) **YELLOW CARD:** If an infringement of the Racing Rules is deemed by the Referee to be an unsafe, harmful or hazardous offense, a yellow card will be shown to the infringing Skater. The Skater/Relay Team will be disqualified in the relevant race in which the infringement occurred and excluded from participating in the next round of the distance concerned. The Skater/Relay Team will forfeit prior points/results accrued in all races over the distance concerned. Any Skater who is shown the yellow card twice in the same competition will be sanctioned by a red card, will be excluded from the competition immediately and will not be ranked in the final classification.
 - c) **RED CARD:** 1) In the case of an infringement which is deemed by the Referee to be intentionally dangerous or grossly negligent, the Skater will be shown a red card. 2) In the case a Skater is shown two yellow cards in the same competition, the Skater will be shown a red card. 3) For any action, either on or off ice, not in compliance with Rule 125, a red card may also be shown to the Skater. The Skater who is shown a red card will be excluded immediately from the competition and will not be ranked in the final classification. In the case a Skater is shown a red card in a Relay race, his Relay Team will be excluded immediately from the Relay competition and will not be ranked in the final Relay classification. Individual sanctions for the Skater(s) concerned will also apply.

C) Team Pursuit:

- 1) Pursuit races may have either 3 or 4 skaters racing on each team. In both cases the finishing time of the team will be determined as the finishing time of the third skater in the team. If less than three Skaters of the team finish the race, the team is considered not to have completed the race and will be disqualified.
- 2) In Team Pursuit races the two teams will start simultaneously at each side of the track, at the middle of the straights. If the heats have been composed according to a ranking of the teams, the best ranked team will start on the ordinary finishing straight. Otherwise the starting positions will be determined by a draw.
- 3) The track must be laid out with only one competition lane, e.g. by making use of the demarcation between the inner lane and the warm-up lane on a standard track.
- 4) If some skater(s) of a team is overtaken by skaters from the other team, this competitor will not be disqualified.
- 5) If the competition format for the Team Pursuit competition is based on elimination races to promote teams to the next phase of races, a team overtaking the other team before the full distance has been skated in an elimination race, will already at that moment be declared the winner of the race (heat). The definition of overtaking in this case is that the third positioned skater of the team has overtaken the third positioned skater of the other team.

D) The Start of Races:

- 1) When the Starter orders "Go to the start" the Competitors shall place themselves between the pre-start line and the starting line. The Competitors have to take a stable position before the Starter calls "Ready", whereupon they are to take their starting position and keep this position absolutely until the shot is fired.
- 2) Competitors may not touch the starting line or be in contact with the ice beyond the starting line with any parts of their body or equipment. Competitors must keep all of their skates entirely behind the starting line.
- 3) There shall be a distinct interval between the moment when the Competitors have taken their starting position and the firing of the shot. This distinct interval should be between 1 and 1.5 seconds.
- 4) If a skater is interfered with and falls within 25 meters past the starting line, the Skaters will be called back to make a new start according to subparagraph 1.

- 5) If a false start takes place, the Skaters will be recalled with a second shot, or blast with a whistle. The Skaters must return to the start line without delay. The Starter shall identify the Skaters by line position number and shall indicate to the Skater(s) that they made a false start.
- 6) If more than one skater is responsible for a false start they will all be assessed a false start.
- 7) If one of the skaters breaks from his or her marks, thereby causing other skaters to follow, only the skater at fault will be assessed a false start.
- 8) After a race has been called back for a false start, any subsequent false start by any of the Skaters will result in a penalty for the Skater(s) concerned.
- 9) Any skater that by his or her action delays the start will receive a warning. In the case of a false start or a second warning to a skater who has already received a warning, the starter shall tell the skater that he or she gets a penalty. Any warnings for delays do not affect the other skaters on the starting line.
- 10) In the event of a misfire by the starter's gun, or an official's delay in the start of a race, the complete starting procedure with all verbal commands will be used. If the skaters have left the starting area, the starter shall command their return to the starting line with a whistle. Skaters shall return without delay. All false starts or penalties will remain in effect.

E) PROTESTS:

All protests will follow ISU rule No. 123

NATIONAL AGE GROUP LONG TRACK CHAMPIONSHIPS

A) Entries

- 1) All skaters must furnish their fastest seed times according to the division & distance chart below. Seed time provided may have been achieved at either a metric or mass start (Long or Short Track) competition.
- 2) Entries without any seed times will be seeded last, after those with entered times.
- 3) The Junior "E" division has been removed from this event and replaced with a "Future of Speed" camp.

B) COMPETITION FORMAT (Pack Style)

- 1) The pack style races will be conducted as an All Finals – No Elimination progression. All skaters will progress in the competition through all qualifying rounds to the Final round.
- 2) The scheduled number of skaters in each Group per round and in the Final races will be according to the qualification table published on the USS website. Depending on the number of entries, the maximum number of skaters in the A and B Finals will follow the principle of ISU Rule 295. For Qualifying rounds and lower Finals, the number of skaters per race may be higher.
- 3) Groups in Qualifying Rounds and Finals will be run in reverse alphabetical order. Final races with only one skater will not be run, that skater will receive the highest rank for that final race. Final races with only two skaters will be run.

Divisions	Distances for National Championship			
	Junior D (11-12)	400	500	600
# Skaters in Final	6-7	6-7	7-8	7-8
Junior C (13-14)	500	800	1000	1500
# Skaters in Final	6-7	7-8	7-8	7-8
Junior B (15-16)	500	1000	1500	3000
# Skaters in Final	6-7	7-8	7-8	7-8
Junior A (17-18)	500	1000	1500	3000
# Skaters in Final	6-7	7-8	7-8	7-8
Senior (19 years+)	500	1000	1500	3000
# Skaters in Final	6-7	7-8	7-8	7-8
Master Divisions	500	800	1000	1500
# Skaters in Final	6-7	7-8	7-8	7-8
Team Pursuit	Ladies-6laps		Men-8laps	

C) VARIATIONS AND EXCEPTIONS TO AGE GROUP DIVISIONS

- 1) If there are a low number of skaters registered in Junior B, A & Senior Divisions, a combined division may be created for racing. Any combined division will be split out for overall division medals and distributed to the traditional age division champions based on overall classification.
- 2) Master divisions will be combined into age-appropriate racing divisions and awarded overall medals according to 5-year age divisions. 10-year age divisions will be observed for maintaining the National Records.

D) MAKE UP OF QUALIFYING ROUNDS AND PROGRESSIONS

- 1) The first qualifying round of each distance will consist of all skaters per racing division (Group A). Ranking and seeding the first qualifying round of each distance will be according to the seed time per distance. Ties for seeding will be broken by random draw. Seeding will be done in a clockwise serpentine manner. Lane position for the first qualifying round of each distance will be random draw. The order in which the heats will race will be drawn.
- 2) For subsequent qualifying rounds, direct qualifiers and additional (+) qualifiers by next fastest place shall be ranked according to the current distance classification and seeded into their next qualifying Group. Skaters that do not qualify shall be ranked according to the current distance classification and seeded into the next lower qualifying Groups. In case of equal times over the distance, a draw will establish the order. Seeding will be done in a clockwise serpentine manner. Lane position will be decided by times skated in the previous round. The order in which the heats per Group will race will be drawn.
- 3) The number of heats per Group in each round and the number to directly qualify to the next round will be according to the published qualification table. Any additional (+) qualifiers are considered conditional based on the number of advancements made by the Referee. Skaters that are advanced will progress and there may be some races with more Skaters on the line than initially proposed.
- 4) Skaters who receive a Penalty in a qualifying round will be ranked last in their Group and progress to the next round according to their rank. Skaters who receive a second Penalty on the same distance will be recorded as a Yellow Card and excluded from further participation for that distance.

E) COMPETITION POINT SYSTEM

Final Points will be awarded in individual distances according to the following table:

Rank	1	2	3	4	5	6	7	8
Points	34	21	13	8	5	3	2	1

- 1) Final Points will be awarded in the Finals A and B only. The points are awarded in descending order beginning with the first place in Final A. After all places in Final A have been awarded, the remaining points will be awarded to the Final B in descending order starting with the first place.
- 2) In case of a penalty or did not finish in Final A, skater(s) concerned will be awarded points equal to the winner of Final B. In case of a penalty in Final B, skater(s) concerned will not be awarded any Final points.
- 3) No Final points will be awarded to a skater(s) who Did Not Start, receives a Yellow Card, or receives a Red Card.
- 4) In the case of a tie, all Skaters involved in a tie will receive points awarded for that finish position (i.e., tie on 2nd- both Skaters will receive 21 pts). The points for the following finish place (3rd) will not be awarded. Points would commence with 8 pts for 4th place.

F) DISTANCE CLASSIFICATION

- 1) Following the Finals round for each distance, a classification will be made in which the Skaters are ranked in the following order:
 - a. By Group /Final Group beginning with Final A, B, C, etc.
 - b. By finish position (place) within the respective Final Groups. In case of a tie, then finish position (place) within the subsequent previous qualifying rounds determines the ranking.
 - c. Best time: if the results by final group and position result in a tie, then the best time skated in any race over the distance determines the ranking.

G) OVERALL CLASSIFICATION (Final and Current Overall Classification)

- 1) The Overall Classification combines the distance rankings in the following order:
 - a. Highest total number of Final Points
 - b. Combined distance rankings over all distances.
 - c. Best rank achieved in one of the distances and subsequent best rankings.
 - d. Best Time over the longest distance.

H) SANCTIONS AND CONSEQUENCES- SPECIAL CONSIDERATIONS

1) The following table shows the sanction and consequences according to the respective round.

Sanction	1 st Qualifying Round	Intermediate Qualifying Rounds	Finals
DID NOT FINISH	No finish or time results in the race. Ranked in order; at the bottom of the round. ISU rule 295.5 Progress to the next round according to the Distance Classification.	No finish or time results in the race. Ranked in order; at the bottom of the round. ISU rule 295.5 Progress to the next round according to the Distance Classification.	No finish or time results in the race. Ranked by final block; in order of the Distance Classification. ISU rule 295.7
PENALTY (PEN x 2= Yellow Card)	No finish or time results in the race. Ranked in order; at the bottom of the round. ISU rule 295.5 Progress to the next round according to the Distance Classification.	No finish or time results in the race. Ranked in order; at the bottom of the round. ISU rule 295.5 Progress to the next round according to the Distance Classification.	No finish or time results in the race. Ranked by final block; in order of the Distance Classification. ISU rule 295.7
YELLOW CARD (YC x 2= Red Card)	No finish or time results in this race. <u>No Progression on Distance.</u> Ranked in order, at the bottom of the Distance Classification. ISU rule 295.9	No finish or time results in this race. <u>No Progression on Distance.</u> Ranked in order, at the bottom of the Distance Classification. ISU rule 295.9	No finish or time results in this race. Ranked in order, at the bottom of the Distance Classification. ISU rule 295.9
RED CARD	No finish or time results in this race. <u>No progression on Distance</u> Listed as participant in order, at the bottom of the Distance classification ISU rule 295.9 Out of Competition	No finish or time results in this race. <u>No progression on Distance</u> Listed as participant in order, at the bottom of the Distance Classification ISU rule 295.9 Out of Competition	No finish or time results in this race. Listed as participant in order, at the bottom of the Distance Classification ISU rule 295.9 Out of Competition
DID NOT START	No finish or time results in this race. <u>No Progression on Distance.</u> Listed as participant in order, at the bottom of Distance classification. ISU rule 295.9.	No finish or time results in this race. <u>No Progression on Distance.</u> Ranked last by block; in order of the Distance Classification. ISU rule 295.7	No finish or time results in the race. Ranked by final block; in order of the Distance Classification. ISU rule 295.7

- 2) Any skater for whom the race was stopped to preserve the skater's wellbeing, will not be allowed to take part in the restart, unless the skater was unable to continue for reasons beyond their control. If the referees conclude the race was stopped prematurely, they will have the discretion to restart the race with the skater for whom the race was called off. The results of skater(s) excluded from the restart for this reason will be a DNF, unless a penalty was imposed. If the skater for whom the race is stopped is injured due to the action of another skater that receives a penalty, the referee may advance the skater.
- 3) A withdrawal form must be submitted if withdrawing from a Distance or the remainder of the Competition. In the event a skater withdraws from the Competition, they will remain ranked in the Overall Classification based on the results of their completed distances

I) TEAM PURSUIT

- 1) Team Pursuits will consist of male team(s) and/or female team(s) from associations, registered clubs, and/or team(s) of direct skaters. Associations, registered clubs, or teams of direct skaters which do not have at least four skaters entered in the junior C through Master 30-39 divisions will be allowed to combine with another association, registered club, or with direct skaters that are entered in the competition to form a team.
- 2) Entry form for the team pursuit should be submitted to the Competitor Steward by the completion of the coaches meeting held the day before the competition begins. Entries must specify the names of skaters, their division, and the responsible coach.
- 3) Team Pursuit races will be conducted if time is available.

J) NATIONAL CLUB CHAMPIONSHIP

- 1) The club that accumulates the highest number of club points will be National Club Champions.
 - 2) A skater must be a member of a current registered USS club to earn points.
Club Championship points

Place	1st	2nd	3rd	4th
Points	5	3	2	1

- 3) Club points will be awarded 1st through 4th place in the A Final race of each distance.
- 4) Club points earned will accumulate for their respective club.
- 5) Club points will not be awarded to skaters that receive a sanction in an A Final.

K) COACHES

- 1) Only coaches designated by a competing skater will be entitled to receive a coaching credential for any specific competition.
- 2) Coaches must register at least ten (10) days prior to the first competition in which they would request coaching credentials to be listed on the approved coaching list and be eligible for coaching credentials.
- 3) Coaches will be listed on the approved coaching list for the entire season, unless revoked for cause.
- 4) All coaches must be Level 2 certified and be compliant with requirements for certification renewal.

NATIONAL SPEED SKATING MARATHON/NORTH AMERICAN SPEED SKATING MARATHON

A) Entries:

- 1) Entries must be received at least 48 hours prior to the start of the first race. Late entries will include a late fee and the following information should be provided: 1) A signed USS membership application, 2) Proof of age and citizenship (birth certificate or passport), and 3) Payment of applicable membership dues.
- 2) Any skater, who is not a member of USS or of an ISU affiliate organization, may purchase a single-event race license to compete in a designated USS-sanctioned marathon event. USS will designate those events at which the single-event license will be available. At events not designated, the single-event license will not be available. The license entitles the purchaser to USS member benefits during the

specified event. The license fee, plus proof of birth date and citizenship, must be submitted with the event application and entry fee.

B) Divisions for the National Speedskating Marathon:

Master Men 70+	Master Women 70+
Master Men 60-69	Master Women 60-69
Master Men 50-59	Master Women 50-59
Master Men 40-49	Master Women 40-49
Master Men 30-39	Master Women 30-39
Senior Men 19-29	Senior Women 19-29
Junior Men (18 and under)	Junior Women (18 and under)

1) Divisions for the North American Speedskating Marathon:

- a) The divisions in the table above may be used or otherwise determined by the host country and organizing committee.

C) Distances:

- 1) The distances for the National Speedskating Marathon will be 25 kilometers and 50 kilometers.
a) The distances for the North American Speedskating Marathon will be determined by the host country and organizing committee.

D) Final Classification:

- 1) For each race in the National Marathon, the Class Champion will be the contestant who completes the course in the fastest time. (Points do not apply)

Appendix A

The USS time standards chart will be used for USS competitions and team qualifying.

USS Time Standards Chart:

	Distance	Women	Men	Notes
A1/A2	500m	38.88/39.65	35.07/35.77	Level 1 Qualifying Standards and USS World Cup Qualifying Standards (funded) A1 - Calgary and SLC Only A2 - All other ovals *Times must have been achieved as noted in the selection procedures for each event.
	1000m	1:16.38/1:17.90	1:09.38/1:10.76	
	1500m	1:57.75/2:00.10	1:46.74/1:48.87	
	3000m	4:11.28/4:16.30	X	
	5000m	7:13.66/7:22.33	6:28.27/6:36.03	
	10,000m	X	13:30.00/13:40.00	
B1/B2	500m	39.50/40.00	35.70/36.20	B1 - Level 2/ ISU SLC and Calgary World Cup Qualifying Standards B2 - ISU Lowland World Cup Qualifying Standards
	1000m	1:19.00/1:20.00	1:11.00/1:12.00	
	1500m	2:00.50/2:02.00	1:49.00/1:50.50	
	Mass Start	Any individual distance time	Any individual distance time	
	3000m	4:19.00/4:22.00	X	
	5000m	7:23.00 or 4:11.00 (3k) / 7:33.00 or 4:14.00 (3k)	6:40.00/6:45.00	
	10,000m	X	13:30.00 or 6:28.00 (5k) / 13:40.00 or 6:33.00 (5k)	
C	500m	42.00	39.00	USS Level 3/ U.S. Championships / U.S. Olympic Team Trials (When run as a singular event)
	1000m	1:24.00	1:17.00	
	1500m	2:10.00	1:57.00	
	3000m	4:30.00	X	
	5000m	X	7:02.00	
	Mass Start	Any "C" Time	Any "C" Time	
D1/D2	500m	45.00/49.00	41.00/45.00	D1 -USS Level 4 Qualifying Standards and Sr ACRS Racing Series Standards D2 - Jr and Masters ACRS Standards and US Jr Champ Time Standards
	1000m	1:29.00/1:37.00	1:20.50/1:29.00	
	1500m / Mass Start	2:15.00/2:30.00	2:03.00/2:15.00	
	3000m	4:49.00/5:10.00	4:25.00/4:50.00	
	5000m	8:10.00/8:59.00	7:25.50/8:10.00	

- All USS funding time standards must have been achieved after December 27th, 2019 unless otherwise noted.
- All USS entry time standards must have been achieved after July 1st, 2019

Appendix B

USA Masters "MAT 1" Classification Timetable for 2020-21 Season

2019-2020 Masters Qualification timetables prepared by Marty Haire

The time standard for the top masters classification will be 108% of the IMSSC Masters International Records at www.speedskatingresults.com. In some cases an older AG record is lower. In these cases the Qual Standard time for the younger AG is adjusted to be that of the older AG. These cases are GREEN shaded and in the "corrected" column.

WOMEN

500 m Women	Skater	Nat	Record	108%	Qual Time	Qual time corrected
30	Rebekah Bradford-Plath	USA	00:39.31	00:42.45	00:42.45	00:42.45
35	Mijke Anne Kannevorff	NED	00:41.03	00:44.31	00:44.31	00:44.31
40	Anke Landman	NED	00:41.26	00:44.56	00:44.56	00:44.56
45	Tomomi Okazaki	JAP	00:41.70	00:45.04	00:45.04	00:45.04
50	Anja Bollaart	NED	00:42.76	00:46.18	00:46.18	00:45.74
55	Gerdien Meijer	NED	00:42.35	00:45.74	00:45.74	00:45.74
60	Tatyana Epaneshnikova	RUS	00:45.52	00:49.16	00:49.16	00:49.16
65	Barb Johnson	USA	00:47.25	00:51.03	00:51.03	00:51.03
70	Tatyana Sidorova	RUS	00:54.38	00:58.73	00:58.73	00:57.87
75	Thea Kroontje	NED	00:53.58	00:57.87	00:57.87	00:57.87
80	Agatha van der Starre	CAN	01:37.43	01:45.22	01:45.22	01:45.22

1000 m Women	Skater	Nat	Record	108%	Qual Time	Qual time corrected
30	Rebekah Bradford-Plath	USA	01:17.62	01:23.83	01:23.83	01:23.83
35	Mijke Anne Kannevorff	NED	01:22.48	01:29.08	01:29.08	01:27.89
40	Anja Bollaart	NED	01:21.38	01:27.89	01:27.89	01:27.89
45	Jacqueline Munzel	USA	01:22.10	01:28.67	01:28.67	01:28.67
50	Gerdien Meijer	NED	01:24.19	01:30.93	01:30.93	01:30.46
55	Gerdien Meijer	NED	01:23.76	01:30.46	01:30.46	01:30.46
60	Tatyana Epaneshnikova	RUS	01:32.54	01:39.94	01:39.94	01:39.94
65	Thea Kroontje	NED	01:35.21	01:42.83	01:42.83	01:42.83
70	Tatjana Sidorova	RUS	01:50.96	01:59.84	01:59.84	01:55.92

75	Thea Kroontje	NED	01:47.33	01:55.92	01:55.92	01:55.92
80	Aline Komarova	RUS	03:34.57	03:51.74	03:51.74	03:51.74

1500 m Women	Skater	Nat	Record	108%	Qual Time	Qual time corrected
30	Eva Rodansky	USA	02:06.83	02:16.98	02:16.98	02:13.42
35	Nina Tørset	NOR	02:06.34	02:16.45	02:16.45	02:13.42
40	Anke Landman	NED	02:03.54	02:13.42	02:13.42	02:13.42
45	Jacqueline Munzel	USA	02:09.39	02:19.74	02:19.74	02:19.74
50	Lyudmila Filimonova	RUS	02:12.31	02:22.89	02:22.89	02:22.89
55	Gerdien Meijer	NED	02:14.68	02:25.45	02:25.45	02:25.45
60	Thea Kroontje	NED	02:20.69	02:31.95	02:31.95	02:31.95
65	Thea Kroontje	NED	02:26.61	02:38.34	02:38.34	02:38.34
70	Tatyana Sidorova	RUS	02:50.23	03:03.85	03:03.85	02:55.25
75	Thea Kroontje	NED	02:42.27	02:55.25	02:55.25	02:55.25
80	Aline Komarova	RUS	05:51.54	06:19.66	06:19.66	06:19.66

3000 m Women	Skater	Nat	Record	108%	Qual Time	Qual time corrected
30	Nina Bjørnbeth (Tørset)	NOR	04:28.06	04:49.50	04:49.50	04:48.79
35	Nina Tørset	NOR	04:27.40	04:48.79	04:48.79	04:48.79
40	Nicole Slot	CAN	04:34.64	04:56.61	04:56.61	04:51.75
45	Jolanda Voskamp-Vollebregt	NED	04:30.14	04:51.75	04:51.75	04:51.75
50	Galina Petrova-Blinkova	RUS	04:38.47	05:00.75	05:00.75	05:00.75
55	Lyudmila Filimonova	RUS	04:44.53	05:07.29	05:07.29	05:07.29
60	Thea Kroontje	NED	04:48.14	05:11.19	05:11.19	05:11.19
65	Thea Kroontje	NED	05:00.36	05:24.39	05:24.39	05:24.39
70	Alla Berezina	RUS	06:05.74	06:35.00	06:35.00	05:58.37
75	Thea Kroontje	NED	05:31.82	05:58.37	05:58.37	05:58.37

5000 m Women	Skater	Nat	Record	108%	Qual Time	Qual time corrected
30	Melissa Dahlmann	USA	07:41.77	08:18.71	08:18.71	08:18.71
35	Eva Rheenan	NED	08:01.67	08:40.20	08:40.20	08:39.64
40	Henriette Goede	NED	08:16.96	08:56.72	08:56.72	08:39.64
45	Jolanda Voskamp-Vollebregt	NED	08:17.96	08:57.80	08:57.80	08:39.64

50	Lyudmila Filimonova	RUS	08:01.15	08:39.64	08:39.64	08:39.64
55	Lyudmila Filimonova	RUS	08:14.10	08:53.63	08:53.63	08:53.63
60	Thea Kroontje	NED	08:21.55	09:01.67	09:01.67	09:01.67
65	Olga Makarova	RUS	09:26.55	10:11.87	10:11.87	10:11.87
70	Gertraud	GER	12:08.49	13:06.77	13:06.77	13:06.77

10000 m Women	Skater	Nat	Record	108%	Qual Time	Qual time corrected
30	Bianca v/d Hoek	NED	17:05.20	18:27.22	18:27.22	17:56.81
35	Eva Rheenan	NED	16:37.05	17:56.81	17:56.81	17:56.81
40	Nina Torset	NOR	16:44.01	18:04.33	18:04.33	18:04.33
45	Ans Oudejans	NED	17:16.89	18:39.84	18:39.84	18:39.84
50	Ans Oudejans	NED	17:33.99	18:58.31	18:58.31	18:58.31
55	Gerdien Meijer	NED	17:34.02	18:58.34	18:58.34	18:58.34

MEN

500 m Men	Skater	Nat	Record	108%	Qual Time	Qual time corrected
30	Andreas Kraus	GER	00:37.51	00:40.51	00:40.51	00:40.17
35	Harry Pardijs	NED	00:37.19	00:40.17	00:40.17	00:40.17
40	Andrew Love	USA	00:37.63	00:40.64	00:40.64	00:40.60
45	Ivar Njos	NOR	00:37.59	00:40.60	00:40.60	00:40.60
50	Ivar Njos	NOR	00:38.23	00:41.29	00:41.29	00:41.29
55	Bruce Conner	USA	00:38.75	00:41.85	00:41.85	00:41.85
60	Boris Leikin	USA	00:40.26	00:43.48	00:43.48	00:43.48
65	Victor van den Hoff	NED	00:41.11	00:44.40	00:44.40	00:44.40
70	Pentti Kiiskinen	FIN	00:43.51	00:46.99	00:46.99	00:46.99
75	Pentti Kiiskinen	FIN	00:46.03	00:49.71	00:49.71	00:49.71
80	Ronald Johnson	CAN	00:49.52	00:53.48	00:53.48	00:53.48
85	Anre Foldvik	NOR	00:54.19	00:58.53	00:58.53	00:58.53
90	Lichi Marumo	JAP	01:34.47	01:42.03	01:42.03	01:42.03

1000 m Men	Skater	Nat	Record	108%	Qual Time	Qual time corrected
30	Bart Seffinga	NED	01:14.04	01:19.96	01:19.96	01:18.82
35	Vladimir Kostin	KAZ	01:12.98	01:18.82	01:18.82	01:18.82

40	Brian Boudreau	USA	01:14.53	01:20.49	01:20.49	01:20.49
45	Ivar Njes	NOR	01:14.88	01:20.87	01:20.87	01:20.87
50	Jan Duif	NED	01:15.99	01:22.07	01:22.07	01:22.07
55	Rene Van Bernum	GER	01:16.06	01:22.14	01:22.14	01:22.14
60	Victor van den Hoff	NED	01:19.82	01:26.21	01:26.21	01:26.21
65	Victor van den Hoff	NED	01:20.05	01:26.45	01:26.45	01:26.45
70	Pentti Kiiskinen	FIN	01:26.59	01:33.52	01:33.52	01:33.52
75	Pentti Kiiskinen	FIN	01:33.57	01:41.06	01:41.06	01:41.06
80	Ronald Johnson	CAN	01:40.28	01:48.30	01:48.30	01:48.30
85	Arne Kjell Foldvik	NOR	01:52.11	02:01.08	02:01.08	02:01.08
90	Lichi Marumo	JPN	04:03.86	04:23.37	04:23.37	04:23.37

1500 m Men	Skater	Nat	Record	108%	Qual Time	Qual time corrected
30	Jeroen Schoppink	NED	01:52.70	02:01.72	02:01.72	01:58.48
35	Vladimir Kostin	KAZ	01:49.70	01:58.48	01:58.48	01:58.48
40	Roberto Sighel	ITA	01:51.95	02:00.91	02:00.91	02:00.91
45	Jan Duif	NED	01:54.96	02:04.16	02:04.16	02:04.16
50	Jan Duif	NED	01:56.89	02:06.24	02:06.24	02:06.24
55	Victor van den Hoff	NED	01:57.99	02:07.43	02:07.43	02:07.43
60	Victor van den Hoff	NED	02:00.85	02:10.52	02:10.52	02:10.52
65	Sergey Mazein	RUS	02:06.19	02:16.29	02:16.29	02:16.29
70	Pentti Kiiskinen	FIN	02:15.30	02:26.12	02:26.12	02:26.12
75	Kees Verdouw	NED	02:21.51	02:32.83	02:32.83	02:32.83
80	Arne Kjell Foldvik	NOR	02:36.81	02:49.35	02:49.35	02:49.35
85	Arne Kjell Foldvik	NOR	03:00.48	03:14.92	03:14.92	03:14.92

3000 m Men	Skater	Nat	Record	108%	Qual Time	Qual time corrected
30	Mark Ooijevaar	NED	03:57.96	04:17.00	04:17.00	04:16.49
35	Vladimir Kostin	KAZ	03:57.49	04:16.49	04:16.49	04:16.49
40	Roberto Sighel	ITA	03:58.36	04:17.43	04:17.43	04:17.43
45	Jan Duif	NED	04:02.65	04:22.06	04:22.06	04:22.06
50	Arjan Bakker	NED	04:04.59	04:24.16	04:24.16	04:24.16
55	Arjan Bakker	NED	04:08.98	04:28.90	04:28.90	04:28.90
60	Arjan Bakker	NED	04:13.42	04:33.69	04:33.69	04:33.69
65	Sergey Mazein	RUS	04:27.11	04:48.48	04:48.48	04:48.48
70	Jan van der Meulen	NED	04:41.51	05:04.03	05:04.03	05:04.03

75	Kees Verdouw	NED	04:59.77	05:23.75	05:23.75	05:23.75
80	Arne Kjell Foldvik	NOR	05:31.52	05:58.04	05:58.04	05:58.04
85	Arne Kjell Foldvik	NOR	06:34.32	07:05.87	07:05.87	07:05.87

5000 m Men					Qual Time	Qual time corrected
	<i>Skater</i>	<i>Nat</i>	<i>Record</i>	<i>108%</i>		
30	Andre Los	NED	06:50.58	07:23.43	07:23.43	07:17.69
35	Otto van de Pol	NED	06:45.27	07:17.69	07:17.69	07:17.69
40	Roberto Sighel	ITA	06:49.37	07:22.12	07:22.12	07:22.12
45	Martin Haire	USA	07:01.95	07:35.71	07:35.71	07:23.78
50	Martin Hanggi	SUI	06:50.91	07:23.78	07:23.78	07:23.78
55	Frode Eidsmo	NOR	07:06.31	07:40.41	07:40.41	07:40.41
60	Arjan Bakker	NED	07:20.36	07:55.59	07:55.59	07:55.59
65	Sergey Mazein	NED	07:43.72	08:20.82	08:20.82	08:20.82
70	Wim Brand	NED	08:07.00	08:45.96	08:45.96	08:45.96
75	Kees Verdouw	NED	08:37.52	09:18.92	09:18.92	09:18.92
80	Arne Kjell Foldvik	NOR	09:44.28	10:31.02	10:31.02	10:31.02
85	Arne Kjell Foldvik	NOR	11:43.27	12:39.53	12:39.53	12:39.53

10000 m Men					Qual Time	Qual time corrected
	<i>Skater</i>	<i>Nat</i>	<i>Record</i>	<i>108%</i>		
30	Andre Los	NED	14:03.69	15:11.19	15:11.19	15:11.19
35	Otto van de Pol	NED	14:09.83	15:17.82	15:17.82	15:12.58
40	Kees Hooft	NED	14:31.05	15:40.73	15:40.73	15:12.58
45	Harry Schut	NED	14:34.95	15:44.95	15:44.95	15:12.58
50	Martin Hanggi	SWI	14:04.98	15:12.58	15:12.58	15:12.58
55	Arjan Bakker	NED	14:34.88	15:44.87	15:44.87	15:44.87
60	Arjan Bakker	NED	14:54.41	16:05.96	16:05.96	16:05.96
65	Wim Brand	NED	16:08.46	17:25.94	17:25.94	17:25.94
70	Kees Verdouw	NED	16:55.17	18:16.38	18:16.38	18:16.38
75	Kees Verdouw	NED	17:26.86	18:50.61	18:50.61	18:50.61
80	Arne Kjell Foldvik	NOR	20:27.21	22:05.39	22:05.39	22:05.39
85	Arne Kjell Foldvik	NOR	25:06.72	27:07.26	27:07.26	27:07.26

Appendix C

MAT II Qualification Table

This table is drawn from IMSSC time standards rule 3.1.6

4. Maximum Time Table

Age Group	maximum time	
	500m	1500m
Ladies 30	50.00	2:45.00
Ladies 35	52.00	2:47.50
Ladies 40	53.00	2:50.00
Ladies 45	55.00	2:52.50
Ladies 50	57.00	2:55.00
Ladies 55	59.50	3:00.00
Ladies 60	1:02.50	3:07.50
Ladies 65	1:06.00	3:18.00
Ladies 70	1:10.00	3:30.00
Ladies 75	1:15.00	3:45.00
Ladies 80	1:20.00	4:00.00
Ladies 85	1:25.00	4:15.00
Ladies 90+	1:30.00	4:30.00

Age Group	maximum time	
	500m	1500m
Men 30	45.00	2:25.00
Men 35	46.00	2:27.50
Men 40	47.00	2:30.00
Men 45	48.50	2:32.50
Men 50	50.00	2:35.00
Men 55	52.00	2:37.50
Men 60	54.50	2:45.00
Men 65	58.00	2:54.00
Men 70	1:02.00	3:06.00
Men 75	1:07.00	3:21.00
Men 80	1:12.00	3:36.00
Men 85	1:17.00	3:51.00
Men 90+	1:22.00	4:06.00