



U S SPEEDSKATING

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

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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 |
|-------------|---|--------------------------|
| AmCup #1 | 1500m, 3000m (Women) / 5000m (Men) | 2x500m, 1000m |
| AmCup #2 | 1500m, 10 Lap Mass Start | 500m, 1000m |
| AmCup Final | 1500m, 3000m (Women) / 5000m (Men) / Elimination Mass Start | 2x500m, 1000m |

a) International skaters will not be ranked.

- 2) The race format for each ACRS competition will be:

a) **AmCup #1 Salt Lake City**

| 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 (Two divisions, 1 st division AmCup Time Qualifiers – 2 nd division “C” Time Standard qualifiers | 2x16 Lap Mass Start (Two divisions, 1 st division AmCup Time Qualifiers – 2 nd division “C” Time Standard qualifiers |

b) **AmCup #2 Roseville (1.5xPoints)/ U.S. Junior Championships / University Championship Qualifier**

| Day | Women | Men | C Women & Men |
|-----|-------------|-------------|---------------|
| 1 | 500m, 3000m | 500m, 5000m | 500m, 3000m |

| | | | |
|---|--------------------------|--------------------------|--------------------------|
| 2 | 1000m, 10 Lap Mass Start | 1000m, 10 Lap Mass Start | 1000m, 10 Lap Mass Start |
| 3 | 1500m, Team Pursuit | 1500m, Team Pursuit | 1500m, Team Pursuit |

c) **AmCup Final Salt Lake City**

| Day | Women | Men |
|-----|-------------------------------|-------------------------------|
| 1 | 2x500m, 3000m | 2x500m, 5000m |
| 2 | 1500m, Team Pursuit | 1500m, Team Pursuit |
| 3 | 1000m, Elimination Mass Start | 1000m, Elimination Mass Start |

C) **Qualification Standards:**

- 1) **Qualification:** To compete in an ACRS competition 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. Mass start qualifiers at AmCup #1 will be separated into to 2 divisions. AmCup qualifiers and “C” time standard qualifiers. The mass start competition for “C” time qualifiers will be for U.S. skaters only.

D) **Ranking points:**

- 1) Ranking Points will be awarded in accordance to the chart below.

| Place | Points | Place | Points | Place | Points | Place | Points | Place | Points |
|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|
| 1 | 60 | 9 | 32 | 17 | 24 | 25 | 16 | 33 | 8 |
| 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 forthcoming update to the regulations.
- 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 Cancelled](#)

- 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:** 2022 U.S. Olympic Team 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:** 2022 U.S. Olympic Team Members will be eligible for the distances they have qualified for the Olympic Games.
 - 2) Remaining 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.
 - 3) **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.
- 4) **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 and the 1x16 Lap Mass Start Race at the 2022 U.S. Olympic Team 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 (B1/B2 from the US Speedskating Time Standard Chart)

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 US Junior 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 | TBD | | TBD | |

*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) Non-funded skaters must have achieved applicable ISU qualifying time standards
- 3) 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

*Coming soon

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 |
| | 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 | *Times must have been achieved as noted in the selection procedures for each event. |
| 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 Kanneworff | 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 Kanneworff | 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 | | | | | Qual Time | Qual time corrected |
|--------------|----------------------------|--------|----------|----------|-----------|---------------------|
| Skater | Nat | Record | 108% | | | |
| 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 | Lyumdmila 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 | | | | | Qual Time | Qual time corrected |
|--------------|----------------------------|--------|----------|----------|-----------|---------------------|
| Skater | Nat | Record | 108% | | | |
| 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 | | | | | Qual Time | Qual time corrected |
|---------------|-----------------|--------|----------|----------|-----------|---------------------|
| Skater | Nat | Record | 108% | | | |
| 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 | | | | | Qual Time | Qual time corrected |
|-----------|---------------|--------|----------|----------|-----------|---------------------|
| Skater | Nat | Record | 108% | | | |
| 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 | Skater | Nat | Record | 108% | Qual Time | Qual time corrected |
|-----------------------|--------------------|------------|---------------|-------------|----------------------|--------------------------------|
| 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 | Skater | Nat | Record | 108% | Qual Time | Qual time corrected |
|------------------------|-----------------|------------|---------------|-------------|----------------------|--------------------------------|
| 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 |