



US SPEED

**NATIONAL CHALLENGE 2020-2021**

US Speedskating is excited to announce the US Speed National Challenge for the 2020-2021 season. The National Challenge is a nationwide virtual competition where you compete against other skaters in your age group both on and off the ice. The challenge is a series of one-month long competitions taking place for Short Track in November, December, February and March and for Long Track in December, January and February. You will have one month to submit your best effort for each of the events outlined below. Prizes will be awarded for the top performer in each age group. All competitors will also be entered in drawings for limited edition UnderArmour Team Gear. Competitors who tag us on social media in a video of themselves competing will receive an extra entry.

**The Rules**

- Participants have to register individually for each month of the USS National Challenge through the [USS Membership Portal](#)
- Results can be submitted through the [results portal](#) at any time during the month of the competition and results can be submitted more than once if you improve. Portal will close at midnight mountain time zone on the last day of each month.
- All skating events will be held in “Time Trial” format where athletes race alone against the clock. This may be set up in a pursuit format where two athletes compete at the same time on opposite sides of the track.
- In the spirit of sportsmanship and fair play coaches and club administrators should make every effort to record accurate times and ensure athletes put forth their best effort.
- All times should be recorded to the hundredth of a second (M:SS.00). All times should be recorded by a USS certified coach.
- AmCup points system will be used to award points for each individual event in each age group. Overall points each month determine the winner.
- Age groups will be based on standard USS Rules

Junior E	10 years old and younger as of 6/30/2020
Junior D	11-12 years old as of 6/30/2020
Junior C	13- 14 years old as of 6/30/2020
Junior B	15- 16 years old as of 6/30/2020
Junior A	17- 18 years old as of 6/30/2020
Senior / Open	19+ years old as of 6/30/2020
Master	30-49 and 50+ as of 6/30/2020

**The Events**

- **Standing Long Jump** - Instruct athletes to stand with their toes behind the starting line with their feet shoulder width apart. When they are ready they will jump forward as far as they can while taking off and landing on two feet. The athletes should remain at the landing spot until a measurement can be taken in inches from the start line to the back of their heels at the landing spot. Athletes must “stick” the landing. Two to three attempts can be made to get the best possible result.
- **Plank** – With your forearms on the ground get into a pushup position and maintain a straight line from your head to your toes. Hold that position for as long as possible, your time will end when you break proper form or any other part of your body touches the ground. Record your time to the hundredth of a second (M:SS.00)
- **Skating Events Short Track** – Events are listed as either standing or flying. Standing start events will begin with standard starting procedures. Flying starts shall allow a rolling acceleration not to exceed 1.5 laps. Events shall take place on either a standard 111m track or a [small sided 85m track](#) based on age groups.

Junior E	Standing Long Jump	Plank	1 Lap Start (85m)	1 Lap Flying (111m)	4 Lap TT (85m)	4 Lap TT (111m)
Junior D	Standing Long Jump	Plank	1 Lap Start (111m)	1 Lap Flying (111m)	4 Lap TT (111m)	7 Lap Flying (111m)
Junior C						
Junior B						
Junior A						
Senior						
Master						

- **Skating Events Long Track** – Events are listed as either standing or flying. Standing start events will begin with standard starting procedures. Flying starts shall allow a rolling acceleration. Events shall take place on standard 400m track.

Junior E	Standing Long Jump Standing Long Jump	Plank	100m Start	400m Flying	800m Flying	1200m Flying	Laps in 5'	Laps in 20'
Junior D								
Junior C								
Junior B								
Junior A								
Senior								
Master			800m Flying					