

Speed Skate Nova Scotia  
2023 Canada Winter Games Team  
Selection



Implementation: May 13, 2022

Speed Skate Nova Scotia 2023 Canada Winter Games  
Selection Criteria for Short and Long Track Speed Skating

Policy/Procedure Title: 2023 Canada Winter Games Selection Criteria	Policy No: 500-2
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## Section 1: General and Eligibility

### 1.1 Objective

The objective of the 2023 Canada Winter Games Team Selection Criteria (the “Selection Policy”) is to establish criteria for the eligibility, selection, and appeals process for Nova Scotia skaters to be members of the Nova Scotia Speed Skating Team to compete at the 2023 Canada Winter Games (the “Team”).

### 1.2 Framework

All rules and procedures as set out in Canada Games policies and the Canada Games Technical Packages for Speed Skating apply to this Selection Policy.

### 1.3 Field of Application

This Selection Policy applies to all Speed Skate Nova Scotia members associated with organizing, coaching, and competing at the 2023 Canada Winter Games.

### 1.4 Team Size and Composition

The final Nova Scotia speed skating contingent shall consist of two teams: long track and short track. The Long Track Team shall be a maximum of 8 skaters: up to 4 males and 4 females. The Short Track Team shall be a maximum of 10 skaters: up to 5 males and 5 females.

### 1.5 Age Classification

The age classification for athletes in Speed Skating at the Canada Winter Games shall consist of competitors in the Long Track event who have reached the age of 14 on June 30th, 2022 but have not reached the age of 20 on June 30th, 2022 (date of birth: July 1, 2002 to June 30, 2008 inclusive).

The age classification for athletes in Speed Skating at the Canada Winter Games shall consist of competitors in the Short Track event who have reached the age of 14 on June 30th, 2022 but have not reached the age of 19 on June 30th, 2022 (date of birth: July 1, 2003 to June 30, 2008 inclusive).

The age classifications outlined above apply to both male and female athletes.

### 1.6 Notification of Eligibility for Selection to the Nova Scotia Speed Skating Canada Winter Games Team

This Selection Policy will be sent to all Speed Skate Nova Scotia (SSNS) Clubs and posted on the SSNS website.

Clubs are expected to notify all athletes who meet the basic age requirements that they are  
10  
eligible for consideration for selection to the Nova Scotia Speed Skating Canada Winter Games Team. Clubs should provide all athletes who meet the age requirements with a copy of the  
Selection Policy

Games Team. Clubs should provide all athletes who meet the age requirements with a copy of the Selection Policy.

Athletes who are interested in being considered for a position on the Canada Winter Games (CWG) Long Track and/or Short Track Teams are advised to notify SSNS of their intent by June 15, 2022, so that they can be advised of training and competition opportunities. Athletes can communicate their intent by sending an email or a letter in writing to the SSNS CWG Committee; c/o Lindsay Arsenaault; linzee33@hotmail.com; 5516 Spring Garden Rd., 4th Floor; Halifax, NS B3J 1G6.

### 1.7 Basic Eligibility Requirements

To be eligible for consideration for selection to the Nova Scotia Speed Skating Canada Winter Games Team, athletes must

- (a) Meet age classification criteria as set out above;
- (b) Be duly registered members of Speed Skate Nova Scotia (SSNS) and Speed Skating Canada (SSC);
- (c) Meet all criteria set out in Section 4.3 and Appendix 1 of the 2023 Canada Games Speed Skating Technical Packages for Long Track and Short Track;
- (d) Maintain eligibility for consideration for selection by regular participation in training and competition during the 2022-23 season, as verified by the club coach's letter of endorsement and set out in Section 1.8 and Appendix A of this document;
- (e) Fulfill performance and time-based criteria developed by the SSNS Canada Winter Games Committee as set out in Section 2 of this document; and
- (f) Sign the SSNS Canada Winter Games Team Member Agreement, which includes the Nova Scotia Canada Winter Games Team Code of Conduct.

### 1.8 Maintenance of Eligibility

Athletes who wish to be considered for placement on the Team are expected to follow a training program, attend the majority of their club practices, gain experience in competitions during the 2022-23 season, and attend any Sport Nova Scotia mandatory preparation sessions (e.g., on media training, drug-free sport, etc.).

The club coach is required to provide the SSNS Canada Winter Games Committee (the "Committee") with a letter of endorsement that describes:

- (a) The athlete's demonstration of commitment, enthusiasm, and sportsmanship;
- (b) The athlete's training program during the 2022-23 season;
- (c) The athlete's record of attendance at club practices during the 2022-23 season;
- (d) The athlete's record of performance in training and competition during the 2022-23 season;
- (e) The athlete's demonstration of initiative in seeking out additional training and competition opportunities in preparation for the 2023 Canada Winter Games; and

(e) The athlete's demonstration of initiative in seeking out additional training and competition opportunities in preparation for the 2023 Canada Winter Games; and

(f) The athlete's fastest long track and/or short track times in the 500m and 1500m that were skated in a branch- or SSC-sanctioned competition between January 1, 2022 and the date of final team selection in January 2023.

The club coach is required to submit the endorsement letter by the deadline of December 31, 2022 by email or in a written letter to the SSNS CWG Committee; c/o Lindsay Arsenault; linzee33@hotmail.com; 5516 Spring Garden Rd., 4th Floor; Halifax, NS B3J 1G6.

An endorsement form is provided in Appendix A of this document.

## 1.9 Final Team Selection

The final team selection for both long track and short track will be made in January 2023 once the selection competition for long track has been completed.

Athletes who meet eligibility requirements for consideration for selection to both long track and short track teams are required to confirm to the Committee their preference for selection to the long track or short track team within 24 hours of the completion of the selection competition for long track.

## 1.10 Illness and Injury

### (a) Illness and Injury Suffered Prior to Team Selection: Bye Requests

Athletes who are not able to attend or complete the selection competition due to illness or injury may request a bye onto the Canada Games Team provided they have met the time standards and satisfied all other eligibility requirements.

For consideration of bye requests, (i) medical documentation must be provided to the

Committee in advance of the selection competition in cases in which athletes are unable to attend the competition due to illness or injury, and (ii) medical documentation must be provided to the Committee within 48 hours of the end of the selection competition in cases in which athletes are unable to complete the competition due to illness or injury.

Bye requests for selection to the long track and/or short track teams must be submitted to the Committee within 24 hours of the completion of the selection competition for long track.

Requests should be supported with appropriate documentation that the athlete has recovered satisfactorily, or will soon recover satisfactorily, from the illness or injury. The request must be made by sending an email or a letter in writing to the SSNS CWG Committee; c/o Lindsay Arsenault; [linzee33@hotmail.com](mailto:linzee33@hotmail.com); 5516 Spring Garden Rd., 4th Floor; Halifax, NS B3J 1G6.

The Committee will make its decision based on how well athletes requesting a bye have performed at other competitions throughout the season and on the basis of evidence that they have recovered satisfactorily, or will soon recover satisfactorily, from the illness or injury.

### (b) Illness and Injury Suffered After Team Selection

Athletes who suffer a serious illness or injury after they have been selected to the Team must notify the Committee and CWG coaches immediately. A "serious illness or injury" is defined as an illness or injury that prevents an athlete from fully participating in

Athletes who suffer a serious illness or injury after they have been selected to the Team must notify the Committee and CWG coaches immediately. A “serious illness or injury” is defined as an illness or injury that prevents an athlete from fully participating in training and/or competition for a period of two (2) weeks or more.

An athlete who suffers a serious illness or injury after having been selected to the Team may be replaced by an alternate if, in the opinion of the Committee and CWG coaches, on the basis of medical documentation provided by the athlete and/or appropriate consultation with health care professionals, it is deemed unlikely that the athlete will be able to return to an acceptable level of competition in time for the CWG.

## **Section 2: Selection of the Team**

### 2.1 The Selection Process

The Selection Process has two parts: the first part is based on the skater’s rank as determined by his/her finish position at the relevant selection competition, and the second part is based on times obtained in any branch- or SSC-sanctioned competitions held between January 1, 2022 and the date of final team selection in January 2023.

Skaters must satisfy both parts of the Selection Process to be eligible for selection to the CWG team.

### 2.2 Rank based on finish position in selection competition

#### (a) Short Track

The Citadel Cup, which is expected to be held in late October/early November, will serve as the selection competition for the CWG Short Track Team. Skaters must specify when they register for the Citadel Cup that they are trying out for the Team: males and females will race in separate divisions on the 111.12m track, with all skaters who are trying out for the team assigned to the same division. Distances raced will be 500m, 1000m, 1500m, and 3000m Points for both males and females. Skaters will be ranked based on their overall finish position in their division in the competition. Skaters who rank in the top 5 males and top 5 females based on their performance at the Citadel Cup are eligible for selection to the Team. Skaters who rank in positions 6 and 7 based on their performance at the Citadel Cup are eligible for selection to the Team as alternates.

The Citadel Cup is an All-Points competition. In the divisions in which skaters are competing for selection to the CWG Short Track Team, points will be assigned to skaters who are disqualified or fail to complete or compete in an event as outlined in Section 6 of the Canada Games Short Track Technical Package on “Sport Scoring.”

#### (b) Long Track

The Atlantic Cup or a special selection competition, which will be held in early to mid-January, will serve as the selection competition for the CWG Long Track Team. Females will race the 500m, 1000m, 1500m, and 3000m Olympic Style distances, and males will race the 500m, 1000m, 1500m, and 5000m Olympic Style distances. Skaters will be ranked based on their overall finish position in the competition as determined by all-round, cumulative sammelagt points in all four distances. If skaters have the opportunity to race the 500m twice, the fastest time will count in calculating sammelagt points for ranking. Skaters who rank in the top 4 males and top 4 females based on their performance at the selection competition are eligible for selection to the Team. Skaters who rank in positions 5 and 6 based on their

who rank in the top 4 males and top 4 females based on their performance at the selection competition are eligible for selection to the Team. Skaters who rank in positions 5 and 6 based on their performance at the selection competition are eligible for selection to the Team as alternates.

At the selection competition for the CWG Long Track Team, reskates will be allowed for ranking purposes only, with the exception of ISU Rule #262. Responsibility for decisions about reskates outside of ISU Rule #262 rests with the Committee in consultation with the Referee. The reskate time is the official time for the skater for ranking purposes, other than for reskates allowed under ISU Rule #262.

### 2.3 Time standards

Skaters must make qualifying times in the 500m and 1500m for the relevant discipline (short track or long track) in a branch- or SSC-sanctioned competition held between January 1, 2022 and the date of final team selection in January 2023.

So that skaters in both disciplines are treated equitably, time standards are formulated as a percentage of the relevant Canadian Junior records. The time standards for short track and long track skated indoors are 125 percent of the 500m and 1500m Canadian Junior records. Long track time standards have been adjusted for lowland inside tracks (e.g. Ste. Foy vs. Calgary) and outside tracks. Outside time standards are 110% of the time standards for lowland inside tracks.

Skaters are expected to satisfy the time standard in both distances to be eligible for selection to the CWG team. However, skaters who satisfy the time standard in only one distance remain eligible for selection if the average of their 500m and 1500m times expressed as percentages of the Canadian Junior records falls within 125 percent (or, for long track, the adjusted percentages for inside lowland and outside tracks).

The time standards are summarized in the following tables:

Short Track				
	500m		1500m	
	Can JR	125%	Can JR	125%
Female	43.64	54.55	2:32.52	2:59.4
Male	41.2	51.5	2:12.70	2:45.87

Long Track								
	500m				1500m			
	Can JR	125%	IS lowland	OS	Can JR	125%	IS lowland	OS
Female	38.53	48.16	48.64	53.50	1:58.13	2:27.66	2:29.13	2:44.04
Male	34.66	43.32	43.75	48.12	1:44.16	2:10.20	2:11.50	2:24.65

### 2.6 COVID-19

Due to the ongoing COVID-19 pandemic this section may be subject to changes or addendum. As all competitions, including selection events, are subject to public health guidelines and will need to be delivered in line with the guidelines at the time the event is held. Any changes or addendums made to selection will be communicated by posting the updated document to the SSNS website and by an email notifying club coaches that a change has occurred. Athletes must meet all public health requirements in order to compete and hold a spot on either the LT or ST team.

## 2.7 Representing Nova Scotia

Representing Nova Scotia at a national event is a great honour and responsibility. All athletes are expected to uphold good sportsmanship at all times. Athletes must respect and follow all agreements, codes of ethics, and sporting guidelines that apply to them. Failure to do so or behaviour unbecoming of an athlete will result in a hearing with the CWG committee, Coach and Manager of their respective team. All parties involved will present their case to the CWG committee and a decision will be provided no later than 48 hours after the hearing. The CWG committee has the authority to remove an athlete from the team or apply other disciplinary action as they see fit. If legal counsel is required, the CWG committee will work with the SSNS Board of Directors to arrange third-party legal counsel to address the situation as needed.

## Section 3: Appeal Process

### 3.1 Types of Appeals

Eligibility Appeals are appeals related to the eligibility requirements outlined in Section 1 of this Selection Policy.

Selection Process Appeals are appeals related to the Selection Process outlined in Section 2 of this Selection Policy.

Team Selection Appeals are appeals related to the final selection of the Team as it is carried out in January 2023.

### 3.2 Making an Appeal

Eligibility Appeals and Selection Process Appeals will be accepted at any time throughout the season preceding final selection of the Team in January 2023. Appeals must be made by sending an email or a letter in writing to the SSNS Board of Directors; c/o Lindsay Arsenault; linzee33@hotmail.com; 5516 Spring Garden Rd., 4<sup>th</sup> Floor; Halifax, NS B3J 1G6.

Once final selection of the Team is announced by the Committee in January 2023, anyone who intends to appeal the Committee's decision must provide notification of their intention by sending an email or delivering a written letter in person within 24 hours of the announcement of the Team's composition to the SSNS Board of Directors; c/o Lindsay Arsenault; linzee33@hotmail.com; 5516 Spring Garden Rd., 4<sup>th</sup> Floor; Halifax, NS B3J 1G6. The complete appeal must be made in writing and submitted by email or delivered in person within 48 hours of the announcement of the Team's composition to the SSNS Board of Directors; c/o Lindsay Arsenault; linzee33@hotmail.com; 5516 Spring Garden Rd., 4<sup>th</sup> Floor; Halifax, NS B3J 1G6.

### 3.3 Adjudicating an Appeal

An Appeals Panel (the "Panel") will be formed within 24 hours of the receipt of an appeal by the SSNS Board of Directors. The Panel will be appointed by the SSNS Board of Directors and will consist of (i) one (1) person who is a member of the SSNS Board, (ii) one (1) person who is a member of SSNS but not also a member of the SSNS Board, and (iii) one (1) person who is affiliated with Sport Nova Scotia in some capacity apart from any connection to the speed skating community. All persons named to the Panel must be 19 years of age and older and without a discernible conflict of interest in the case

(iii) one (1) person who is affiliated with Sport Nova Scotia in some capacity apart from any connection to the speed skating community. All persons named to the Panel must be 19 years of age and older and without a discernible conflict of interest in the case.

The following procedure will be observed:

- (A) The appellant and an advocate for the appellant who is 19 years of age or older will be asked to appear before the Appeals Panel. Each will be allowed to present evidence.
- (B) The SSNS CWG Committee will be asked to provide justification for the decision that was made.
- (C) The Appeals Panel will review all the evidence and make one of the following decisions:
  - (1) For an Eligibility Appeal, grant the appeal and declare an athlete eligible or ineligible for selection to the Team;
  - (2) For a Selection Appeal, grant the appeal and instruct the SSNS Board of Directors and CWG Committee to revise the Selection Process accordingly;
  - (3) For a Team Selection Appeal, grant the appeal and place an athlete immediately on the Team, whether as an addition or a replacement; or
  - (4) Reject the appeal.
- (D) The Appeals Panel's decision will be rendered immediately in verbal form and will be followed by a written report to the appellant and the SSNS Board of Directors that provides a short explanation of the reasons for the decision.

### 3.4 Decisions Final

All decisions of the Appeals Panel will be final. It is recognized and accepted that not all situations can be anticipated. However, all appeals will be dealt with fairly and equitably.

## **Section 4: Approval of Policy**

4.1 This Selection Policy was approved by the SSNS Board of Directors on May 13, 2022.

## Appendix A

### **Athlete Letter of Intent**

I, \_\_\_\_\_, (Name of Athlete) declare that I am interested in training and competing in order to achieve a position with Speed Skate Nova Scotia's 2023 Canada Winter Games team. I have read this document and agree to the conditions laid out within the selection criteria. As an athlete I agree to abide by all rules of the sport, competition and governing bodies. As well, I agree to uphold all codes of ethics, codes of conduct and engage in fair play and good sportsmanship. Should I fail to do so I understand that disciplinary action may be taken as outlined by this document. I agree to have my contact information shared with the coaches selected for this event, as well as to receive information about events and training opportunities in the lead up to the Games and other information that may be beneficial or important as the process develops.



that may be beneficial or important as the process develops.

\_\_\_\_\_  
Athlete Name printed

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Home Club

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

Appendix B

**Club Coach's Endorsement Form**

Athlete's Name:

Athlete's Club:

Club Coach's Name:

Club Coach's Phone Number and/or Email Address:

1. Describe ways in which the athlete demonstrates commitment, enthusiasm, and sportsmanship:

\_\_\_\_\_

2. Describe the training program that the athlete has followed during the 2022-23 season:

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3. Describe the athlete's record of attendance at club practices during the 2022-23 season:

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4. Describe the athlete's record of performance in training and competition during the 2022-23 season:

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5. Describe ways in which the athlete has demonstrated initiative in seeking out additional training and competition opportunities in preparation for the 2023 Canada Winter Games:

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6. What are the athlete's fastest long track and/or short track times in the 500m and 1500m skated in a branch- or SSC-sanctioned competition between January 1, 2022 and December 31, 2022?

Long track:

500m      time:                      competition and date:

1500m    time:                              competition and date:

Short track:

500m      time:                              competition and date:

500m      time:                      competition and date:

1500m    time:                      competition and date:

Athlete's signature:                      Date:

Coach's signature:                      Date:

**The club coach is responsible for submitting the endorsement letter to the SSNS CWG Committee by the deadline of December 31, 2022.** Email endorsement letters to the SSNS CWG Committee, c/o Lindsay Arsenaault; [linzee33@hotmail.com](mailto:linzee33@hotmail.com). Mail endorsement letters to the SSNS CWG Committee, c/o Lindsay Arsenaault; 5516 Spring Garden Rd – 4<sup>th</sup> Floor, Halifax, NS B3J 1G6.