

2008



**TECHNICAL PACKAGE
SPEED SKATING**

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2008 ARCTIC WINTER GAMES

SPEED SKATING

1. RULES: This competition will be conducted under the rules of the International Skating Union (ISU) with modifications approved by the Arctic Winters Games International Committee. The rules may be further modified to adapt to the circumstances of the competition / venue at the recommendation of the Chefs and approval of the Arctic Winter Games International Committee Technical Director and Host Society Sport Manager.

2. CATEGORIES:

Junior Male & Female: Born between July 1, 1988 and June 30, 1993.

Juvenile Male & Female: Born between July 1, 1993 and June 30, 1996.

Coaches may enter Juveniles who will be Juniors at the next Arctic Winter Games to skate as Juniors provided that the coach certifies in writing that the skater can safely participate as a Junior. A skater can only compete in one age category for the entire competition.

3. EVENTS:

Short Track

Junior Male & Female: 500 meter individual
777 meter individual
1000 meter individual
1500 meter individual
3000 meter relay

Juvenile Male & Female: 500 meter individual
666 meter individual
777 meter individual
1000 meter individual
2000 meter relay

Relay events will include 4 skaters per team (Units can participate with 3 skaters if that team has only three skaters in that category or an injury prevents one team member from competing).

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4. TEAM COMPOSITION:

Junior Male: 4
Junior Female: 4
Juvenile Male: 4
Juvenile Female: 4
Coaches: 2

One coach must be female and one male. If a coach from one gender is not available a chaperon of that gender must be substituted.

5. MEDALS:

Individually by event and individually by team for relay events

GOLD - 32
SILVER - 32
BRONZE - 32

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6. Arctic Winter Games Rule Modifications

1. Entries:

Two weeks before the Games, each Contingent must submit a 500 meter seed time for each skater to the designated meet coordinator. The time submitted must be from the current skating season. The meet coordinator will provide each Contingent with a draft copy of skater seeding no later than the day before the first race to review for errors or omissions.

2. Number of Skaters at the Start:

The number of skaters on the first start line is a maximum of four (4) for the shortest distance, five (5) for the two middle distances and six (6) or seven (7) for the longest distances. The starting positions are determined by a draw. Modifications to number of skaters on line will be done as required for race efficiency or safety at the coaches meeting prior to the games.

3. Seeding

For the first distance of the meet, the Meet Coordinator will make the heats based on the seed times submitted by each the skaters on the registration form (see #1 above). After having established a list of times (from the fastest to the slowest), the heats will be established the following manner:

<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>	<u>E</u>
1	2	3	4	5
10	9	8	7	6
11	12	13	14	15 etc

For the other distances, the heats will be set based on the skater's accumulated points (see #4) according to the table.

- First race seeded by submitted 500m seed times.
- Second race seeded by points awarded after first final.
- Third race seeded by points from race 1 added to race 2.
- Fourth race seeded by total points from first 3 finals.

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If there is a tie in points then the skater with the faster seed time will be placed before the skater with the slower seed time.

4. Point System

All skaters who qualify for a final will receive the points for this final unless they are disqualified for a major infraction (see #7). Points will be awarded according to this table:

1 st - 250	8 th - 35	15 th - 12
2 nd - 175	9 th - 30	16 th - 10
3 rd - 125	10 th - 25	17 th - 9
4 th - 75	11 th - 20	18 th - 8
5 th - 60	12 th - 18	19 th - 7
6 th - 50	13 th - 16	20 th - 6
7 th - 40	14 th - 14	

5. Advancements

The numbers of heats / semifinals / finals will be assigned according to the distance being skated and the number of skaters registered for each division. Advancements will be by first (1st) and next fastest, with the number advancing determined by the distance and number of skaters participating. All participants will skate heats, semis, and finals. The Head Referee may modify the following advancement schedule at the meet if necessary to protect the safety of the skaters or to prevent a heat from having skaters from only one team. See Table A for details.

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6. Seeding of Semifinals

SEEDING OF SEMIFINALS	
Shortest Distances (4 heats)	
<u>Semifinal A</u>	<u>Semifinal B</u>
1st fastest 1st place finisher	2nd fastest 1st place finisher
4th fastest 1 place finisher	3rd fastest 1 place finisher
1st next fastest time	2nd next fastest time
4th next fastest time	3rd next fastest time
Shortest Distances (5 heats)	
<u>Semifinal A</u>	<u>Semifinal B</u>
1st fastest 1st place finisher	2nd fastest 1st place finisher
4th fastest 1 place finisher	3rd fastest 1 place finisher
5th fastest 1 st place finisher	1st next fastest time
3rd next fastest time	2nd next fastest time
Middle Distances (4 heats)	
<u>Semifinal A</u>	<u>Semifinal B</u>
1st fastest 1st place finisher	2nd fastest 1st place finisher
4th fastest 1 place finisher	3rd fastest 1 place finisher
1st fastest next place finisher	2nd next fastest time
4th next fastest time	3rd next fastest time
5th next fastest time	6th fastest next time

7. Disqualification

A disqualification in any heat or semifinal will place that skater in last place position in that group of races. For a disqualification in a final, the skater receives last place position in that final. For example, a skater disqualified in a race with four skaters in three heats will receive points for twelfth place. A skater disqualified in an A & B semifinal with four skaters per race will receive points for eighth place. A skater disqualified in a final race with four skaters will receive points for fourth place. If skater is disqualified for non-sportsmanlike conduct or a major infraction, the skater will receive no points.

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8. Skaters Not Finishing a Race

Skaters who do not skate in a race or who do not finish a race receive no points.

9. Relays

Relay heats and finals will not be held on the same day.

10. Relay Seeding Process

The averaged total of the 500 meter seed times for each of the skaters on the relay team will be used to seed relay teams in qualifying heats. After having established a list of times (from the fastest to the slowest), the heats will be seeded as follows::

<u>Heat A</u>	<u>Heat B</u>
1 st seed	2 nd seed
4 th seed	3 rd seed
5 th seed	

Advancements will be based on the first place finishers from the heats plus the next fastest times.

7. Facility Management

1. Ice Scheduling

There should be 6 hours of ice (1 hour set-up and 5 hours of racing) each for one day of practice and four days of competition. Skaters should have a day off in the middle of the week. At least one day, preferably the day before the rest day, there should be late afternoon or evening ice in order to showcase the event and allow working member of the community to view it. For example, on day before the rest day, speed skating should be scheduled from 3 to 9 pm.

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2. Venue Size

For the safety of the skaters, speed skating should be held at the largest ice surface available. A larger arena allows more skaters to safely be on the ice at the same time, and allows all skaters more area to slide before they hit the walls if there is a fall.

3. Ice Preparation

Ice temperature: Maintain a slab temperature of -6C (21F) with a brine solution temperature of -14C (6F) in order to maintain the ice temperature during increased flooding in a competition.

Ice thickness: The ideal ice thickness for short track speed skating is 2.5 cm (1 inch). Thickness readings should be taken throughout the entire ice surface with a drill and depth calibrator. The ice should be shaved in areas where thicker than 2.5 cm (1 inch) and built up by adding water to areas that are less than 2.5 cm (1 inch). Note diagram for rink areas to take thickness readings.

Ideal shave and flood: The ideal situation would be to shave the ice to just below 2.5 cm (1 inch) then hose flood. This covers the entire ice surface with water and allows the water to settle into the low spots. As well this method seals any dirt already in the ice therefore reducing the chance of stripping skate edges. This step is not required but is recommended if time permits.

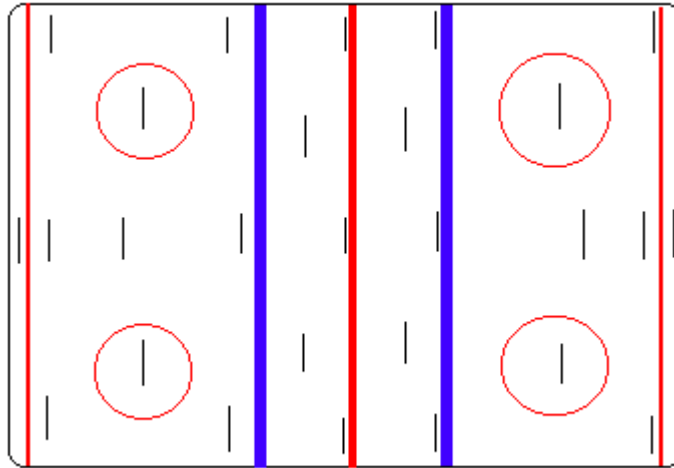
Shave track prior to flooding: Due to the fact that water is added to the ice during practice and competition it is recommended that the Ice Maintenance worker shave the track prior to flooding the ice surface. This will keep the ice level by shaving the excess water from the track and allowing the ice to freeze more quickly after a flood.

Practice/competition ice: At the end of practice days leading up to the competition and each night after competition ice thickness readings should be taken. Ice should be shaved where it has built up over 2.5 cm (1 inch) and water should be added to areas under 2.5 cm (1 inch)

One day before competition: The day prior to competition a new blade should be put on the ice making machine and set and leveled as needed.

Ice thickness chart: measure at ___

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4. Track Layout:

A 111.12 meter oval with a minimum of three tracks should be set. The diagrams found at Annex 2 of the Speed Skating Canada Rule Book illustrate the proper shape for the oval and the placement of the start and finish lines.

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CHART A - Shortest Distance - 4 skaters on the line		
# of Skaters	Structure	Who Goes Where
9 - 12	3 heats, 3 semifinals, 3 finals	<p><u>Heats</u> 1st place finishers in each heat plus the next 5 fastest skaters from all heats advance to semifinals A/B The remaining skaters advance to semifinal C</p> <p><u>Semifinals</u> 1st place finishers in semifinals A/B plus the next 2 fastest skaters from semifinals A/B advance to final A The remaining skaters from semifinals A/B advance to final B The skaters from semifinal C advance to final C</p>
13 - 16	4 heats, 4 semifinals, 4 finals	<p><u>Heats</u> 1st place finishers in each heat plus the next 4 fastest skaters from all heats advance to semifinals A/B The remaining skaters advance to semifinals C and D</p> <p><u>Semifinals</u> 1st place finishers in semifinals A/B and the next 2 fastest skaters from semifinals A/B advance to final A The remaining skaters from semifinals A/B advance to final B 1st place finishers in semifinals C/D and the next 2 fastest skaters from semifinals C/D advance to final C The remaining skaters from semifinals C/D advance to final D</p>
17 - 20	5 heats, 5 semifinals, 5 finals	<p><u>Heats</u> 1st place finishers in each heat plus the next 3 fastest skaters from all heats advance to semifinals A/B The remaining skaters advance to semifinals C, D and E</p> <p><u>Semifinals</u> 1st place finishers in semifinals A/B plus next 2 fastest skaters from semifinals A/B advance to final A The remaining skaters from semifinals A/B advance to finals B The 1st place skaters in semifinals C, D & E plus the next fastest skater from those heats advance to final C The next fastest four skaters from semifinals C, D & E advance to finals D The remaining skaters advance to finals E</p>

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CHART A - Shortest Distance - 4 skaters on the line		
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9 - 12	3 heats, 3 semifinals, 3 finals	<p><u>Heats</u> 1st place finishers in each heat plus the next 5 fastest skaters from all heats advance to semifinals A/B The remaining skaters advance to semifinal C</p> <p><u>Semifinals</u> 1st place finishers in semifinals A/B plus the next 2 fastest skaters from semifinals A/B advance to final A The remaining skaters from semifinals A/B advance to final B The skaters from semifinal C advance to final C</p>
13 - 16	4 heats, 4 semifinals, 4 finals	<p><u>Heats</u> 1st place finishers in each heat plus the next 4 fastest skaters from all heats advance to semifinals A/B The remaining skaters advance to semifinals C and D</p> <p><u>Semifinals</u> 1st place finishers in semifinals A/B and the next 2 fastest skaters from semifinals A/B advance to final A The remaining skaters from semifinals A/B advance to final B 1st place finishers in semifinals C/D and the next 2 fastest skaters from semifinals C/D advance to final C The remaining skaters from semifinals C/D advance to final D</p>
17 - 20	5 heats, 5 semifinals, 5 finals	<p><u>Heats</u> 1st place finishers in each heat plus the next 3 fastest skaters from all heats advance to semifinals A/B The remaining skaters advance to semifinals C, D and E</p> <p><u>Semifinals</u> 1st place finishers in semifinals A/B plus next 2 fastest skaters from semifinals A/B advance to final A The remaining skaters from semifinals A/B advance to final B The 1st place skaters in semifinals C, D & E plus the next fastest skater from those heats advance to final C The next fastest four skaters from semifinals C, D & E advance to final D The remaining skaters advance to final E</p>

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CHART A continued - Middle Distances		
# of Skaters	Structure	Who Goes Where
11 - 15	3 heats, 3 semifinals, 3 finals	<p><u>Heats</u> 1st place finishers in each heat plus the next 7 fastest skaters from all heats advance to semifinals A/B The remaining skaters advance to semifinal C</p> <p><u>Semifinals</u> 1st place finishers in semifinals A/B plus the next 3 fastest skaters from semifinals A/B advance to final A The remaining skaters from semifinals A/B advance to final B The skaters from semifinal C advance to final C</p>
16 - 20	4 heats, 4 semifinals, 4 finals	<p><u>Heats</u> 1st place finishers in each heat plus the next 6 fastest skaters from all heats advance to semifinals A/B The remaining skaters advance to semifinals C and D in a snake pattern based on heat times</p> <p><u>Semifinals</u> 1st place finishers in semifinals A/B plus the next 3 fastest skaters from semifinals A/B advance to final A The remaining skaters from semifinals A/B advance to final B 1st place finishers in semifinals C/D plus the next 3 fastest skaters from semifinals C/D advance to final C The remaining skaters from semifinals C/D advance to final D</p>
Long Distance		
# of Skaters	Structure	Who Goes Where
13 - 20	3 heats, 3 finals	<p><u>Heats</u> 1st place finishers in each heat and the next 3 fastest skaters from all heats advance to final A The remaining skaters advance to finals B & C in descending order based on heat times</p> <p>Note: If pressed for time, the longest distance will only be skated at a timed final. In this case, the top 6 skaters plus ties, as determined by accumulated point totals, will skate in the primary final. The next 6 skaters plus ties will skate in the secondary final and if necessary, the remaining skaters in a tertiary final. Overall results will be determined by time.</p>