

Canada Age Class Long Track Speed Skating Championships
(February 11-12, 2012 – Fort St John, BC)

The Canadian Age Class Long Track Championships is intended to be the focal point of athlete preparation for skaters in the Training to Train stage of development. The Age Class Championships provides a meaningful, high profile and developmentally appropriate end of the season event, which is a source of motivation and opportunity for recognition for the best developing skaters in Canada.

This competition is also intended for skaters at the Learning to Compete Stage of Development who have not met Canada Cup time standards.

Events will include a combination of mass start, Olympic style, and team events.

Eligibility

- Each branch is entitled to enter a maximum of five (5) skaters in a category.
- Masters are ineligible for this competition

Events

Age Category	Day 1	Day 2
Girls 11 & 12 Boys 12 & 13	Mass Start 300m Mass Start 3000m	Olympic Style 100m & 500m 1200m Relay
Girls 13 Boys 14	Mass Start 300m Olympic Style 3000m	Olympic Style 100m & 500m 4 lap team pursuit
Girls 14 Boys 15	Mass Start 300m Olympic Style 3000m	Olympic Style 100m & 500m 5 lap team pursuit
Open Female 15-29 Open Male 16- 29	Olympic Style 500m & 3000m	Olympic Style 1000m & 1500m

Team Manitoba Criteria

Manitoba Skaters will qualify for entry to these Championships on the basis of the following criterion:

- Training to Train (T2T)
 - No specific time standards need be met.
 - A skater must have participated in the following competitions over the course of the season:

- Prairie Dog ST Competition and
- At least one ability meet in both short and long track (Jan 8th) and
- Silver Skates is Removed as a CACLTC qualifying event.

Late access to Susan Auch LT oval has postponed Silver Skates until January 29th. Preliminary skater entries for CACLTC are due in the SSC Head office by January 16th.

Club emphasis for qualifying skaters should be on the January 8th LT ability meet and Friday night race series. MSSA strongly encourages participation at January 3-4, 2012 Long Track Camp in preparation for all LT events. Only well justified and documented special allowances will be considered on a case by case basis.

- Manitoba Long Track Championships.

- Skaters will be ranked on the basis of the following season best times combination. The times may only be achieved at MSSA competitions.

Age Category	Season Best Time Combination
Girls 11 & 12 Boys 12 & 13	ST (400m) + LT (300m + 3000m)
Girls 13 & 14 Boys 14 & 15	ST (400m) + LT (300m + 3000m)
Female Open 15-29 Male Open 16-29	ST (500m) + LT (500m + 1500m)

- The following point system will be applied to the season best time combination ranking and the final placing at the Long Track Championships:

Position	Points	
	Best Time Combination	Championship Placing
1	100	200
2	80	160
3	70	140
4	60	120
5	50	100
6	45	90
7	40	80
8	36	72
9	32	64
10	28	56
11	26	52
12	24	48
13	22	44
14	20	40
15	18	36
16	16	32
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- The athletes will then be ranked on the sum of their season best time combination points and Championships points.
- The best five (5) ranked skaters per age category will be offered positions on Team Manitoba for these championships. Should any top ranked skater decline a position or should Manitoba be allotted additional positions then the next ranked skater(s) will also be offered positions on Team Manitoba for these championships.

- Open (Female 15-29 and Male 16-29)
 - The best five (5) ranked skaters based on 500m + 1000m + 1500 + 3000m samalog at the Long Track Championships will be offered positions on Team Manitoba for these championships. Should any top ranked skater decline a position or should Manitoba be allotted additional positions then the next ranked skater(s) will also be offered positions on Team Manitoba for these championships.
 - A skater who has achieved a Canada Cup time standard is not eligible to compete at the Canadian Age Class LT Championships (as per SSC bulletin)