

**Canada West Short Track Speed Skating Championships**  
**(March 24-25, 2012 – Winnipeg MB)**  
**Revised November 2011**

The Canada West Short Track Championships is intended to be the focal point of athlete preparation for skaters in the Training to Train stage of development. The Training to Train 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.

**Eligibility**

- Each branch is eligible to enter two (2) skaters to a maximum of five (5) skaters in the following single year age categories:
  - Boys 12, 13, 14, and 15
  - Girls 11, 12, 13, and 14
- Skaters participating in the Canadian Short Track Championships will not be eligible to participate in the Canada West Short Track Championships.
- Additional entries into each category will be determined by Branch based on earned positions up to the maximum number of entries per category.

**Events**

<b>Age Category</b>	<b>Day 1</b>	<b>Day 2</b>
Girls 11 & 12 Boys 12 & 13	1500m 400m Relay Heats(time permitting)	200m Pursuit 3000m Point Race Relay Final
Girls 13 & 14 Boys 14 & 15	1500m 400m Relay Heats (time permitting)	200m Pursuit 3000m Point Race Relay Final

**Team Manitoba Criteria**

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

- 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 and
  - Manitoba Long Track Championships, and
  - Manitoba Short 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

<b>Age Category</b>	<b>Season Best Time Combination</b>
Girls 11 & 12 Boys 12 & 13	ST (400m + 1500m) + LT (300m + 3000m)
Girls 13 & 14 Boys 14 & 15	ST (400m + 1500m) + LT (300m + 3000m)

(Now reads 3000m not 2400m)

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

<b>Position</b>	<b>Points</b>	
	<b>Best Time Combination</b>	<b>Championship Placing</b>
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
...		

- The athletes will then be ranked on the sum of their season best time combination points and Championships points.
- The best two (2) 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.