

Speed Skating

January 8-9, 2019

0. TECHNICAL COMMITTEE

The technical committee will be composed of the:

Tom Miller	Technical Director	518 304 3039
Mike Miller	Assistant Technical Director	518 570 5229
Susan Shobe	Head Referee	320 267 2431
Andrey Krivosheev	Member of ICG TC	Kriv33bok@yandex.ru

1. VENUE

Lake Placid Olympic Center
Sheffield Olympic Speed Skating Oval
Main Street
Lake Placid, NY 12946

www.whitefacelakeplacid.com

2. EVENTS AND QUOTAS

- 500m boys – Each city may enter a maximum of 4 boys
- 500m girls – Each city may enter a maximum of 4 girls
- 1000m boys – Each city may enter a maximum of 4 boys
- 1000m girls – Each city may enter a maximum of 4 girls
- Mass Start boys – Each city may enter a maximum of 3 boys
- Mass Start girls – Each city may enter a maximum of 3 girls
- Sprint Mixed Team (3 athletes from different delegations) – Each city may enter a maximum of 2 boys and 2 girls. The teams, consisting of three skaters, will be mixed by gender and cities and will be chosen by an algorithm (based on prior results) so that each team is equally likely to win.

3. COMPETITION INFORMATION

- Each event will be held following the ISU technical rules Speed Skating. Exceptions to the rules are mentioned below.
- Detailed rules are available at www.isu.org.
- There will be team boxes for all participating teams place in front of the race office near the speed skating locker rooms. All changes and important Speed Skating information will be published by competition communications
- Automatic timekeeping for all competitions will be provided with photocells, back up timers and judges.
- The competitions will be held at the Olympic Speed Skating Oval, an artificially frozen standard speed skating outdoor track of 400m per lap. The radii of the inner and outer competition lanes are 25m and 29m respectively. The width of the inside training lane is 4m

4. COMPETITION REGULATION

1. Mass Start

The Mass Start race will be organized based on ISU Technical Rule 253, Paragraph 4b), with the following specific rules:

- Distances are 5 laps for girls and 5 laps for boys. The warm-up lane is considered as part of the racing track.
- Start in the middle of the finishing straight (at the 1000m finishing line, rows of 6 skaters each), finish at the end of the finishing straight.
- The first lap must be skated “in one group” without fast accelerations. Before the 500m finishing line, after this first lap, a second shot or a bell signal will be given. From this moment on it is allowed to accelerate to gain a better position in the pack.

- Competitors overtaken (with one full lap) by the current leader must abandon the race immediately.
- Severe obstruction of other competitors will lead to disqualification.
- For safety purposes competitors must wear shin guards and cut resistant gloves or mitts. Further safety gear, such as cut-resistant neck protection and underwear, is strongly recommended.
- During the race there will be one intermediate sprint, which will be concluded at the finishing line after 2 laps. A bell signal will be given one lap before the sprint, i.e. when the lap counter shows 3 laps left. Another bell signal will be given when the lap counter shows 1 lap left, signalling the final sprint.
- The race points awarded for the sprints are as follows:
 - Intermediate sprint: first three (3) skaters will gain 5 – 3 – 1 points
 - Final sprint: first three (3) skaters will gain 30 – 20 – 10 points
- The result (final ranking) of the race will be determined by the accumulated race points gained at the intermediate sprint and at the final sprint. The competitors who are the first three to cross the finishing line at the final sprint will then also end up as the top three ranked competitors.
 - For competitors who do not finish the race in a regular manner, points awarded from the intermediate sprint will not be considered for their final ranking.
 - Competitors without race points will be ranked according to their order of finish at the final sprint.
 - Competitors not finishing the race may be ranked by their number of completed laps before abandoning the race..

2. Sprint Mixed Team

The competition leads over a total distance of 3 laps based on ISU Technical Rule 261, Paragraph 3, and Rule 265, Paragraph 8.

- The starting procedure is the same as for the Team Pursuit, with two teams starting opposite each other in the middle of the straights
- Each skater in the team must be assigned a position, No. 1, 2 or 3.
- Skaters shall wear different colored armbands for easy identification as follows: skater no. 1 in the team: no armband, skater No. 2: white armband, skater no. 3: red armband. Skater no. 3 should wear transponders to facilitate timekeeping.
- The first lap is skated with the skater assigned as no.1 leading the team, with skater no. 2 and skater no. 3 following. After one lap, skater no. 1 has to leave to the outer part of the track and skater no. 2 has to lead the team until the second lap is completed. After this lap, skater no. 2 leaves to the outer part of the track and skater no. 3 skates the last lap alone and finishes the race for the team.
- Changeover to the next assigned skater in the team must take place after the beginning of the finishing straight for the team and before the entry to the curve. The beginning and end of the changeover area will be suitably marked (e.g. by cones).
- Teams will not be allowed on the warm-up lane while other teams are racing.
- No coaching from the ice and no team officials in the infield

5. EQUIPMENT

Athletes are responsible for providing their own equipment.

6. DISPUTES

Any disputes will be resolved in compliance with ISU rules and the clauses included in the ICG Sports Rules.

7. MEDICAL

A First Aid Service will be available on site. Full Medical Service will be available at the Adirondack Medical Center

Church Street, Lake Placid

518-523-3311

Offers medical and emergency services 8am-11pm and walk-ins are welcome

Adirondack Medical Center
Lake Colby Drive, Saranac Lake
518-891-4141
Offers 24-hour medical and emergency services.

A full medical plan will be shared at the Technical meeting.

8. TECHNICAL MEETING

Joint Technical meeting for all disciplines will be held on Sunday, January 6, 2019 20:00 – 21:00 at the Conference Center @ Lake Placid.

Speed Skating technical meetings will take place at the Olympic Center on the following days:

Monday, January 7, 2019 | 19:00 – 19:45

The ISU website www.isu.org provides a copy of the latest ISU constitution, Laws and regulations for competition.

9. TRAINING SCHEDULE

Monday, January 7th, 2019

Girls | 10:00 – 11:00 and 16:00 – 17:00

Boys | 11:00 – 12:00 and 17:00 – 18:00

10. PRESENTATION OF MEDALS

The medal ceremonies will take place at the Olympic Center in the designated medals plaza.

The following medals will be awarded:

GOLD – For the team ranking first in the competition

SILVER - For the team ranking second in the competition

BRONZE - For the team ranking third in the competition

11. TIMETABLE (SCHEDULED TIMES MAY CHANGE AT THE DISCRETION OF THE CHIEF REFEREE AND TECHNICAL ADVISOR)

**SPEED
SKATING
SCHEDULE**

	DATE	TIME	EVENT
Arrival	Sunday, January 6, 2019	20:00 - 21:00	Coaches Joint Technical Meeting - All Disciplines
DAY 1	Monday, January 7, 2019	10:00-11:00	Girls Practice
		11:00-12:00	Boys Practice
		16:00-17:00	Girls Practice
		17:00-18:00	Boys Practice
		18:00- 18:45	Coaches Technical Meeting
DAY 2	Tuesday, January 8, 2019	09:00 - 09:20	Girls Warmup (2 groups)
		10:00	Girls 500M Race
		10:45-11:05	Boys Warmup (2 groups)
		11:30	Boys 500M Race
		12:30	Girls & Boys Mass Start
		13:00 - 13:30	Girls & Boys Awards Ceremony - 500M/Mass Start
		13:0 - 14:00	Coaches Technical Meeting
DAY 3	Wednesday, January 9, 2019	15:15-15:35	Girls Warmup (2 groups)
		15:45	Girls 1000M Race
		16:45-17:05	Boys Warmup (2 groups)
		17:15	Boys 1000M Race
		18:30	Girls & Boys Sprint Pursuits
		18:45 - 19:00	Girls & Boys Awards Ceremony - 1000M & Sprint Pursuits

