

USSPEEDSKATING

2026-2027
LONG TRACK
SPEEDSKATING
RULES AND REGULATIONS

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SECTION 1

GENERAL INFORMATION

Notwithstanding anything that may appear in any written materials before or during a competition, or any verbal statements made at any time by any individual, including but not limited to US Speedskating (USS) Employees, Board Members, or others, the USS 2026-2027 Long Track Speedskating Regulations will take precedence in all instances. Should any rules, regulations, or selection procedures be amended, such amendments will be communicated to all competitors at least ten (10) days prior to the start of the event. Any properly amended rules and regulations will supersede both the original and any prior amendments.

In the event that a USS or ISU competition is canceled, the USS Long Track Task Force reserves the right to review and amend any relevant portions of these Rules and Regulations as deemed necessary.

Should unforeseen circumstances arise that are not provided for by these Rules and Regulations, a reasonable and appropriate decision may be taken by the High Performance Director in consultation with the USS Chief Executive Officer and AAC representative. Any such decision may require a deviation from the Rules and Regulations set forth in this document.

For all US Team Selection Competitions, USS will assign a Technical Representative. For other USS events, a Technical Representative is not required.

USS RULES OF COMPETITION

A) General. All US Long Track Speedskating Olympic Trials, Youth Olympic Trials, US Team Selection Competitions, AmCups, US Championships and Age Group National Championships (collectively, the "Competitions") will be conducted in accordance with applicable International Skating Union ("ISU") Competition and Event Regulations, Sports Rules, and/or Communications, unless stated otherwise. In instances of doubt or for clarity needed, the Referee, in consultation with the USS Technical Representative or High Performance Director, will use their discretion to resolve the situation.

The ISU Competition and Event Regulations, Sports Rules, and/or Communications, and these modifications herein are intended to be used when conducting all local club and regional competitions sanctioned by US Speedskating.

B) ISU. All changes in Competition and Event Regulations, Sports Rules, and/or Communications issued by the ISU that are applicable to these USS Rules and Regulations and will automatically be incorporated into and adopted by these Rules and Regulations, effective on the same date the applicable ISU Competition and Event Regulations, Sports Rules, and/or Communications take effect for competitions identified in Section 2. In instances of doubt or for clarity needed, the Referee in consultation with the USS Technical Representative or High Performance Director, will use their discretion to resolve the situation.

C) Eligibility/Citizenship. To represent and compete for the United States at the Winter Olympic Games and/or the Winter Youth Olympic Games, a skater must be a citizen of the United States.

To represent the USA at ISU events, a skater must either: (i) be a citizen of the United States; or (ii) possess a valid temporary or permanent US resident card together with a valid ISU clearance certificate authorizing the skater to compete for USA.

US Championships, US Team Selection Competitions, and other potential USS events may be open to international/foreign skaters, unless otherwise stated. USS may also conduct Team Selection Competitions in conjunction with other competitions when deemed appropriate.

The Age Group National Championships event will be open to: (i) citizens of the United States; or (ii) individuals holding, at minimum, a valid temporary or permanent US resident card.

Eligibility Age Requirements. The US Championships and US Team Selection Competitions are open all skaters who meet the qualifying times per point F below.
To be eligible to represent the USA at an ISU event, skaters must still meet the ISU age requirements outlined in ISU Competition and Event Regulations.

- To participate in Senior ISU events, skaters must be 17 years old by July 1st of 2026.
- To participate in Junior ISU events, skaters must be 15 years old by July 1st of 2026.

Classification

1. Junior Age Categories (Age as of July 1 preceding the competition):
    i. U-19: 17–18 years old
    ii. U-17: 15–16 years old
    iii. U-15: 13–14 years old
    iv. U-13: 11–12 years old
2. Neo-Senior: Skaters who are 19–22 years old as of July 1st of 2026.
3. Masters: Skaters who are at least 30 years old as of July 1st of 2026.
4. Overall/Senior: Skaters who meet the age and qualifying time requirements to compete in USS Selection competitions.

D) Team Event Selection. At all international-level events (Olympic Games, World Cup Competitions, World Championships, and other international competitions), the USS coaching staff assigned to the event will determine the composition and skating order of each team event for each round of competition. For each Senior Team Selection competition, additional Team Members for Team Events may be selected. These athletes will be selected in consultation between the High Performance Director, USS Head Coaches and Long Track Task Force Athlete Representative.

E) Team Event Specialist
A Team Pursuit Specialist and/or Team Sprint Specialist is a skater who has demonstrated the ability to perform successfully in a Team Pursuit or Team Sprint race. Evaluation may include, but not limited to, current and previous international results, training performance, and the following criteria, in no particular order:

- Electronic timing and performance data;
- Team Pursuit or Team Sprint performance;
- Technical execution and consistency;
- Team cohesion and tactical execution.

F) Mass Start Specialist
A Mass Start Specialist is a skater who has demonstrated the ability to perform successfully in a Mass Start race. Evaluation may include, but not limited to, current and previous international results, training performance, and the following criteria, in no particular order:

- Electronic timing and performance data;
- Mass Start performance;
- Technical execution and consistency;
- Team cohesion and tactical execution.

G) Seed Times/Qualifying Times. Submitted seed times and qualifying times for USS competitions must have been achieved between July 1, 2025 and the entry deadline for the competition, unless otherwise stated or in case of limited entries. All submitted times must meet or exceed the qualifying standard established for the respective competition.

1. Times must have been achieved at any ISU, National Governing Body sanctioned competition, or an approved Long Track metric time trial competition conducted with, at a minimum, one (1) USS-certified Referee and one (1) USS-certified Starter. Results must be in a published protocol or accessible online. Skaters are responsible for providing the protocol upon request.
2. Electronic timing must be used. If electronic timing is unavailable, timekeeping procedures will be conducted in accordance with the applicable ISU Sport Rules.
3. All submitted times must be entered accurately to the hundredth of a second (mm:ss.xx).
4. Exceptions may be granted by the High Performance Director for entry into selection events for medical or other exceptional circumstances, with medical requests approved by the USS Medical Director. These exceptions may be considered for skaters who were unable to compete due to injury, illness, or exceptional circumstances but had previously achieved the qualifying time prior to July 1, 2025. Skaters granted an exception must also demonstrate physical readiness by skating a Time Trial and achieving the event entry time standard by the entry deadline of the competition.

H) ISU Qualifying Times. Athletes selected to represent USS at international competitions must achieve all applicable ISU qualifying times by the conclusion of the applicable selection competition, unless otherwise specified in the selection procedures.

I) Uniform. No skater may wear a USS-issued team uniform or racing suit from the current season or the previous season in a competition that he or she did not earn, and which was not issued by USS to such skater personally. Effective January 1, 2027, at all USS events, American skaters may not wear a USS issued team uniform or racing suit in a competition that he or she did not earn, and that was not personally issued to them by USS. All uniforms worn by American skaters at USS or ISU competitions must comply with the USS Athlete Agreement and the ISU rules on trademarks and sponsorship markings (ISU Communication 2508). No USS member may wear a uniform displaying the markings of a foreign country unless they are officially representing that country. The Referee or the Technical Representative may issue a warning for non-compliance. If corrective action is not taken, the skater may be penalized.

For the Age Group National Championships and/or other international events, skaters are encouraged to wear their club or association team uniform.

J) Electronic Timing

1. An electronic timing system is scheduled to be at all US Team Selection Competitions, and Age Group National Championships.
2. Electronic timing must be used. If electronic timing is unavailable, timekeeping procedures will be conducted in accordance with the applicable ISU Sport Rules.

K) Entry Deadline. Unless otherwise stated in the competition announcement, the entry deadline is generally ten (10) days prior to the first day of competition. If the entry deadline falls on a weekend or US legal holiday, the entry deadline will move to the next business day. Late entries if available will be accepted up to five (5) days prior to the first day of competition. This will be considered the late entry deadline. If the late entry deadline falls on a weekend or US legal holiday, the late entry deadline will move to the next business day. Late entries are subject to a $100 late fee in addition to the event registration fee. Any entry request received less than five (5) days prior to the first day of competition must be approved by the USS High Performance Director (or their designee) and will be subject to an additional $200 fee.

L) Safety and Equipment of Skaters.

USS will follow ISU rule 224 for all equipment in addition to USS requirements.

1. For Mass Start and team events (Team Pursuit, Team Sprint, and Mixed Gender Relay), all USS member skaters are required to wear full-body cut-resistant protection (either integrated into the skinsuit or separate underwear). USS will follow the guidance established in ISU Communication 2810, including all levels of mandatory and recommended equipment for the 2026-2027 season.
    a. **Cut-Resistant Protection.**
        i. USS Selection competitions
            1. Mandatory minimum requirement: full-body Level 3 cut resistant suit. Cut Resistant Racing Suits must cover properly and entirely the neck. Skaters with inadequate neck protection will be required to wear an extra neck protector or will not be allowed to start.
        ii. Age Group Nationals (Pack-style events)
            1. Mandatory minimum requirement: full-body Level 2 cut resistant suit
            2. Highly recommended: full-body Level 3 cut resistant suit.
        iii. Regional/club competitions (Pack-style events)
            1. Highly recommended minimum: full-body Level 2 cut resistant suit.
    b. **Helmet.** All skaters must wear safety type headgear that complies with the current ASTM (American Society for Testing and Materials) standard for Long Track Speedskating. Helmets need to meet ISU Communication 2810 requirements.
    c. **Gloves.** As per ISU Communication 2810, all skaters are required to wear Level 3 cut-resistant gloves or mitts for protection. Gloves must be predominantly white in color.
    d. **Eye protection.** Protective eyewear need to meet requirements of ISU Comm 2810. A safety strap to hold the eyeglasses is recommended.
    e. **Other.** While competing, the Skater is not allowed to wear any technical communication equipment for the purpose of having contact with or receiving information from other people or sources (ISU Rule 279). In case of violation, the Skater shall receive a penalty. This includes any recording devices such as smart glasses.

M) Drawing Procedures for USS Sanctioned Events.

1. Coaches' Meeting. US Speedskating will conduct a Coaches' Meeting prior to the start of each competition in accordance with ISU Rule 239. Team Leaders and/or Coaches must notify the Referee of any withdrawals, after which the final entry lists will be confirmed. Additional coaches' meetings may be held at the discretion of the Referee and the USS Technical Representative.
2. Draw. The Referee, in conjunction with the USS Technical Representative, will conduct the draw and establish the pairings.
3. Grouping and Pairing Adjustments. The Referee, in consultation with the USS Technical Representative, may modify groupings, pairings, and the competition schedule as necessary to ensure a successful competition.
4. Rearrangement of Pairs. An entry change that may call for the rearrangement of pairs must be made a minimum of 1 hour before the start of the race concerned. The Referee will determine whether a change can be accommodated given the time constraints of the situation; however, the one-hour deadline will apply in all cases.
5. Competition Schedule. The start of each category (Women/Men/Distance) will not begin ahead of the published schedule. Exceptions may be made by the Referee, in consultation with the USS Technical Representative, when necessary, due to circumstances such as limited ice availability, weather conditions, or other operational considerations.
6. Withdrawals. Skaters withdrawing from a race must submit an official withdrawal form to the Referee or Competition Coordinator. Failure to do so will result in a $50 fine per occurrence payable to USS. If the fine is not paid, the skater's USS membership may be suspended, and the skater will be ineligible to register for future competitions until the fine is paid. A skater who does not start (DNS) without notifying the Referee or USS Technical Representative will also be ineligible to compete in any remaining races that day. Medical emergencies and other extenuating circumstances may be considered by the USS Technical Representative.
7. Late Additions. Skaters wishing to add a race distance following the coaches/team leaders meeting may do so only if the Referees or USS technical representative are notified within 30 minutes of the conclusion of that day's racing. Approved late additions will be subject to a $25 administrative fee.
8. Allround Competitions – Final Distance. The final (longest) distance may be open to all skaters who have competed in the first three distances. If necessary, and in accordance with ISU Rule 240, the Referee may limit the number of starters in the final distance.
9. Second 500m and 1000m Pairings. When the 500m and/or 1000m are contested twice, the second race shall be paired based on the results of the first race, in such a way that the participants change starting lanes. The Referee may adjust pairings and/or combine single pairs to make for more competitive racing.
10. Out-of-Competition Racing. USS and the hosting venue may authorize additional races to be conducted in conjunction with a competition, subject to approval by the USS Technical Representative and/or the USS Chief of Sport Operations.

N) Re-Skates.

1. For USS Team Selection Competitions (including the US Championships, Olympic Team Trials, and US Junior Championships) and other USS-sanctioned competitions identified in this document where re-skates are not otherwise permitted under ISU Rules, the Referee, in consultation with the appointed USS Technical Representative, may grant a re-skate if a skater's performance is materially and adversely affected by one of the following circumstances:
    a. An unintentional fall.

b. Skate equipment failure.
c. A verifiable medical issue.
d. A disqualification.

2. The Referee may permit the skater to re-skate the race in its entirety from a fresh start. A skater may receive no more than one (1) re-skate per race per day for disqualification due to a false start. For example, if two 500-meter races are contested on the same day, a skater may receive one re-skate for each race.
3. A re-skate will not be granted for the following reasons:
    a. In the reasonable judgment of the Referee and/or USS Technical Representative, the athlete failed to comply with the competition rules to gain a competitive advantage.
    b. A race in which the skater did not start due to failure to timely appear at the starting line, unless the Referee determines that:
        i. The failure to appear was not intended to obtain a competitive advantage (including, but not limited to, more favorable ice or weather conditions, a more favorable pairing or pairing order, or additional recovery time) or to create a competitive disadvantage for another skater. OR
        ii. Allowing a re-skate is not likely to provide the skater with an actual competitive advantage, disregarding any advantage the skater might obtain due to pairing considerations, including pairing order.
4. A request for a re-skate must be made immediately following the affected race. The request may be made by the skater or the skater's designated coach to the Referee.
5. Unless otherwise permitted under applicable ISU Rules and Regulations, times achieved in a re-skate shall be considered unofficial for competition purposes and will not be used to determine the official competition results or final standings. Re-skate times and any resulting point totals based on re-skates will be used solely for the purpose of team selection.

O) Mass Start. Mass Start competitions at USS selection events will be conducted using the updated ISU Mass Start elimination format (ISU Comm 2821) applicable to the purpose of the Selection event. This is to provide athletes with competition experience that closely reflects the format they will encounter at ISU Competitions.

Location-Specific Procedures. Due to venue-specific technical or operational considerations, the designated start line, elimination line, finish line, or other race procedures may vary by competition. Any deviations from the procedures outlined below will be identified in the applicable competition section and finalized at the Coaches Meeting prior to competition.

1. Race Formats
    a. 16-Lap Senior Mass Start (Elimination Format)
        1. A maximum of 24 skaters may start the race.
        2. The race will begin at the 500m start line and there will be no designated slow lap.
        3. Skaters will be eliminated at designated elimination laps in accordance with the ISU elimination format (see Comm 2821). A bell will indicate the lap preceding an elimination.
        4. Eliminations will be determined using the transponder system and the referees. Transponders for timekeeping to be worn on the front of both ankles, not inside or on the skates.
        5. The finish of the race may occur at the end of the finishing straight (500m/main finishing line) with each elimination at the 1000m finishing line.

6. Once eliminated, a skater must immediately leave the race and move to the designated area.
7. Skaters eliminated before the final sprint will be ranked according to the order in which they are eliminated.
8. The final six (6) skaters will compete through the final sprint and will be ranked according to their finishing order.

b. 12-Lap Junior/Neo-Senior Mass Start (Elimination Format)

1. The same elimination format and procedures described above will apply.
2. The competition will otherwise follow the applicable ISU Junior World Cup Mass Start rules.

2. Overall Placement

a. Mass Start Ranking

1. The final six (6) skaters will compete through the final sprint and will be ranked according to their finishing order.
2. Places 7 and beyond will be ranked according to their exact rank when eliminated and, in case of a tie between 2 skaters, according to the skater's previous intermediate split time. The first eliminated skater will be the lowest ranked skater. Competitors not finishing the race will be ranked according to the number of laps they have completed before being eliminated or otherwise having abandoned the race. If two or more Competitors abandon the race for any reason (e.g. fall, injury, broken skates) on the same lap, they will be ranked according to their last intermediate split time.
3. The resulting ranking will be used to determine competition points in accordance with the applicable USS/ACRS Points System.

b. Results Distribution

- When more than one Mass Start race is conducted on the same day, the official results of the preceding Mass Start shall be distributed no fewer than twenty (20) minutes before the start of the subsequent Mass Start.

3. Seeding

1. AmCup #1. Seeding for Mass Start #1 will be based on the 1500m times achieved between July 1, 2025 and the completion of the 1500m at AmCup #1. Seeding for Mass Start #2 will be based on the results of Mass Start #1. Athletes must compete in Mass Start #1 to be eligible to compete in Mass Start #2.
2. AmCup #2. Seeding for the Mass Start will be determined based on their 1500m season best time.
3. AmCup #3. Seeding for the Mass Start will be determined in the following order:
   i. First 20 Positions. Up to twenty (20) skaters will be seeded in the following order:
      - World Cup Team members competing in the Mass Start, ranked by World Cup Points Ranking.
      - World Cup Team members, ranked by their combined results in the Mass Starts at the Fall World Cup Qualifier (FWCQ).
      - Athletes ranked according to the current AmCup Mass Start Points ranking.
   ii. ISU Qualifying Time Positions. Up to four (4) skaters will be allocated start positions if they have achieved an ISU World Cup qualifying time. These athletes will be ranked by their 1500m season best time.

iii. Remaining Positions. If fewer than twenty-four (24) start positions are filled after Point 3.i and 3.ii., remaining positions will be allocated to eligible athletes ranked by their 1500m season best time.

4. AmCup Final. Seeding for the Mass Start will be based on the current Mass Start AmCup ranking.

P) Medical Procedures. Medical procedures at all USS selection competitions, and relevant events can be found in the USS Event Hosting Manual.

Q) Notification. Skaters are expected to be prepared, prior to the commencement of any selection competition, to either accept or decline their position for which they have qualified.

Any skater qualifying for a USS team must provide written notification to the USS High Performance Director or HP Manager (or his/her designated representative) indicating whether they accept or decline participation in the applicable event(s) within two (2) hours following completion of the selection, unless otherwise stated. Such notification will be completed by signing the Letter of Intent provided by and as written by USS. This requirement applies for both funded and self-funded skaters.

This commitment process is used, in part, for team management purposes, including travel planning and determining whether discretionary invitations may be extended to other skaters to potentially fill available quota positions.

All skaters must be prepared to travel with the team on the dates identified by US Speedskating and the High Performance Director. Skaters are responsible for having all required travel and identification documentation, including valid passports and related materials, available for team processing at the qualifying event.

A skater's commitment to attend or decline participation in an event will be considered binding. By signing the Letter of Intent, skaters agree to compete in the events and the distances for which they have qualified and accepted selection, unless otherwise determined by the appointed coaching staff in attendance. If a skater elects not to compete in an event or distance for which they have accepted selection, except as approved by the appointed coaching staff, the skater shall be responsible for any additional expenses incurred by USS as a result of the change in commitment.

R) Athlete Agreement. Funding for camps, international events (World Cup and/or development competitions), and ISU Championships will be provided only to skaters who have signed the USS Athlete Agreement from the current season and have met the applicable qualification criteria and time standards.

S) Replacement Skaters. In the event that a qualified skater declines their positions on a team, the USS High Performance Director, Head Coach, and the LT Task Force Athlete Representative will have discretion to name replacement skater(s). The procedure for replacing a qualifying skater is detailed below under each respective International Event Qualifying Criteria.

T) Other International Events. USS may identify and support participation in additional international competitions considered beneficial for athlete development. For such events, USS may select and designate traveling teams. Funding for these events may be full, partial or not provided, and all funding and support decisions will remain within the sole discretion of USS. Examples of such international

development opportunities may include, but are not limited to the ISU Junior World Cups, FISU Games, CanAm, Quebec Cups or other international competitions not listed.

To select a traveling team, results from the previous qualification event and/or other international events may be used along with results and rankings from the previous and current season and current Level System results. Consideration will be given around timing of what events will be used for team selection given the logistic of booking travel and will be done on a case-by-case basis for each event.

If the event opportunity is considered "Development", athlete eligibility may be restricted to 'Neo-senior' skaters. Any funding or support for senior athletes participating in Development events, if permitted, will be determined solely at the discretion of the USS Sport Development Director or their designee.

USS further reserves the right to directly select athletes to a traveling team who were unable to compete at a prior selection event due to a verifiable illness, injury, or other exceptional circumstance.

U) Coaching Policy.

1. **International Events**.
    a. USS will designate the coaches who will represent USS and its teams at the international events identified herein. Unless otherwise determine by USS, these coaches will be the USS National Training Program (NTP) coaching staff. USS reserves the right to appoint additional non-NTP coaches as part of the official USS coaching delegation when deemed necessary to provide appropriate athlete and team support.
    b. Any non-NTP coaches selected as part of the official USS coaching delegation must hold a current USS Level 3 Coaching Certification or otherwise be approved by USS as actively working toward completion of the Level 3 certification requirements.
    c. The USS Long Track Coaching Policy will not apply to coaching appointments to the Winter Olympic Games.

2. **US Domestic Events.** Skaters must designate their coach on the competition entry form. To receive coaching credentials for any USS Long Track event identified herein, coaches must hold a current USS Level 2 Coaching Certification or higher. Requests for additional coaching credentials may be approved at the discretion of USS.

V) USS Officials Competition Eligibility

1. A USS Official who has a family member competing in an USS International Team Selection Event is ineligible to serve as the Starter, Referee or Assistant Referee for the same gender category in which the family member is competing.
    a. For Mass Start events, an official with a family member competing may serve as a member of the Officials' team; however, they shall not have the authority to disqualify an athlete. That authority shall remain solely with the Head and/or Assistant Referee.
    b. The term "family member" includes all persons who, due to their relationships, may reasonably appear to be in a conflict of interest position regarding a competing skater.

2026-2027 QUALIFIED MEDAL CONTENDERS FOR ISU EVENTS

Women:

- Erin Jackson – MC in the 500m, and 1000m.
    - 2025-2026 Results:
        - 5th in the 500m – 2026 Winter Olympic Games
        - 6th in the 1000m – 2026 Winter Olympic Games
- Brittany Bowe – MC in the 1000m, and 1500m.
    - 2025-2026 Results:
        - 4th in the 1000m – 2026 Winter Olympic Games
        - 4th in the 1500m – 2026 Winter Olympic Games
- Mia Manganello – MC in the Mass Start.
    - 2025-2026 Results:
        - 3rd in the Mass Start – 2026 Winter Olympic Games

Men:

- Casey Dawson – MC in the 5000m, and Team Pursuit.
    - 2025-2026 Results:
        - 8th in the 5000m – 2026 Winter Olympic Games
        - 2nd in the Team Pursuit – 2026 Winter Olympic Games
- Ethan Cepuran – MC in the Team Pursuit.
    - 2025-2026 Results:
        - 2nd in the Team Pursuit – 2026 Winter Olympic Games
- Emery Lehman –MC in the Team Pursuit.
    - 2025-2026 Results:
        - 2nd in the Team Pursuit – 2026 Winter Olympic Games
- Jordan Stolz – MC in the 500m, 1000m, 1500m, and Mass Start.
    - 2025-2026 Results:
        - 1st in the 500m – 2026 Winter Olympic Games
        - 1st in the 1000m – 2026 Winter Olympic Games
        - 2nd in the 1500m – 2026 Winter Olympic Games
        - 4th in the Mass Start – 2026 Winter Olympic Games

A Medal Contender wishing to invoke their medal contender status must proceed as identified in the ‘medal contender process’ in section 5.

SECTION 2

USS DOMESTIC QUALIFICATION AND RANKING COMPETITIONS / EVENTS

US SPEEDSKATING AMERICAN CUP RACING SERIES

The U.S. Speedskating Long Track American Cup Racing Series (ACRS or AmCup) is a season-long competition series combining high-performance and developmental racing. The ACRS consists of four (4) competitions:

1. AmCup #1 / Long Track Fall World Cup Qualifier / Fall Junior-Neo World Cup Qualifier
2. AmCup #2 / Long Track US Junior Championships
3. AmCup #3 / 2027 Union Pacific US Long Track Championships / Winter World Cup Qualifier
4. AmCup Final / Long Track US Open Masters Championships

US SPEEDSKATING LONG TRACK FALL WORLD CUP QUALIFIER / FALL JUNIOR-NEO WORLD CUP QUALIFIER / AMCUP #1

October 30-November 1, 2026, Milwaukee, WI

The Long Track Fall World Cup Qualifier / AmCup #1 will serve as the qualifying competition for selection to the Fall World Cup Team, Fall Junior-Neo World Cup Team, and FISU Team.

The Long Track Fall World Cup Qualifier / AmCup #1 will be conducted in accordance with ISU rules, except as otherwise provided herein.

- This competition is open to US citizens or to individuals holding, at minimum, a valid temporary or permanent U.S. resident card together with an ISU clearance certificate authorizing representation of the United States in international competition.
- This competition is open to International skaters.
- To be eligible to compete, skaters must have achieved the qualifying time standards as outlined below in “Event Qualification Time Standards”.
- Format. The competition will be conducted as a three-day single distance competition for drawing purposes.
- Team Selection Procedures. See Section 3 - Fall World Cup Qualifier.
    - Note: A 5000m Women and 10,000m Men will be offered for athletes having met the 3000m Women/5000m Men ISU Qualifying Time.
- Team Selection Procedures. See Section 3 – ISU Junior World Cups 1-2, including Neo-Senior Division
    - Note: Junior Women and Men: 500m, 1000m, 1500m, 3000m
    - Note: Neo-Senior Women and Men: 500m, 1000m, 1500m, 3000m Women/5000m Men
- Mass Start: Only U.S. skaters will be permitted to compete in the Fall World Cup Qualifier/Am Cup #1 Mass Start. If the number of entries is low, the Referee, in consultation with the USS Technical Representative, may combine groups to ensure a competitive race.
    - All divisions (Juniors, Seniors, and Masters) will be combined in the 16-Lap Mass Start.
    - Due to venue-specific technical considerations, the finish of the race is planned to occur at the end of the finishing straight (500m/main finishing line) with each elimination at the 500m finishing line. This deviation in the Mass Start procedure will be finalized at the Coaches Meeting prior to competition.

See USS Rules of Competition, Section C for Eligibility, Section G for Seed times/Qualifying times, and Section O for Mass Start.

US SPEEDSKATING LONG TRACK US JUNIOR CHAMPIONSHIPS / AMCUP #2

December 18-20, 2026, Roseville, MN

The US Junior Championships will serve as the qualifying competition for selection to the Junior World Championships Team. The competition will be conducted in accordance with ISU rules, except as otherwise provided herein.

- This competition is open to US citizens or to individuals holding, at minimum, a valid temporary or permanent U.S. resident card together with an ISU clearance certificate authorizing representation of the United States in international competition.
- This competition is open to International skaters.
- To be eligible to compete, skaters must have achieved the qualifying time standards as outlined below in "Event Qualification Time Standards". Any USS D2 time standard achieved after July 1, 2025, will make an athlete eligible for all races in their age group.
- Format. The competition will be conducted as a three-day single distance competition for drawing purposes. All divisions will be seeded as one group based on season's best time and following ISU's drawing procedures.
- Team Selection Procedures. See Section 3 - Junior World Championships.
- Final rankings will be made for Juniors, Seniors, and Masters divisions.
- Mass Start: Only U.S. skaters will be permitted to compete in the US Junior Championships Mass Start. If the number of entries is low, the Referee, in consultation with the USS Technical Representative, may combine groups to ensure a competitive race.
    - All divisions (Juniors, Seniors, and Masters) will be combined in the 12-Lap Mass Start.
    - Mass Start Procedure is planned to according to the ISU Sport Rules and will be finalized at the Coaches Meeting prior to competition.

See USS Rules of Competition, Section C for Eligibility, Section G for Seed times/Qualifying times and Section O for Mass Start.

2027 UNION PACIFIC US LONG TRACK CHAMPIONSHIPS / AMCUP #3

January 6-8, 2027, Salt Lake City, UT

The 2027 Union Pacific US Long Track Championships will serve as the qualifying competition for selection to the Winter World Cup Team. The competition will be conducted in accordance with ISU rules, except as otherwise provided herein.

- This competition is open to US citizens or to individuals holding, at minimum, a valid temporary or permanent U.S. resident card together with an ISU clearance certificate authorizing representation of the United States in international competition.
- This competition is open to International skaters.
- To be eligible to compete, skaters must have achieved the qualifying time standards as outlined below in "Event Qualification Time Standards".
- Format. The competition will be conducted as a three-day single distance competition for drawing purposes.
- Team Selection Procedures. See Section 3 - Winter World Cup Qualifier.
- Junior Men. A 3000m Junior Men's race will be offered. Junior Men may skate the 5000m.

- Mass Start: Only U.S. skaters will be permitted to compete in the US Championships Mass Start. If the number of entries is low, the Referee, in consultation with the USS Technical Representative, may combine groups to ensure a competitive race.
    - All divisions (Juniors, Seniors, and Masters) will be combined in the 16-Lap Mass Start.
    - Mass Start Procedure is planned to according to the ISU Sport Rules and will be finalized at the Coaches Meeting prior to competition.

See USS Rules of Competition, Section C for Eligibility, Section G for Seed times/Qualifying times and Section O for Mass Start.

US SPEEDSKATING LONG TRACK MASTER OPEN CHAMPIONSHIPS / AMCUP FINAL

March 5-7, 2027, Salt Lake City, UT

The US Championships will serve to determine the US Masters Champion. This competition will also be run in conjunction with the AmCup Final.

- This competition is open to US citizens or to individuals holding, at minimum, a valid temporary or permanent U.S. resident card together with an ISU clearance certificate authorizing representation of the United States in international competition.
- This competition is open to International skaters.
- To be eligible to compete, skaters must have achieved the qualifying time standards as outlined below in “Event Qualification Time Standards”.
- Format. The competition will be conducted as a three-day single distance competition for drawing purposes.
- A 5K (Women) and 10K (Men) will be offered.
- Mass Start: Only U.S. skaters will be permitted to compete in the US Championships Mass Start. If the number of entries is low, the Referee, in consultation with the USS Technical Representative, may combine groups to ensure a competitive race.
    - All divisions (Juniors, Seniors, and Masters) will be combined in the 16-Lap Mass Start.
    - Mass Start Procedure is planned to according to the ISU Sport Rules and will be finalized at the Coaches Meeting prior to competition.

See USS Rules of Competition, Section C for Eligibility, Section G for Seed times/Qualifying times and Section O for Mass Start.

DOMESTIC EVENT QUALIFICATIONS, STANDARDS, FORMATS & PROCEDURES

DIVISIONS.

The ACRS will include the following divisions:

1. Overall Men
2. Overall Women
3. Junior Men
4. Junior Women
5. Masters Men
6. Masters Women

COMPETITION FORMATS.
Each ACRS competition will be conducted in a single distance format for drawing purposes and offer the following distances: 500m, 1000m, 1500m, 3000m (Women and Masters), 5000m (Men). A 3000m (Junior Men only), 5000m (Women and Masters), 10000m (Men), Mass Start, Team Sprint and Team Pursuit events may also be offered. Schedules for each AmCup will be communicated in the competition registration materials.
The race format for each ACRS competition will be:

1. AmCup #1 Milwaukee, WI / Long Track Fall World Cup Qualifier

Day	Women	Men
1	500m (1), 1000m (1), 3000m	500m (1), 1000m (1), 3000m (Juniors), 5000m
2	500m (2), 1500m, 5000m	500m (2), 1500m, 10000m
3	1000m (2) 2 x 16 Laps Elimination Mass Start	1000m (2) 2 x 16 Laps Elimination Mass Start

2. AmCup #2 Roseville / US Junior Championships

Day	Women	Men
1	500m (1), 1500m	500m (1), 1500m
2	1000m (1), 3000m	1000m (1), 5000m
3	500m (2) 1 x 12 Laps Elimination Mass Start Team Sprint, Team Pursuit	500m (2) 1 x 12 Laps Elimination Mass Start Team Sprint, Team Pursuit

3. AmCup #3 Salt Lake City / 2027 Union Pacific US Long Track Championships / Winter World Cup Qualifier

Day	Women	Men
1	500m (1), 1000m (1), 3000m	500m (1), 1000m (1), 3000m (Juniors), 5000m
2	500m (2), 1500m	500m (2), 1500m
3	1000m (2) 1 x 16 Laps Elimination Mass Start	1000m (2) 1 x 16 Laps Elimination Mass Start

4. AmCup Final Salt Lake City **/** Long Track US Open Masters Championships

Day	Women	Men
1	500m (1), 1000m (1), 3000m	500m (1), 1000m (1), 5000m
2	500m (2), 1500m, 1 x 16 Laps Elimination Mass Start	500m (2), 1500m, 1 x 16 Laps Elimination Mass Start
3	1000m (2), 5000m Team Sprint, Team Pursuit	1000m (2), 10000m Team Sprint, Team Pursuit

Ranking and Points. Individual distance rankings will be maintained for each division. In addition, Overall Sprint, Overall Long-Distance, Overall Mass Start, and Overall Junior Allround rankings will be maintained for Men and Women. Points toward the Overall Sprint and Overall Long-Distance rankings will be awarded based on the distances designated below.

1. Overall Long-Distance will include the athlete's best 3 of 4 rankings in each of the 1500m and 3000m (Women)/ 5000m (Men).
2. Overall Sprint will include the athlete's best 6 of 8 rankings in the 500m and 5 of 7 rankings in the 1000m.

3. Overall Mass Start will include the athlete's best 3 of 5 rankings of the Elimination Mass Starts. The 12-Lap Elimination Mass Start will also count for the Overall Mass Start.
4. Overall Junior Allround will include the athlete's best 3 of 4 rankings in each of the following distances: 500m, 1000m, 1500m, and best 2 of 4 rankings for the 3000m (Women), and best one 3000m and one 5000m (Men). When 2x500m and/or 2x1000m are raced in one AmCup, only the fastest 500m time and fastest 1000m time for that AmCup will count towards the Overall.
5. 1.5x points will be allocated for both the AmCup #2 and AmCup Final.

There will be no overall ACRS ranking for Team events, and international skaters will not be included in ACRS rankings. Points will be awarded for each individual distance in descending order based on the final distance classification.

Competition	Overall Long-Distances	Overall Sprint Distances	Overall Mass Start
AmCup #1	1500m, 3000m (Women), 5000m (Men)	500m (1), 1000m (1) 500m (2), 1000m (2)	2 x 16 Laps Elimination Mass Start
AmCup #2	1500m, 3000m (Women), 5000m (Men)	500m (1), 1000m (1) 500m (2)	1 x 12 Laps Elimination Mass Start
AmCup #3	1500m, 3000m (Women), 5000m (Men)	500m (1), 1000m (1) 500m (2), 1000m (2)	1 x 16 Laps Elimination Mass Start
AmCup Final	1500m, 3000m (Women), 5000m (Men)	500m (1), 1000m (1) 500m (2), 1000m (2)	1 x 16 Laps Elimination Mass Start

Final Ranking. At the conclusion of the ACRS season, Champions will be determined based on the total points earned in each of the following divisions:

1. Overall Sprint
2. Overall Long-Distance
3. Overall Mass Start
4. Overall Junior Allround

Tie-Breaking Procedures: If two or more skaters are tied on points, the tie will be broken in the following order:

1. Results from the AmCup Final.
2. The skater whose season-best time is closest to the applicable Senior World Record for the relevant distance(s).

EVENT QUALIFICATION TIME STANDARDS.

To be eligible to compete in an ACRS competition, including the Fall World Cup Qualifier, US Junior Championships, and US Championships, skaters must have achieved the applicable qualifying time standards set forth in Appendix A. Submitted seed times and qualifying times for USS competitions must have been achieved between July 1 of the previous season and the entry deadline for the competition.

- To be eligible to compete in all racing distances:
    - Seniors: Must have achieved a "D1" qualifying time.
    - Juniors and Masters under age 55: Must have achieved a "D2" qualifying time.
    - Masters age 55 and older: Must have achieved one of the MAT II qualifying time standards.

- Senior skaters who have not achieved a "D1" qualifying time but have achieved a "D2" time may compete in the 500m and 1000m only.
- Applicable distance-specific requirements.
    - All athletes must have a "C" qualifying time in the 3000m (Women and Masters) or 5000m before the entry deadline of the competition to be eligible for the 5000m Women/Masters or 10000m Men.
    - All athletes must have a "C" qualifying time to be eligible to race the Mass Start.
- Qualifying times achieved at Age Group Nationals or at sanctioned pack-style competitions, including long track competitions, will be accepted for the American Cup Racing Series.

COMPETITION SCHEDULES. The official competition schedule will be finalized following the Team/Coaches meeting.

COMPETITION POINT SYSTEM.

Ranking Points will be awarded in individual distances according to the following table.

Place	Points		Place	Points		Place	Points		Place	Points		Place	Points	
1	60		9	32		17	24		25	16		33	8	
2	54		10	31		18	23		26	15		34	7	
3	48		11	30		19	22		27	14		35	6	
4	43		12	29		20	21		28	13		36	5	
5	40		13	28		21	20		29	12		37	4	
6	38		14	27		22	19		30	11		38	3	
7	36		15	26		23	18		31	10		39	2	
8	34		16	25		24	17		32	9		40	1	

1. Ranking Points will be awarded in descending order following the ranking of the distance classification. Skaters who are disqualified will receive points corresponding to the last-place position. Final points will not be awarded in the case of a DNS.

2. In the case of a tie, all Skaters involved will receive points awarded for their rank.

MAKE-UP OF EXHIBITION TEAMS FOR USS COMPETITIONS.

1. **Participation**: While Team Sprint and Team Pursuit events are considered exhibition races, those who register for USS events are showing intent to participate in Team events and should be prepared to race any/all events if assigned to a team. These exhibition races are an important athlete development opportunity and may be considered by USS when evaluating team event performance and future team selections.

2. **Team Composition**: Seeding the teams for exhibition team events (both Team Sprint or Team Pursuit events) will be done by the Competitors Coordinator using the 500m, 1000m and/or 1500m submitted seed times in consultation with the Technical Representative and/or USS Representative on site.

3. **Team Announcements**: The composition of teams will be discussed/announced at the coaches meeting and/or published through the official competition communication platform.

SECTION 3

USS INTERNATIONAL COMPETITIONS / EVENTS AND QUALIFYING

RESERVATION

USS reserves the right, at its sole discretion, to modify the funded international competition schedule at any time and is under no obligation to send staff or fund a team to any international events or any particular competition. Only athletes who qualify for international events or competitions, as outlined below, are eligible to be entered into that event and/or have travel costs covered for such events or competitions. If a qualified athlete declines participation, the USS High Performance Director or their designee, will determine whether to name a replacement athlete for that event/competition. Any replacement athlete may receive full, partial, or no funding at the sole discretion of USS. For an overview of athlete benefits and services associated with international competitions, refer to the current USS Athlete Services Grid.

For ISU events hosted by USS on home soil, USS may make reasonable efforts to fill all available quota positions to maximize U.S. representation. Note, however, that athletes selected to fill these positions who have not achieved the funding time standards are still considered self-funded athletes in regards to the USS Athlete Services Grid.

GENERAL

Eligibility. ISU Rule on Eligibility determines the criteria for submitting USA entries for these competitions.

Entry Quotas. USS' entry quotas for ISU Competitions will be determined in accordance with the applicable ISU Competition and Event Regulations, Sports Rules, and/or Communications 2823 (World Cups) & 2824 (World Championships).

Funding.

1. Funding Time Standards. Skaters must have achieved one of the following funding time standards at an ISU or USS sanctioned event between July 1, 2025, and the conclusion of the relevant selection competition.
    - Achieve the "A1" time standard at high-altitude rinks (Calgary or Salt Lake City).
    - Achieve the "A2" time standard, which applies to all other rinks.
    - See Appendix A for the complete time standard tables.

2. Funding Eligibility. An athlete who earns a start position according to the Selection Procedures and has achieved the applicable funding time standard will be eligible for USS funding for that competition.
    a. World Cup 5 ("Home" World Cup). US Speedskating may be allocated additional quota spots for ISU World Cup competitions held in the United States. USS will offer these positions in an effort to fill the allocated quota. To be eligible for funding, a skater must:
        i. Meet the applicable USS A funding time standard;
        ii. Travel from out of state to attend the event in which the World Cup is being held

Skaters who reside in the host city will not be eligible for travel funding. Skaters who are selected to fill these additional positions will not be considered members of the World Cup Team for purposes of National Ranking or any other World Cup Team benefits or opportunities provided under these regulations.

b. Mass Start, Team Pursuit, and Team Sprint. Skaters selected for the Mass Start or Team Pursuit or Team Sprint must also have achieved an applicable "A" funding time in any individual distance to be eligible for World Cup funding.
c. Self-Funded Performance Standard for Reimbursement. A skater who self-funds to a World Cup competition and achieves the applicable funding time standard will be eligible for reimbursement of eligible expenses for that World Cup competition.
    i. Eligibility for reimbursement applies only to the World Cup competition at which the applicable performance standard is achieved and is not retroactive to any prior World Cup competition.
    ii. USS will reimburse eligible travel expenses up to the amount USS paid for an economy-class ticket and accommodations for other members of the same World Cup Team. Any costs exceeding this amount will be the responsibility of the skater.
d. Team Events Discretionary Selections. USS reserves the right to fund the next qualified skater(s), when necessary to fill a team event position, based on projected international competitiveness and the potential to qualify for a World Single Distance Championships position.
e. USS Funded Replacement Athlete. In the event a selected athlete declines participation in, or is unable to attend, a World Cup Competition, USS may designate a replacement athlete from the same qualifying event used to select the original team members. The replacement athlete will be the next ranked skater in that same event. The replacement athlete must meet all applicable funding requirements for the distance in which they are selected. Funding of the replacement athletes is at the sole discretion of USS.
f. Self-funding athlete. An athlete who earns a start position according to the Selection Procedures but has not achieved the applicable funding time standard may elect to self-fund, provided they are ranked no lower than one (1) spot beyond our allocated ISU quota in the applicable distance or otherwise qualify for the start under the applicable selection procedures.

US SPEEDSKATING LONG TRACK FALL WORLD CUP QUALIFIER / AMCUP #1 (ISU WORLD CUP COMPETITIONS 1-4)

Eligibility. ISU Competition & Event Regulations on eligibility determines the criteria for submitting USA entries for these competitions.

Entry Quotas. USS' entry quotas for ISU Competitions will be determined in accordance with the applicable ISU Sport Rules and ISU Communication 2833.

Participation and Funding Requirements (World Cup Competitions 1 - 4).
To be eligible for participation and funding, athletes must satisfy the following requirements:

1. The athlete has signed the current season's USS Athlete Agreement.

2. The athlete has qualified as per the selection procedures.

3. The athlete has achieved the applicable USS A1 or A2 funding time standard for the distance in which they are eligible to compete, as outlined above.

4. Commitment to World Cup Competitions. Athletes may elect/declare to compete in World Cup Competitions 1 and 2 and/or 3-4; however, they must commit to the block of events unless approved by the High Performance Director or designee (i.e. athletes may not elect to compete in World Cup Competition 1 but not World Cup Competition 2). The rationale for this is both financial and logistical. The Letter of Intent signed at the conclusion of the selection competition constitutes the athlete's commitment to travel with the team to World Cup Competitions 1-2 or 3-4, unless otherwise approved by the High Performance Director or their designee.

5. Self-Funded Qualification: Athletes who qualify for a World Cup start position but have not achieved the applicable A1 or A2 funding time standard, or who have not signed the current-season USS Athlete Agreement, may self-fund their participation in the qualified race(s), provided they have achieved the applicable ISU qualifying time standard and are ranked no lower than one (1) spot beyond our allocated ISU quota in the applicable distance or otherwise qualify for the start under the applicable selection procedures.

Selection Procedures (World Cup Competitions 1 - 4) – Team Selection

1. Athletes will be selected to the Fall World Cup Team in the following order:
    a. Medal Contenders. An athlete who has been approved as a medal contender may be named to the World Cup Team by invoking their Medal Contender status.
    b. Individual competitions. Skaters qualify to the Fall World Cup Team based on their ranking in each distance at the selection competition. The distances are:
        i. Women. 500m (fastest of the two races), 1000m (Race #1), 1500m, 3000m, 5000m. Skaters are not required to do both 500's.
            1. Women's 5000m. Positions at the World Cups in the Women's 5000m will be filled using the 3000m results.
            2. World Cup 3: 5000m.
                a. Winner of the 3000m at the FWCQ will earn the first start position in the Women's 5000m provided the skater has achieved the applicable A time standard.
                b. Up to a maximum of one (1) skater who competed in the Women's 5000m at the Fall World Cup Qualifier will earn the next available position, provided the skater has achieved 7:14.35 and is within the allocated ISU quota (top 2 at the FWCQ in the 5000m).
                c. Remaining position. If no skater has met the applicable A time standard, the position will be awarded to the skater with the next highest World Cup 3000m points ranking.
        ii. Men. 500m (fastest of the two races), 1000m (Race #1), 1500m, 5000m, 10,000m. Skaters are not required to do both 500's.
            1. World Cup 3: 10,000m.

a. Winner of the 5000m at the FWCQ will earn the first start position in the Men's 10,000m provided the skater has achieved the applicable A time standard.
b. The next highest ranked U.S. skater in the Men's 5000m World Cup points ranking will earn the second available position in the Men's 10,000m.
c. Up to a maximum of one (1) skater who competed in the Men's 10,000m at the Fall World Cup Qualifier will earn the next available position, provided the skater has achieved 13:14.38 and is within the allocated ISU quota (top 3 at the FWCQ in the 10,000m).
d. Remaining position. If no skater has met the applicable A time standard, the position will be awarded to the skater with the next highest World Cup 5000m points ranking.

iii. Mass Start. Fall World Cup Mass Start positions will be determined based on the results of the two (2) Mass Start races conducted at the selection competition. Ranking and scoring will be determined in accordance with Section 1 – Rules of Competition, Paragraph M – Mass Start**.**

1. First Position. The winner of Mass Start Race #1 will be selected to the Fall World Cup Team.
2. Second Start Position. The winner of Mass Start Race #2 will be selected to the Fall World Cup Team.
3. If the same skater wins both Mass Start Races, that skater will earn the first start position, and the second start position will be awarded to the skater with the next highest final ranking point total from the two Mass Starts.
    a. Tiebreakers: In the event of a tie in combined points, the final sprint finish in Mass Start Race #2 will serve as the first tiebreaker. If the tie remains, the final finish in Mass Start Race #1 will serve as the second tiebreaker.

The number of skaters selected in each distance will not exceed the applicable US Speedskating ISU entry quota, excluding reserves and substitutes.

c. Selection of Additional Team Members (Team Pursuit, Team Sprint, Mixed Gender Relay). All athletes entered in any of these Races must be ISU eligible to compete in the event. These athletes will be selected in consultation between the High Performance Director, USS Head Coaches and Long Track Task Force Athlete Representative as per "Rules of Competition 1D".
    i. Team Pursuit. USS may select skaters to the Fall World Cup Team as Team Pursuit athletes.
    ii. Team Sprint. USS may select skaters to the Fall World Cup Team as Team Sprint athletes.
    iii. Mixed Gender Relay. USS may select skaters to the Fall World Cup Team as Mixed Gender Relay athletes.

d. Replacement of skaters. In the event a selected athlete declines participation in, or is unable to attend, a World Cup Competition, USS may designate a replacement athlete from the same qualifying event used to select the original team members. The replacement athlete will be the next ranked skater in that same event. The replacement

athlete must meet all applicable funding requirements for the distance in which they are selected. Funding of the replacement athletes is at the sole discretion of USS. See Section 3 “Funding Eligibility”.

e. Discretionary Selections. USS reserves the right to fill any remaining World Cup start positions through discretionary invitations for individual distances, Mass Start, Team Pursuit, and Team Sprint. Athletes receiving a discretionary invitation must have achieved the applicable ISU qualifying time standards for the event.
f. Seeding. Seeding of athletes at World Cup competitions will be determined by USS in accordance with the following criteria:
    i. Medal Contenders. An athlete who meets the established Medal Contender criteria will retain their A Group starting position.
    ii. Previous Season World Cup Ranking. For World Cup #1, an athlete who finished in the top 10 of the final World Cup rankings in 2025-26 season and qualifies for the World Cup team within the available U.S. quota for that distance will retain their A Group starting position.
    iii. Remaining Athletes. All other qualified athletes will be seeded in accordance with their placement at the Fall World Cup Qualifier.
g. Unused Start Positions: USS reserves the right to fill any unused World Cup start positions, for any reason, with eligible members of the World Cup Team who are present and competing at that World Cup. The allocation of such positions will be at the sole discretion of the USS staff present at the World Cup.

WINTER WORLD CUP QUALIFIER/2027 US CHAMPIONSHIPS (ISU WORLD CUP COMPETITIONS 5-6)

Eligibility. ISU Competition & Event Regulations on eligibility determines the criteria for submitting USA entries for these competitions.

Entry Quotas. USS’ entry quotas for ISU Competitions will be determined in accordance with the applicable ISU Sport Rules and ISU Communication 2833.

Participation and Funding Requirements (World Cup Competitions 5-6).
To be eligible for participation and funding, athletes must satisfy the following requirements:

1. The athlete has signed the current season’s USS Athlete Agreement.

2. The athlete has qualified as per the selection procedures.

3. The athlete has achieved the applicable USS A1 or A2 funding time standard for the distance in which they are eligible to compete, as outlined above.

4. Commitment to World Cup Competitions. The Letter of Intent signed at the conclusion of the selection competition constitutes the athlete’s commitment to travel with the team to World Cup Competitions 5-6, unless otherwise approved by the High Performance Director.

5. Self-Funded Qualification: Athletes who qualify for a World Cup start position but have not achieved the applicable A1 or A2 funding time standard, or who have not signed the current-season USS Athlete Agreement, may self-fund their participation in the qualified race(s),

provided they have achieved the applicable ISU qualifying time standard and are ranked no lower than one (1) spot beyond our allocated ISU quota in the applicable distance or otherwise qualify for the start under the applicable selection procedures.

Selection Procedures (World Cup Competitions 5-6) – Team Selection

Athletes will be selected to the Winter World Cup Team in the following order:

1. Medal Contenders. An athlete who has been approved as a medal contender may be named to the World Cup Team by invoking their Medal Contender status.
2. Prequalification.
    a. World Cup Ranking.
        i. Individual competitions. Skater(s) ranked in the top thirty (30) of the applicable World Cup ranking may retain a position on the Winter World Cup Team, up to three (3) skaters for the 500m, 1000m, 1500m, 3000m Women/5000m Men and up to two (2) skaters for the 5000m Women/10,000m Men. Any remaining position(s) will be determined at the Winter World Cup Qualifier as per point 3 below.
            1. ISU Member Ranking Adjustment. For purposes of determining eligibility under the top thirty (30) ranking provision for individual competitions, no more than five (5) skaters from any single ISU Member will be considered within the top thirty (30). If an ISU Member has more than five (5) skaters ranked within the top thirty (30), the ranking will be adjusted by excluding the additional skater(s) from consideration and extending the ranking as necessary to identify the next eligible skater(s).
        ii. Mass Start. Skater(s) ranked in the top twenty-four (24) of the applicable World Cup ranking may retain a position on the Winter World Cup Team, up to two (2) skaters per gender.
            1. ISU Member Ranking Adjustment. For purposes of determining eligibility under the top twenty-four (24) ranking provision for individual competitions, no more than two (2) skaters from any single ISU Member will be considered within the top twenty-four (24). If an ISU Member has more than two (2) skaters ranked within the top twenty-four (24), the ranking will be adjusted by excluding the additional skater(s) from consideration and extending the ranking as necessary to identify the next eligible skater(s).
    b. Participation Requirement. Skaters ranked in the top 8 in the World Cup Points Ranking after World Cup 4 are exempt from competing in the Winter World Cup Qualifier in the respective distance for which they have achieved the top 8 ranking. If a skater wishes to compete for a World Cup 5 or 6 start position in a distance for which they have not achieved the top 8, they must compete in that distance at the Winter World Cup Qualifier. Skaters ranked 9th through 30th (or 24 for the Mass Start) in the applicable World Cup ranking who prequalify for the Winter World Cup Team are not required to compete in the specific distance for which they prequalified. However, they must compete in at least one (1) distance at the Winter World Cup Qualifier to remain eligible for the Winter World Cup Team.
        i. In the event that all World Cups starting positions are occupied with prequalified skaters, prequalified starting positions and participation requirements will remain subject to the resolution of any approved Medal

Contender petitions. In the event that an approved Medal Contender petition affects an already allocated starting position, the procedures outlined in Section 5 — Medal Contender Process will apply.

3. Winter World Cup Qualifier. Remaining individual distance positions will be filled in the following order:
    a. Individual competitions. Skaters qualify to the Winter World Cup Team based on their ranking in each distance at the selection competition. The distances are:
        i. Women. 500m (Race #1), 1000m (Race #1), 1500m, and 3000m. Skaters are not required to do both 500's.
        ii. Men. 500m (Race #1), 1000m (Race #1), 1500m, and 5000m. Skaters are not required to do both 500's.
        iii. Mass Start. If Mass Start position(s) are available, they will be determined as follows:
            1. If two (2) Mass Start positions are available:
                a. The winner of the Mass Start at the Winter World Cup Qualifier will earn the first available position.
                b. The second position will be awarded to the skater with the highest combined points from their two (2) best Mass Start results from the three (3) Mass Starts races contested at the Fall World Cup Qualifier and Winter World Cup Qualifier.
            2. If one (1) Mass Start position is available, the position will be awarded to the winner of the Mass Start at Winter World Cup Qualifier.
    b. Selection of Additional Team Members (Team Pursuit, Team Sprint, Mixed Gender Relay). All athletes entered in any of these Races must be ISU eligible to compete in the event. These athletes will be selected in consultation between the High Performance Director, USS Head Coaches and Long Track Task Force Athlete Representative as per "Rules of Competition 1D".
        i. Team Pursuit. USS may select skaters to the Winter World Cup Team as Team Pursuit athletes.
        ii. Team Sprint. USS may select skaters to the Winter World Cup Team as Team Sprint athletes.
        iii. Mixed Gender Relay. USS may select skaters to the Winter World Cup Team as Mixed Gender Relay athletes.

The number of skaters selected in each distance will not exceed the applicable US Speedskating ISU entry quota, excluding reserves and substitutes.

    c. Replacement of skaters. In the event a selected athlete declines participation in, or is unable to attend, a World Cup Competition, USS may designate a replacement athlete from the same qualifying event used to select the original team members. The replacement athlete will be the next ranked skater in that same event. The replacement athlete must meet all applicable funding requirements for the distance in which they are selected. Funding of the replacement athletes is at the sole discretion of USS.
        i. World Cup 5 ("Home" World Cup). US Speedskating may be allocated additional quota spots for ISU World Cup competitions held in the United States. USS will offer these positions in an effort to fill the allocated quota. Replacement skaters need to be ranked no lower than two (2) spots beyond our allocated quota in the applicable distance.

ii. Athletes selected to fill these additional positions will not be considered members of the World Cup Team for purposes of National Ranking or any other World Cup Team benefits or opportunities provided under these regulations.

d. Discretionary Selections. USS reserves the right to fill any remaining World Cup start positions through discretionary invitations for individual distances, Mass Start, Team Pursuit, and Team Sprint. Athletes receiving a discretionary invitation must have achieved the applicable ISU qualifying time standards for the event.
e. Seeding. Seeding will be based on ISU Sports Rules.
f. Unused Start Positions. USS reserves the right to fill any unused World Cup start positions, for any reason, with eligible members of the World Cup Team who are present and competing at that World Cup. The allocation of such positions will be at the sole discretion of the USS staff present at the World Cup.

LONG TRACK SPEEDSKATING WORLD SINGLE DISTANCE CHAMPIONSHIPS

Eligibility.

1. ISU Competition & Event Regulations on eligibility determines the criteria for submitting USA entries for these competitions.

2. Minimum qualifying times are required for entry in this ISU Championship as stated in ISU Communication 2824.

Entry Quotas. Entry quotas for the World Single Distance Championships (WSD) will be determined in accordance with the applicable ISU Competition & Event Regulations, Sport Rules, Communication 2824 and the Special Qualification Ranking List (SQRL).

Participation and Funding Requirements.
To be eligible for participation and funding, athletes must satisfy the following requirements:

1. The athlete has signed the current season's USS Athlete Agreement.

2. The athlete has qualified as per the selection procedures.

3. The athlete has achieved the applicable USS A1 or A2 funding time standard for the distance in which they are eligible to compete, as outlined above.

4. Self-Funded Qualification: Athletes who qualify for a WSD start position but have not achieved the applicable A1 or A2 funding time standard, or who have not signed the current-season USS Athlete Agreement, may self-fund their participation in the qualified race(s), provided they have achieved the applicable ISU qualifying time standard and are ranked no lower than one (1) spot beyond our allocated ISU quota in the applicable distance or otherwise qualify for the start under the applicable selection procedures.

Selection Procedures – Team Selection
Skaters will become eligible for selection to the WSD Team based on the applicable SQRL rankings. The number of selected skaters in each distance will not exceed the US Speedskating ISU entry quota for that distance.

1. Final Qualification. Final qualification for the WSD will occur following the final SQRL competition (World Cup 6). Starting positions will be awarded to skaters based on their ranking on the final SQRL.
2. SQRL Reserves. SQRL reserve positions may be considered for eligibility at the discretion of the USS Long Track Selection Committee.
3. Selection of Additional Team Members (Team Pursuit, Team Sprint). All athletes entered in any of the Team Races must be ISU eligible to compete in the event. These athletes will be selected in consultation between the High Performance Director, USS Head Coaches, and Long Track Task Force Athlete Representative as per "Rules of Competition 1D".
    a. Team Pursuit. USS may select skaters to the WSD Team as Team Pursuit athletes.
    b. Team Sprint. USS may select skaters to the WSD Team as Team Sprint athletes.

Replacement of skaters. USS reserves the right to fill any unused start positions that may occur for any reason with members of the WSD. Any team member moving into a vacant start position must meet the ISU Qualifying Time for that distance. These decisions will be made solely at the discretion of the USS staff at the competition.

In the event a selected athlete declines participation in, or is unable to attend, World Single Distance, USS may designate a replacement athlete from the same qualifying event used to select the original team members. The replacement athlete will be the next ranked skater in that same event. The replacement athlete must meet all applicable funding requirements for the distance in which they are selected. Funding of the replacement athletes is at the sole discretion of USS.

JUNIOR WORLD CHAMPIONSHIPS

Eligibility.
1. ISU Rule 208 determines the criteria for submitting USA entries for these competitions.
2. Minimum qualifying times are required for entry in this ISU Championship as stated in ISU Communication 2824.

Entry Quotas.
In the Junior World Championships each ISU Member may enter a total of maximum 6 Women and 6 Men. For each competition substitutes can be named among the maximum 6 Competitors entered for the Championships.

Participation and Funding Requirements.
To be eligible for participation and funding, athletes must satisfy the following requirements:

1. The athlete has signed the current season's USS Athlete Agreement.
2. The athlete has qualified as per the selection procedures.

3. Funding. USS is committed to funding up to five (5) women and five (5) men. At its sole discretion, USS may fund a sixth skater in either gender to compete in an individual distance or team event. To be eligible for funding, an athlete must have achieved one of the applicable USS Junior World Funding Time Standard for the distance in which they are eligible to compete at an ISU or USS sanctioned event between July 1, 2025, and the conclusion of US Junior Championships. See table below:

Junior World Funding Time Standards

Indoor Track Times	**Women**	**Men**
500m	41.13	37.21
1000m	1:21.40	1:12.80
1500m	2:06.32	1:52.11
3000m/ 5000m	4:25.39	6:47.15
Times are the average from 25th place at the 2023, 2024 & 2026 Junior World Championships for the 500m/ 1000m/ 1500m		
Times are the average from 20th place at the 2023, 2024 & 2026 Junior World Championships for the 3000m/ 5000m		

Outdoor Track Times	**Women**	**Men**
500m	41.87	37.94
1000m	1:23.61	1:14.94
1500m	2:11.53	1:56.74
3000m/ 5000m	4:38.44	7:02.47
Times are the average from 25th place at the 2022 & 2025 Junior World Championships for the 500m/ 1000m/ 1500m		
Times are the average from 20th place at the 2022 & 2025 Junior World Championships for the 3000m/ 5000m		

4. Self-Funded Qualification: Athletes who qualify for a Junior World Championships start position but have not achieved the applicable USS Junior World Funding Time Standard, or who have not signed the current-season USS Athlete Agreement, may self-fund their participation in the qualified race(s). Skater(s) who do not meet the funding time standard may elect to self-fund if they are ranked in the top 6 of the Junior Allround Samalog (4 distance point total) and have achieved the ISU Qualifying time standards for all individual distances.

Selection Procedures (ISU Junior World Championships) – Team Selection

The selection competition for the Junior World Championships Team will be the Long Track US Junior Championships / AmCup #2.

1. Junior athletes will be selected to the Junior World Championships Team in the following order:
    a. Prequalification. Athletes who earn a starting position on the Fall Senior World Cup Team will be prequalified to the Junior World Championships Team and awarded start positions in all distances competed at the Junior World Championships. Athletes competing on the Senior World Cup Team as a result of another athlete's declination must still qualify for the Junior World Championships Team under the criteria below.
    b. Final year Junior ISU eligible skater. If the skater is in their final ISU eligibility year as a Junior, they are eligible to earn a Junior World Championship "sprint overall" or "distance overall" position, based on the below criteria:

1. Athlete must have the qualifying USS Junior World Funding Time Standard in one (1) of the qualifying distances.
2. If the athlete wishes to race the allround program at Junior World Championships, they must race all distances at the US Jr. Championships.
3. Sprint Overall: Up to one (1) athlete will be selected with the fastest samalog of the 500m + 1000m + 1500m.
4. Distance Overall: Up to one (1) athlete will be selected with the fastest samalog of the 1000m + 1500m + 3000m (W)/ 5000m (M). Junior Men must achieve the 3000m ISU qualifying time.

c. Individual competitions. Remaining positions will be awarded based on the 4-race total points classification from the US Junior Championships.

The number of skaters selected in each distance will not exceed the applicable US Speedskating ISU entry quota, excluding reserves and substitutes.

d. Selection of Team Members for Team Races (Team Pursuit, Team Sprint, Mixed Gender Relay, and Mass Start). All athletes entered in any of the Team Races must be ISU eligible to compete in the event.
    1. As per Section 1D, Team Pursuit, Team Sprint, and Mixed Gender Relay athletes will be selected from Junior World Championships Team members at the discretion of the USS Team Coach and/or Team Leader on site.
    2. Mass Start positions will be selected from Junior World Championships Team members who competed in the Mass Start at the US Junior Championships and qualified for the Junior World Championships Team. The first starting position will be awarded to the skater(s) with the highest finishing placement from the Mass Start race~~s~~ at the US Junior Championship, and the second starting position will be allocated in consultation with the Junior World Coaching staff, Sport Development Director, and the Athlete Representative. The following criteria will be taken into consideration:
        i. Performance at 2026-2027 AmCup Racing Series 1-3
        ii. Performance at 2026-2027 Junior World Cups
        iii. Performance at 2026-2027 International Competitions
    3. A start position may, however, be given to a skater who earned a Fall Senior World Cup Team position in any distance.
    4. Participation in the Team Sprint and/or Team Pursuit races at the conclusion of AmCup #2 is mandatory for all athletes selected to the US Junior World Championships Team, unless otherwise excused by USS Development or High Performance Staff on site.
e. Seeding. Seeding will be determined by USS based on results from the US Junior Championships. Athletes who qualify for the Fall Senior World Cup Team may be seeded at the discretion of the USS coaching staff and the Sport Development Director.
f. Replacement of skaters. In the event a selected athlete declines participation in, or is unable to attend, the Junior World Championships, USS may designate a replacement athlete from the same qualifying event used to select the original team members. The replacement athlete will be the next ranked skater in that same event (If the athlete being replaced was selected through the “Sprint Overall”, the replacement athlete would be the next highest skater in the “Sprint Overall”. The replacement athlete must meet all applicable funding requirements for the distance(s) in which they are selected. Funding of the replacement athletes is at the sole discretion of USS.

ISU JUNIOR WORLD CUPS AND OTHER INTERNATIONAL EVENTS

ISU JUNIOR WORLD CUPS 1-2, including NEO-SENIOR DIVISION

Eligibility. The Junior World Cups Junior division is open to Juniors U19 and U17 skaters born in the period of July 1, 2007 – June 30, 2011. Skaters in the Neo-Senior division is open to skaters born in the period Jul 1, 2003 – June 30, 2007 as per ISU Communication 2822.

Entry Quotas. USS may enter a maximum of 10 competitors per gender for the ISU Junior World Cups 1 & 2 and 8 competitors per gender for Junior World Cup #3 as per ISU Communication 2822. The maximum number of entries per distance is outlined in ISU Communication 2822.

Participation and Funding Requirements.
To be eligible for participation and funding, athletes must satisfy the following requirements:

1. The athlete has signed the current season's USS Athlete Agreement.
2. The athlete has qualified as per the selection procedures.
3. Funding. USS is committed to providing a travel stipend for up to 14 athletes (8 juniors (4 men and 4 women), and 6 neo-seniors (3 men and 3 women). The amount of the stipend will be determined by USS and communicated to eligible athletes prior to the event. To be eligible for funding, an athlete must have achieved one of the applicable USS funding times below, for Junior or Neo respectively, for a distance in which they are eligible to compete, at an ISU or USS sanctioned event between July 1, 2025, and the conclusion of Fall World Cup Qualifier / Fall Junior Neo World Cup Qualifier. Juniors must participate in at least three (3) individual distances and one team event (if a full team is available) to receive funding. Neos must participate in at least two (2) individual distances and one team event (if a full team is available) to receive funding.
4. Self-Funded Qualification: Athletes who qualify for a Junior World Cup start position but have not achieved the applicable Junior World Cup Funding Time Standard or Neo-senior World Cup Funding Time Standard, or who have not signed the current-season USS Athlete Agreement, may self-fund their participation in the qualified race(s), provided they have achieved the applicable ISU qualifying time standard. Skater(s) who do not meet the USS funding time standard may elect to self-fund as long as they are ranked in the top 10 juniors or 8 neos according to the following selection procedures.

Commitment to Junior World Cups Competitions: Athletes are expected to commit to both ISU Junior World Cup events. If an athlete is unable to participate in both events, the travel stipend will be reviewed and may be reduced at the discretion of USS.

Junior World Cup Funding Time Standards

Indoor Track Times	**Women**	**Men**
500m	43.19	39.07
1000m	1:25.47	1:16.44
1500m	2:12.64	1:57.72
3000m/ 5000m	4:38.66	7:07.51
Times are 5% slower than the average 25th place at the 2023, 2024 & 2026 Junior World Championships for the 500m/ 1000m/ 1500m		
Times are 5% slower than the average 20th place at the 2023, 2024 & 2026 Junior World Championships for the 3000m/ 5000m		

Outdoor Track Times	**Women**	**Men**
500m	43.96	39.84
1000m	1:27.79	1:18.69
1500m	2:18.11	2:02.58
3000m/ 5000m	4:52.36	7:23.59
Times are 5% slower than the average 25th place at the 2022 & 2025 Junior World Championships for the 500m/ 1000m/ 1500m		
Times are 5% slower than the average 20th place at the 2022 & 2025 Junior World Championships for the 3000m/ 5000m		

Neo Senior World Cup Funding Times Standards

Indoor Track Times	**Women**	**Men**
500m	40.56	36.75
1000m	1:20.70	1:12.40
1500m	2:04.16	1:51.31
3000m/ 5000m	4:23.69	6:46.075
Times are the average of the ISU Senior World Cup Qualifying Standards and the USS Junior World Championships indoor track funding times.		

Selection Procedures (ISU Junior World Cups) – Team Selection

The primary selection competition for the Junior World Cup Team will be the AmCup #1 / Long Track Fall World Cup Qualifier / Fall Junior-Neo World Cup Qualifier. For these Selection Procedures, this competition will be referred to as the "Long Track Fall World Cup Qualifier."

1. Junior athletes will be selected to the Fall Junior-Neo World Cup Team in the following order:
    a. Individual competitions.
        i. Senior World Cup Team. Athletes who earn a starting position on the Senior World Cup Team will be awarded start positions in all distances competed at Junior World Cups 1-2. Athletes competing on the Senior World Cup Team as a result of another athlete's declination must still qualify for the Junior World Cup Team under the criteria below.
        ii. Remaining positions and Team Size. Remaining positions will be awarded based on the Total Points Classification from the following four (4) races at the Fall World Cup Qualifier: 500m (best of two), 1000m (first), 1500m, and 3000m (Women) or 3000m (Men). The top four (4) women and four (4) men will be eligible for entry into the Junior World Cups. Athletes finishing outside of the top four (4) will not be eligible unless they have achieved the applicable Junior Funding Time.

The number of skaters selected in each distance will not exceed the applicable US Speedskating ISU entry quota, excluding reserves and substitutes.

    b. Selection of Team Members for Team Races (Team Pursuit, Team Sprint, Mixed Gender Relay, and Mass Start). All athletes entered in any of the Team Races must be ISU eligible to compete in the event.

i. As per Section 1D, Team Pursuit, Team Sprint, and Mixed Gender Relay athletes will be selected from Junior World Cup Team members at the discretion of the USS Team Coach and/or Team Leader on site.
ii. Mass Start positions will be selected from Junior World Cup Team members who competed in the Mass Start at the Fall World Cup Qualifier and qualified for the Junior World Cup Team through the four-race Total Points Classification. Positions will be awarded to the skater(s) with the highest combined point total from the two Mass Start races at the Fall World Cup Qualifier. A start position may, however, be given to a skater who earned a Senior World Cup Team position in any distance.

c. Seeding. Seeding will be determined by USS based on results from the Fall World Cup Qualifier. Athletes who qualify for the Senior World Cup Team may be seeded at the discretion of the USS coaching staff and the Sport Development Director.
d. Replacement of Skaters: If a selected skater declines their position on the Junior-Neo World Cup Team:
i. Junior. The next highest ranked junior in the Total Points Classification from the Fall World Cup Qualifier will be selected as a replacement, provided the athlete:
1. Is ranked among the top ten (10) junior athletes in the Total Points Classification from the following four (4) races at the Fall World Cup Qualifier; and
2. Has achieved one of the qualifying ISU time standards outlined above.

2. Neo-Senior athletes will be selected to the Fall Junior-Neo World Cup Team in the following order:
a. Individual competitions.
i. Skaters will become eligible for selection based on their ranking in each distance at the Fall World Cup Qualifier.
ii. Eligible skaters will then be ranked based on their percentage difference from their result to the current senior world record in each respective distance.

The number of skaters selected in each distance will not exceed the applicable US Speedskating ISU entry quota, excluding reserves and substitutes.

b. Selection of Team Members for Team Races (Team Pursuit, Team Sprint, Mixed Gender Relay, and Mass Start). All athletes entered in any of the Team Races must be ISU eligible to compete in the event.
i. As per Section 1D, Team Pursuit, Team Sprint, and Mixed Gender Relay athletes will be selected from Neo Team members at the discretion of the USS Team Coach and/or Team Leader on site.
ii. Mass Start positions will be selected from Neo Team members who competed in the Mass Start at the Fall World Cup Qualifier. Positions will be awarded to the skater(s) with the highest combined point total from the two Mass Start races at the Fall World Cup Qualifier. A start position may, however, be given to a skater who earned a Senior World Cup Team position in any distance.
c. Seeding. Seeding will be determined by USS based on results from the Fall World Cup Qualifier. Athletes who qualify for the Senior World Cup Team may be seeded at the discretion of the USS coaching staff and the Sport Development Director.

d. Replacement of Skaters: If a selected skater declines their position on the Junior-Neo World Cup Team:
    i. Neo-senior. The next highest ranked skater based on their percentage difference from their result to the current senior world record in each respective distance will be selected as a replacement, provided the athlete:
        1. Is ranked among the top eight (8) neo-senior athletes in the percentage difference ranking list.
        2. Has achieved one of the qualifying ISU time standards outlined above.

ISU JUNIOR WORLD CUP #3 / International Competitions for "Neo-seniors"

Eligibility. The Junior World Cups Junior division is open to Juniors U19 and U17 skaters born in the period of July 1, 2007 – June 30, 2011. Skaters in the Neo-Senior division is open to skaters born in the period Jul 1, 2003 – June 30, 2007 as per ISU Communication 2822.

Entry Quotas. USS may enter a maximum of 8 competitors per gender for Junior World Cup #3 as per ISU Communication 2822. The maximum number of entries per distance is outlined in ISU Communication 2822.

Participation and Funding Requirements.
To be eligible for participation and funding, athletes must satisfy the following requirements:

1. The athlete has signed the current season's USS Athlete Agreement.
2. The athlete has qualified as per the selection procedures.
3. Funding. USS is committed to providing a travel stipend for up to 16 athletes (10 juniors (the 5 men and 5 women on the Junior World Championship Team), and 6 neo-seniors (3 men and 3 women)).
    a. Juniors. The Junior quota for this event will be filled by the Junior World Championship team based on the selection criteria in this document for Junior World Championships. Funding will be according to what is outlined in the Junior World Championships selection section of this document.
        i. Replacement of Junior skaters. In the event a selected athlete declines participation in, or is unable to attend, the Junior World Cup #3, USS may designate a replacement athlete from the same qualifying event used to select the original team members. Any replacement athlete(s) selected to the team will not be funded by USS but must still meet all the ISU applicable qualifying requirements for the distance(s) in which they are selected.
    b. Neo-seniors. The amount of the stipend will be determined by USS and communicated to eligible athletes prior to the event. To be eligible for funding, an athlete must have achieved one of the applicable USS funding times (listed above in the Neo Senior World Cup Funding Times Standards), for Neos for a distance in which they are eligible to compete, at an ISU or USS sanctioned event between July 1, 2025, and the conclusion of 2027 Union Pacific US Long Track Championships / AmCup #3. Neos must participate in at least two (2) individual distances and one team event (if a full team is available) to receive funding.
4. Self-Funded Qualification: Athletes who qualify for a Junior World Cup start position but have not achieved the applicable Neo-senior World Cup Funding Time Standard, or who have not

signed the current-season USS Athlete Agreement, may self-fund their participation in the qualified race(s), provided they have achieved the applicable ISU qualifying time standard. Skater(s) who do not meet the funding time standard may elect to self-fund as long as they are ranked in the top 8 neos according to the following selection procedures.

5. Neo-Senior athletes will be selected to the International Competitions for Neo-seniors in the following order:
    a. Individual competitions.
        i. Skaters will become eligible for selection based on their ranking in each distance at the 2027 Union Pacific US Long Track Championships / AmCup #3.
        ii. Eligible skaters will then be ranked based on their percentage difference from their result to the current senior world record in each respective distance.
        iii. USS will enter only the top three (3) women and three (3) men in the Neo-Senior World Cup Final.
        iv. There will be no move-up to fill available quota positions unless the position is earned by a skater who qualified for the Senior World Cup Team or by a skater who has achieved the applicable "B" time standard.

The number of skaters selected in each distance will not exceed the applicable US Speedskating ISU entry quota, excluding reserves and substitutes.

    b. Selection of Team Members for Team Races (Team Pursuit, Team Sprint, Mixed Gender Relay, and Mass Start). All athletes entered in any of the Team Races must be ISU eligible to compete in the event.

        i. As per Section 1D, Team Pursuit, Team Sprint, and Mixed Gender Relay athletes will be selected from Junior World Cup Team members at the discretion of the USS Team Coach and/or Team Leader on site.
        ii. Mass Start positions will be selected from Junior World Cup Team members who competed in the Mass Start at the 2027 Union Pacific US Long Track Championships & AmCup #3 and qualified for the Junior World Cup Team through the four-race Total Points Classification. Positions will be awarded to the skater(s) with the highest combined point total from the two Mass Start races at the Fall World Cup Qualifier. A start position may, however, be given to a skater who earned a Senior World Cup Team position in any distance.
    c. Seeding. Seeding will be determined by USS based on results from the 2027 Union Pacific US Long Track Championships / AmCup #3. Athletes who qualify for the Senior World Cup Team may be seeded at the discretion of the USS coaching staff and the Sport Development Director.
    d. Replacement of Skaters: If a selected skater declines their position on the Junior-Neo World Cup Team:
        i. Neo-senior. The next highest ranked skater based on their percentage difference from their result to the current senior world record in each respective distance will be selected as a replacement, provided the athlete:
            1. Is ranked among the top eight (8) neo-senior athletes in the percentage difference ranking list.
            2. Has achieved one of the qualifying time standards outlined above.

OTHER INTERNATIONAL EVENTS

1. Coupe Quebec #2 and CanAm International. Funding will be based on the same criteria as listed above for the Junior / Neo World Cups 1-2.
2. Coupe Quebec #3 and Oval Finale. Funding will be determined in January 2027 to determine if there is still funding available to support these later competitions.

FISU WORLD UNIVERSITY GAMES

Selection criteria available in the 2027 FISU World University Games Long Track Selection Criteria.

SECTION 4

2026-2027 NATIONAL RANKINGS

SENIOR NATIONAL RANKING

A) Overall National Ranking. Used to rank all eligible senior skaters in a single overall ranking.
   1. World Single Distance Championships (WSD): Ranked based on the highest individual distance, Team Pursuit or Team Sprint result at the WSD. The second-highest individual distance result will serve as the first tiebreaker. The highest result at the US Championships will serve as the second tiebreaker. The best overall World Cup points ranking in any distance will serve as the third tiebreaker.
   2. Senior World Cup Team: Ranked based on the best individual distance World Cup points ranking, Team Pursuit or Team Sprint overall ranking. Athletes who do not compete in all Team Pursuit or Team Sprint races must achieve a finishing placement equal to or better than the overall ranking of the Team Pursuit or Team Sprint. The second-best individual distance World Cup points ranking will serve as the first tiebreaker, followed by the highest result at the US Championships.
   3. ACRS Final Classification: Ranked based on the highest placement in an individual ACRS distance points classification. Ties will be broken by the next best overall ACRS individual distance points classification.

B) Overall National Ranking – Per Distance: Used to rank eligible senior skaters in each individual distance.
   1. World Single Distance Championships (WSD): Ranked based on the individual distance result, Team Pursuit or Team Sprint result at the WSD.
   2. Senior World Cup Team: Ranked based on the best individual distance World Cup points ranking, Team Pursuit or Team Sprint overall ranking. Athletes who do not compete in all Team Pursuit or Team Sprint races must achieve a finishing placement equal to or better than the overall ranking of the Team Pursuit or Team Sprint. The second-best individual distance World Cup points ranking will serve as the first tiebreaker, followed by the highest result at the US Championships. Athletes competing in Team Pursuit or Team Sprint at World Cups will be ranked after individual distance athletes unless they achieve a top-eight (8) World Cup points ranking in the applicable distance.
   3. ACRS Final Classification: Ranked based on final ACRS points in the applicable distance. Ties will be broken by the next best overall ACRS individual distance points classification.

JUNIOR NATIONAL RANKING

A) Overall National Ranking. Used to rank all eligible Junior skaters from all distances in a single overall ranking.
   1. World Single Distance Championships (WSD). Ranked based on the highest individual placement. The second-best individual placement will serve as the first tiebreaker.
   2. US Senior World Cup Team. Ranked based on the best individual distance World Cup points ranking. The second-best individual distance World Cup points ranking will serve as the first tiebreaker.
   3. ISU Junior World Championships Individual Distance or Allround Medalist. Ranked based on the highest individual distance or Allround finish. The second-best individual distance finish at the

ISU Junior World Championships will serve as the first tiebreaker. If still tied, the result placement at the US Junior Championships will serve as the next tiebreaker.

4. ISU Junior World Championships Team Pursuit or Team Sprint Medalist. Ranked based on their Team Pursuit or Team Sprint result. The best individual distance finish at the Junior World Championships will serve as the first tiebreaker, followed by the second-best individual distance finish.
5. ISU Junior World Championships Team Members. Ranked based on their highest individual distance or Allround finish. The second-best individual distance finish will serve as the first tiebreaker. If still tied, the result at the US Junior Championships will serve as the next tiebreaker.
6. Junior World Team Members with ISU Qualifying Standards. Junior World Team members who have the applicable ISU qualifying standards but choose not to participate at the Junior World Championships.
7. ACRS Final Classification. Ranked based on the highest average placement from an athlete's two best ACRS individual distance classifications. Ties will be broken by the next best overall ACRS individual distance classification, followed by the athlete with the season-best time closest to the Senior World Record in any distance.

B) Overall National Ranking – Per Distance. Used to rank eligible Junior skaters in each individual distance.

1. World Single Distance Championships (WSD). Ranked based on the best individual placement in the applicable distance.
2. U.S. Senior World Cup Team. Ranked based on the individual distance World Cup points ranking.
3. ISU Junior World Championships Individual Distance or Allround Medalist. Ranked based on the individual distance or Allround result.
4. ISU Junior World Championships Team Pursuit or Team Sprint Medalist. Ranked based on the Team Pursuit or Team Sprint result. The best individual distance finish will serve as the first tiebreaker, followed by the second-best individual distance finish. If still tied, the result at the US Junior Championships will serve as the next tiebreaker.
5. ISU Junior World Championships Team Members: Ranked based on their individual distance or Allround result at the ISU Junior World Championships. The second-best individual distance finish will serve as the tiebreaker.
6. ACRS Final Classification: Ranked based on final ACRS points in the applicable distance.

SECTION 5

2027-2028 TRAINING DESIGNATIONS

NATIONAL TRAINING PROGRAM (NTP) COMPOSITION

1. The NTP target size will be 16 athletes and should not exceed 24 eligible American skaters at one time.
2. Automatic Invitations. The top six (6) skaters from the Overall National Ranking – Overall Senior will be automatic invites to the NTP. There is no roll down if one of the 6 skaters decline their invite.
3. Discretionary Invitations. USS may select additional skaters based on consideration of the 2026 US Olympic Team, Overall National Ranking (Senior Overall and Per Distance), Long Track Level Status, or other factors such as exceptional past international performance. These skaters will be considered discretionary invites to the NTP. Discretionary invitations to the NTP will be made by USS upon the recommendation of the USS High Performance Director, NTP coaches and USS HP staff.
    a. Competition Participation. Discretionary NTP athletes are expected to compete in the Fall World Cup Qualifier, the Winter World Cup Qualifier (US Championships), and at least one (1) other competition(s) designated by the USS High Performance Director, NTP coaches and USS HP staff. Additional competitions may include World Cups, Am Cup competitions, or other international development competitions.
    b. Skaters named to the NTP as discretionary members may be placed on "provisional" status. Their status will be reviewed periodically by the USS NTP coaches and staff and following the evaluation they may or may not be asked by USS to continue in the NTP.
4. Performance Standards: Athletes named to the NTP may be required to meet performance standards established by their coach or the USS Long Track High Performance Staff. Failure to meet applicable standards may result in removal from the NTP.
5. At any time, USS may approve other skaters outside of the NTP to be invited to train with the program from time to time for a trial period or as a designated training partner. These skaters will receive no NTP benefits with the sole exception of ice time and coaching. These skaters are not considered members of the NTP and depending on the duration of this invitation may be required to pay specific team fees to USS partner programs. These situations are handled on a case-by-case basis with the High Performance Director.
6. Letter of Commitment. NTP Invitations will be sent as soon as possible after the conclusion of the season, once national rankings are finalized, there's been a review of the seasons events and level system has been updated by USS. Athletes invited to join the NTP must sign and return the USS Letter of Commitment by the deadline specified in the invitation. Failure to return the signed Letter of Commitment by the deadline will result in the loss of NTP status and associated benefits.
7. Status may be restored/granted by the USS High Performance Director or his/her designee, for injury, illness or other extraordinary circumstances.

2027-2028 US SPEEDSKATING LONG TRACK JUNIOR NATIONAL TEAM

The Junior National Team will be named by approximately April 15th each year, following the conclusion of the season.

Eligibility. All Junior National Team skaters must be eligible to represent USS at ISU junior events.

Qualification.

1. Must have been a member of the 2026-2027 World Junior Championship Team.

2. Meet one of the following:

    a. USS Junior World Championships funding time standard. Time standard must have been skated at any ISU or USS sanctioned competition between July 1, 2025, and the conclusion of US Junior Championships.
    b. Top 25 finish in any individual Time Trial distance at the Junior World Championships
    c. Top 24 finish in the Mass Start event at the Junior World Championships
    d. Top 8 finish in Team Sprint or Team Pursuit race at the Junior World Championships

2027-2028 US SPEEDSKATING LONG TRACK NATIONAL DEVELOPMENT TEAM

The National Development Team will be named by approximately April 15th each year, following the conclusion of the season.

Eligibility. All Junior National Team skaters must be eligible to represent USS at ISU junior events.

Qualification.

1. Must compete in three (3) of the following competitions:
    a. US Championships
    b. US Junior Championships
    c. Am Cup Racing Series
    d. Age Group Nationals
    e. USS Identified International Competitions (i.e. Desert Classic, Can Am competitions, FISU)

2. Meet one of the following time standards. Time standards must have been skated at any ISU or USS sanctioned competition between July 1, 2025, and the conclusion of Age Group Nationals.

Indoor Track Times	**Women**	**Men**
500m	43.19	39.07
1000m	1:25.47	1:16.44
1500m	2:12.64	1:57.72
3000m/ 5000m	4:38.66	7:07.51

Times are 5% slower than the average 25th place at the 2023, 2024 & 2026 Junior World Championships for the 500m/ 1000m/ 1500m
Times are 5% slower than the average 20th place at the 2023, 2024 & 2026 Junior World Championships for the 3000m/ 5000m

Outdoor Track Times	**Women**	**Men**
500m	43.96	39.84
1000m	1:27.79	1:18.69
1500m	2:18.11	2:02.58
3000m/ 5000m	4:52.36	7:23.59
Times are 5% slower than the average 25th place at the 2022 & 2025 Junior World Championships for the 500m/ 1000m/ 1500m		
Times are 5% slower than the average 20th place at the 2022 & 2025 Junior World Championships for the 3000m/ 5000m		

3. The top 3 U-15 and U-17 aged skaters in both the US Junior Championships and the Age Group Nationals who are not already on the Senior or Junior National Team.
4. The overall ranking from the US Junior Championships combined with the overall ranking from the Age Group Nationals will be used to apply points, based on the AmCup point chart on page 18, to determine the top 3 in each category.
    a. Tiebreaker: The overall 4 distance point total from the U.S. Junior Championships will be the tie breaker.
5. Any skater that finishes in the top 5 at the US Junior Championships not including the skaters that are aging out for the following season.

2027-2028 US SPEEDSKATING LONG TRACK NEO-SENIOR TEAM

The Neo-Senior Team will be named by approximately April 15th each year, following the conclusion of the season. Athletes named to this team have not been named to the NTP, Junior National Team, or National Development Team.

1. World Single Distance Championships and World Cup Team members
2. Top 3 in the overall AmCup standings for the Sprint or Long-Distance Combination (chart on page 11) who have achieved an ISU/USS B time standard during the 2026-2027 season.
3. All Jr. World Team Members who are aging out of juniors and achieved the following:
    a. Members of the 2027 Junior World Team who have placed in the top 25 in individual race(s) at the 2027 Junior World Championships will be added to the Neo-Senior Team. In the mass start the athlete must place in the top 15. Athletes who placed in the top 6 for Team Pursuit or Team Sprint will also be added to the Neo-Senior Team.
    b. Members of the 2027 Junior World Team who have placed in the top 15 in Allround Points at the 2027 Junior World Championships will be added to the Neo-Senior Team.
4. Athletes must be of Neo-Senior age as defined by the ISU.

MEDAL CONTENDER CLAUSE CRITERIA & PROCESS

Medal Contender Illness or Injury Clause.

1. Purpose. The Medal Contender Status is used exclusively for an extreme circumstance including injury and/or illness that prevent a medal contending athlete from completing/competing in a qualifying competition.
2. Qualification.
    a. Criteria for 2027-2028 World Cup Team. An athlete will earn Medal Contender Status for the 2027-2028 World Cup season by achieving one (1) of the following:
        i. A top eight (8) finish in an individual distance at the 2027 World Single Distance Championships (WSD).
            1. For Mass Start, an athlete must finish the race in the top eight (8).
        ii. Team Pursuit or Team Sprint. A skater who is a 2027 WSD medalist may receive special consideration as a Team Pursuit or Team Sprint Specialist.

Medal Contender Process. When the Medal Contender Clause is invoked, the medal contender may be provisionally granted a position on a World Cup(s) and/or World Championship and/or other international team, subject to the applicable entry quotas, eligibility requirements, and the provisions below.

A) Illness, Injury, or Exceptional Circumstance. If a Medal Contender is unable to compete in or complete the USS-designated selection event due to a verifiable illness, injury, or exceptional circumstance, the athlete may petition USS for consideration. The Medal Contender Petition Form must be submitted to USS no later than two (2) hours following the conclusion of the USS-designated selection competition and must identify the specific team or position being requested.
    1. For illness or injury, the Medal Contender must complete and submit the Medal Contender Petition Form to USS. This form allows USS, including a qualified physician selected by USS, to review the medical records for purposes of verifying the illness or injury. The Medal Contender should also be prepared to submit written evidence and other records from a qualified physician, acceptable to USS, as evidence. The petition must be signed by the Medal Contender and his/her personal coach and if a minor, his/her parent or legal guardian. USS reserves the right to request an independent medical examination of the Medal Contender by a qualified physician chosen by USS at the expense of USS.

If the Medal Contender provision is in effect for an exceptional circumstance, the Medal Contender should complete and submit the Medal Contender Petition Form to USS, but the medical release and authorization section of the petition is not required. The petition must be signed by the Medal Contender and his/her personal coach and if a minor, his/her parent or legal guardian.

B) Review and Return to Competition. USS will review all submitted evidence that prevented the Medical Contender from competing or completing the USS-designated selection event(s) due to illness or injury, the prognosis for recovery. If, based on its review, USS determines that special consideration is warranted, before being named to the team the Medal Contender must:
    1. Be physically able to train and compete in a designated timeline. The Medal Contender will be given a return to training date deadline. This date will be agreed to by the Head Coach and High Performance Director with the athlete as a deadline date that the medal

contender is expected to be considered back to training fully allowing what is seen as adequate time for quality training and preparation for the team being petitioned for. The medal contender must provide medical clearance to USS from qualified physician stating they are permitted to return to training at this agreed level by this date.

2. The medal contender will be given an agreed upon date that they must be cleared by a qualified physician and considered 100% ready for competition. The intent is that the medal contender must be physically cleared to race at a level of success that earned them their medal contender status prior to being named to the team.
3. If the medal contender is able to train and be prepared to compete by these agreed dates, then they may be named to the team(s) being petitioned for. In addition, the Medal Contender may also be awarded start positions in the distances they earned their medal contender status in.

C) Skate-Off. When a Medal Contender in the 500m, 1000m, 1500m, Women's 3000m/5000m, Men's 5000m/10000m Team Pursuit, Team Sprint or Mass Start is prevented from qualifying for a team due to a verifiable illness or injury, USS may name the Medal Contender as an alternate and provide an opportunity to skate off for the applicable starting position.

1. The skate-off will be against the lowest-ranked qualified skater in the applicable distance.
2. The lowest-ranked qualified skater must have an applicable USS "A" funding time to be eligible for the skate-off. If the skater does not have an "A" funding time, the Medal Contender will receive the position without a skate-off.
3. The skate-off will be conducted in the distance(s) for which the Medal Contender petitioned.
4. A Mass Start Medal Contender may be awarded a starting position at the discretion of the USS High Performance Staff and in consultation with a minimum of one AAC representative.
5. The location and timing of any skate-off will be determined by the USS High Performance Staff in consultation with the applicable athlete representatives.
6. The lowest-ranked qualified skater may voluntarily decline the skate-off, in which case the Medal Contender will receive that starting position.
7. A Team Pursuit or Team Sprint Medal Contender may receive special consideration as a Team Pursuit or Team Sprint Specialist.

D) Winter World Cup Selection — Additional Medal Contender Provisions

In addition to the general Medal Contender Process outlined above, the following provisions apply to a Medal Contender seeking selection to the Winter World Cup Team after being unable to participate in the Fall World Cup Qualifier and/or World Cup Competitions 1–4 due to a verifiable illness, injury, or exceptional circumstance.

1. Petition Eligibility. A Medal Contender may petition for consideration for the Winter World Cup Team if a verifiable illness, injury, or exceptional circumstance prevented the athlete from participating in the Fall World Cup Qualifier and/or World Cup Competitions 1–4, thereby preventing the athlete from earning the World Cup ranking necessary for prequalification.
2. Petition Deadline. The Medal Contender Petition Form must be submitted by December 14, 2026 (Day after the completion of World Cup 4) and must identify the specific distance(s) for which consideration is requested. USS will review the petition and notify the Medal Contender and any potentially affected prequalified athlete of the applicable selection procedures by December 18, 2026.
3. Participation Requirement. To be considered for selection through this provision, the Medal Contender must compete in the applicable distance at the Winter World Cup Qualifier and

achieve a valid race result. The athlete must satisfy all applicable medical clearance and eligibility requirements.

4. Skate-Off Procedures. When all available starting positions have been filled, including positions earned through World Cup prequalification, an approved Medal Contender may challenge the lowest-ranked qualified athlete in the applicable distance, subject to the following procedures:
    a. Winter World Cup Qualifier. When both athletes compete in the applicable distance at the Winter World Cup Qualifier, the results of that distance will serve as the skate-off. For the 500m and 1000m, Race #1 will determine the outcome. The athlete with the faster valid finishing time will earn the starting position.
    b. Declining a Skate-Off. If the qualified athlete voluntarily declines to participate in the designated skate-off, the Medal Contender will be awarded the starting position, provided all applicable eligibility and medical clearance requirements have been satisfied.
    c. Final Selection. The winner of the skate-off will receive the applicable starting position. The other athlete may be named as a reserve, subject to applicable selection procedures and entry quotas.
5. Application of Provisions. Where the procedures outlined in this subsection differ from the general Medal Contender Skate-Off procedures, the provisions of this subsection will govern Winter World Cup selection under this additional pathway.

LONG TRACK LEVEL STATUS

Level Status. Level status determines eligibility for services and benefits provided by US Speedskating as outlined in the USS Athlete Services Grid.

1. Level 1. US Speedskating Level 1 status will be awarded to athletes who meet either of the following criteria:
    a. World Single Distance Championships Team: Members of the World Single Distance Championships Team will automatically receive Level 1 status. Both Junior and Senior athletes are eligible under this provision.
    b. Time Standard: Athletes who achieve the applicable “A1” or “A2” time standard will be eligible for Level 1 status. Both Junior and Senior athletes are eligible under this provision. Qualifying times must be achieved between July 1, 2026 and the end of the 2026-2027 season.
2. Level 2. US Speedskating Level 2 status will be awarded to athletes who meet any of the following criteria:
    a. ACRS Qualification: The top five (5) skaters in the final individual distance ACRS points classification in the 500m, 1000m, 1500m, 3000m (Women), or 5000m (Men) will earn Level 2 status, provided they have achieved the applicable B time standard.
    b. World Cup Team: Members of the World Cup Team will receive Level 2 status.
    c. Time Standard: Athletes who achieve the applicable B time standard will be eligible for Level 2 status. Qualifying times must be achieved between July 1, 2026 and the end of the 2026-2027 season.
3. Level 3. US Speedskating Level 3 status will be awarded to athletes who achieve the applicable “C” time standard. Qualifying times must be achieved between July 1, 2026 and the end of the 2026-2027 season.

SECTION 6

AGE GROUP NATIONAL LONG TRACK CHAMPIONSHIPS

The Long Track Task Force and Development Team are still discussing the AGN section. We will publish the AGN rules and regulations at a later date.

The following Long Track Task Force members were responsible for reviewing and creating these Long Track Rules and Regulations.

- USS Member Chair– Nick Pearson
- USS High Performance Director- Andréa Do-Duc
- USS Head Coach – Ryan Shimabukuro
- USS Member – Tom Miller
- USS Member – Susan Gralak
- USS Member – Rob Woodbury
- Athlete Representative – Alex Ochowicz
- Athlete Representative – Emery Lehman
- Athlete Representative – Mia Manganello

ATHLETE OMBUDS OFFICE

The Athlete Ombuds Office provides cost-free, independent and confidential advice regarding athlete rights, grievance procedures and any other related guidance pertaining to selection procedures and can assist in mediating disputes between athletes and their NGB/PSO.
To contact the Athlete Ombuds Office:

- PHONE: (719) 866-5000
- EMAIL: ombudsman@usathlete.org
- WEBSITE: www.usathlete.org

Appendix A

The USS time standards chart will be used for USS competitions and team qualifying and funding.
USS Time Standards Chart:

	Distance	Women	Men	Notes
A1/A2	500m	38.44/39.21	34.74/35.43	Level 1 Qualifying Standards and USS World Cup Qualifying Standards (funded) A1- Calgary and SLC Only A2 - All other ovals *Times must have been achieved as noted in the selection procedures for each racing distance. Mass Start must have a time standard in any distance.
	1000m	1:16.32/1:17.85	1:08.42/1:09.79	
	1500m	1:58.07/2:00.43	1:45.99/1:48.11	
	3000m	4:08.23/4:13.19	X	
	5000m	7:14.35/7:23.04	6:21.10/6:28.72	
	10,000m	X	13:14.38/13:30.27	
B	500m	40.00	36.20	Level 2 Qualifying Standards (other criteria also applies) / ISU World Cup Qualifying Standards.
	1000m	1:20.00	1:12.00	
	1500m	2:02.00	1:50.50	
	Mass Start	Any individual distance time	Any individual distance time	
	3000m	4:22.00	X	
	5000m	4:22.00 at 3000m	6:42.00	
	10,000m	X	6:42.00 at 5000m	
C	500m	42.00	39.00	USS Level 3 Qualifying Standards / U.S. Olympic Team Trials
	1000m	1:24.00	1:17.00	
	1500m	2:10.00	1:57.00	
	3000m	4:30.00	X	
	5000m	X	7:02.00	
	Mass Start	Any “C” Time	Any “C” Time	
D1/D2	500m	45.00/49.00	41.00/45.00	Level 4 Qualifying Standards D1-Sr ACRS Racing Series Standards D2- Jr and *Masters ACRS Standards and US Jr Champ Time Standards
	1000m	1:29.00/1:37.00	1:20.50/1:29.00	
	1500m / Mass Start	2:15.00/2:30.00	2:03.00/2:15.00	
	3000m	4:49.00/5:10.00	4:25.00/4:50.00	
	5000m	8:10.00/8:59.00	7:25.50/8:10.00	

- All USS funding time standards must have been achieved after July 1st, 2025, unless otherwise noted.
- Funding Time standards based on entry times into the WSD from the 2022-23 SQRL. 4th reserve for 5000m Men
- Masters age 30 to 54*

Appendix B
MAT II Qualification Table This table is drawn from IMSSC time standards rule 3.2, IMSSC LT Maximum Time Table.

Women Age Group	Maximum time		Men Age Group	Maximum time	
	500m	1500m		500m	1500m
30	50.00	2:45.00	30	45.00	2:25.00
35	52.00	2:47.50	35	46.00	2:27.50
40	53.00	2:50.00	40	47.00	2:30.00
45	55.00	2:52.50	45	48.50	2:32.50
50	57.00	2:55.00	50	50.00	2:35.00
55	59.50	3:00.00	55	52.00	2:37.50
60	1:20.50	3:07.50	60	54.50	2:45.00
65	1:06.00	3:18.00	65	58.00	2:54.00
70	1:10.00	3:30.00	70	1:02.00	3:06.00
75	1:15.00	3:45.00	75	1:07.00	3:21.00
80	1:20.00	4:00.00	80	1:12.00	3:36.00
85	1:25.00	4:15.00	85	1:17.00	3:51.00
90+	1:30.00	4:30.00	90+	1:22.00	4:06.00