



US SPEEDSKATING

2023-2024

LONG TRACK SPEEDSKATING RULES AND
REGULATIONS v.2

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Section 1

General Information

Notwithstanding anything that may be printed in any written materials before or during a competition and any statements made orally at any time by any persons, including but not limited to US Speedskating (USS) Employees, Board Members, or others, the USS Long Track Speed Skating Regulations will take precedence in all instances. If there are amended Regulations or selection procedures, those will be communicated to all competitors at least 10 days in advance of the start of the event. Those properly amended regulations will supersede the original and any previously amended Regulations. Regulation proposals can be submitted to USS using the standard proposal form.

USS Rules of Competition

- A) General: All competitions listed in this document (“Competitions”) will be conducted in accordance with applicable International Skating Union (“ISU”) Rules and Regulations except as otherwise stated.
- B) ISU: All changes made by the ISU in rules and procedures that affect these Regulations will be incorporated into these Regulations.
- C) Technical Representative: It is recommended that a technical representative be appointed to all USS American Cup Racing Series (ACRS or AmCup) and Team Selection Competitions.
- D) Selection Competitions: USS may host selection competitions in conjunction with other competitions.
- E) Qualifying Times/Seed Times for US Speedskating Competitions:
 - 1) Must be achieved in an ISU competition, national governing body sanctioned competition, or an approved long track metric time trial event with a minimum of one USS certified referee and starter. Results must be printed in a published protocol or accessible online.
 - 2) An electronic timing system must be used (photo finish/photocell beams) or a minimum of two manual timers per athlete.
 - 3) Qualifying and Seed Times must have been met within the timeframe outlined for each competition.
 - 4) If reasonably requested by the USS Technical Representative, a skater may be required to substantiate seed times through production of a published protocol from an official competition.
- F) Drawing Procedures:
 - 1) Opening Meeting: US Speedskating will conduct a coach’s meeting prior to the start of all competitions, as outlined in ISU Rule 239. For each event, the Team Leaders shall inform the

Referee of any withdrawals and the final lists shall be confirmed. Any further coach meetings will be subject to the referee and the USS technical representative.

- 2) Draw: The referees, along with USS technical rep and timing and scoring officials, will run the draw and distribute the pairs accordingly.
- 3) Grouping: The referee, in conjunction with USS, has the authority to adjust the grouping, pairings, and schedule to accommodate a successful competition.
- 4) Allround Competitions – Final Distance: The final (longest) distance in Allround Competitions may be open to all skaters who compete in all the Competition’s three shortest distances. However, if the referee determines it to be necessary or appropriate to limit the number of skaters racing the final distance, consistent with ISU Rule 240, Section 3(a), the Referee will determine the number of skaters that start such distance.
- 5) 500m Pairings: In competitions where the 500m is contended twice, the second race will be paired according to the time ranks from the first race, in such a way that the participants change starting lanes, unless otherwise noted.
- 6) Out of Competition Racing: US Speedskating and the hosting venue have the right to allow other races to be run in conjunction with the event subject to approval by the USS Technical Representative and/or the USS Events Director.

G) Eligibility:

- 1) Citizenship: Skaters must comply with ISU Rule 108, 109, and ISU Communication 2030 (re. Citizenship Status and Competition Eligibility) to be eligible to represent the United States in international competitions. A skater must be a citizen of the United States to represent the United States at the Winter Olympic Games.
- 2) Classification:
 - a) Junior age category (Age before July 1 preceding the Competition):
 - i) Junior “A” – 17 and 18
 - ii) Junior “B” – 15 and 16
 - iii) Junior “C” – 13 and 14
 - iv) Junior “D” – 12 and under
 - b) Neo-Senior – members of USS who are born in the period July 1, 2000, and June 30, 2004.
 - c) Master- members of USS who are at least 30 years of age as of July 1, 2023.
 - d) Overall/Senior- Members of USS who are eligible by both age and qualifying time to compete in a USS event at the highest level.

- H) ISU Age Restriction: Skaters selected to U.S. Speedskating teams for international competitions must satisfy all applicable age requirements established by the ISU (please refer to ISU rule 108).
- I) ISU Qualifying Times: Skaters selected to USS teams for international competitions must achieve all applicable qualifying times established by the ISU by the end of the selection competition unless otherwise stated.
- J) Entry Deadline: The entry deadline is ten days prior to the first day of the competition unless otherwise stated in the competition announcement. If the entry deadline falls on a weekend or US legal holiday, the entry deadline will be the first day after the weekend or US legal holiday. Late entries if available will be accepted up to five days prior to the first day of the competition.

This will be known as the late entry deadline. If the late entry deadline falls on a weekend or US legal holiday, the late entry deadline will be the first day after the weekend or US legal holiday. Late entries are subject to a \$100 late fee in addition to the event registration fee. Any entry request received less than 5 days prior to the first day of competition will need to be approved by the USS Long Track Program Director (or his/her designee) and will be subject to an extra \$100 fee.

- K) Entry Fees: Entry Fees for USS events listed herein will be published on the event registration site.
- L) Uniforms: No skater may wear a USS-issued team uniform or skin 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. All uniforms worn in competition must comply with the USS Athlete Agreement. No member of USS may wear a uniform or skin suit with the markings of a foreign country. The Technical Representative shall issue a warning and if no corrective action is taken, the program director or his/her designee may remove them from the competition.
- M) Safety Equipment:
 - 1) For all Competitions covered in these regulations, except for marathons, current ISU rules will be followed regarding required safety equipment. For mass start and pack style racing, ISU communication No. 2586 will be followed. Competitions not listed in this document are not required to meet this safety requirement, but USS highly recommends following these guidelines.
 - a) Leather gloves will be considered cut resistant for National Age Group Long Track Championships.
- N) Re-Skates:
 - 1) For all events sanctioned by USS and listed in this document not allowed by ISU rules, a re-skate may be granted if, in the judgment of the Referee in consultation with the appointed USS technical representative, a skater's performance in a competition race is materially and negatively impacted by the following circumstances:
 - a) An unintentional fall
 - b) Skate equipment failure
 - c) Verifiable medical issue
 - d) Disqualification
 - 2) Upon reasonable determination of the Referee, the Referee may permit the skater to re-skate such race in its entirety from a fresh start (a "re-skate"), provided, however, a skater will be allowed no more than one re-skate per race per day for disqualification due to false start (meaning, for clarification, when two 500-meter races are contested on the same day, one re-skate could be awarded for each race).
 - 3) A skater will not be permitted a re-skate for the following reasons:
 - a) From the reasonable determination of the Referee and/or USS Technical Representative it is obvious that the athlete failed to follow the competition rules to gain an advantage.
 - b) A race for which the skater did not start due to the skater's failure to timely appear at the starting line unless, in the reasonable determination of the Referee, one of the following applies:

- i) The skater's failure to appear at the starting line was not the result of the skater's intention to obtain a competitive advantage for the skater (such as, without limitation, more favorable ice, or weather conditions, a more competitive or favorable pairing or pairing order, or additional recovery time following an earlier race) or to create a competitive disadvantage to the detriment of the skater with whom the skater was initially paired.
 - ii) The re-skate is not likely to create an actual competitive advantage in favor of the skater (disregarding any advantage the skater might obtain due to pairing considerations, including pairing order).
- 4) Any skater desiring a re-skate must notify the Referee or their designated coach must notify the Referee to request the re-skate immediately following the race in which the skater's performance is impacted.
- 5) Unless the re-skate would otherwise have been permitted under applicable ISU Rules and Regulations, re-skate times will be considered unofficial times and will be disregarded in the determination of final competition standings. Re-skate times and subsequent point totals based on re-skates will be used solely for team selection.
- O) Stoppage of Races: The referee may stop a race if there are safety concerns in the case of a fallen or injured skater in accordance with ISU Rule 216. Re-skates will be granted for the impeded skater.
- P) Mass Start:
 - 1) Mass Start will be run in either of the formats described below as specified for a particular competition. The competition Referee, in consultation with USS Technical Representative, may hold a semi-final round if deemed necessary.
 - 2) Distances:
 - a) 16 Lap Intermediate Sprint Laps: Completion of lap 4, 8, and 12
 - i) Intermediate Sprint Points: 1st) 3 Points, 2nd) 2 Points, 3rd) 1 Points
 - b) Final Sprint: Completion of 16 Laps
 - i) Final Sprint Points: 1st) 60 Points, 2nd) 40 Points, 3rd) 20 Points, 4th) 10 Points, 5th) 6 Points, 6th) 3 Points
 - c) 10 Lap - Intermediate Sprint Lap: Completion of lap 4 and 7
 - i) Intermediate Sprint Points: 1st) 3 Points, 2nd) 2 Points, 3rd) 1 Points
 - d) Final Sprint: Completion of 10 Laps
 - i) Final Sprint Points: 1st) 30 Points, 2nd) 20 Points, 3rd) 10 Points, 4th) 4 Points, 5th) 2 Points, 6th) 1 Point
 - e) Elimination Mass Start
 - i) ISU Mass Start safety rules and regulations will be used.
 - ii) No athletes will be eliminated in the first lap, but athletes are allowed to pass.
 - iii) After the first "safety" lap, the athlete that crosses the finish line last will be eliminated from the race until 6 competitors remain.

- Eliminations will be determined by the transponder data received. When available and adequately staffed – photo finish will be used to determine the eliminated skater.
 - (i) When photo finish is used - the back part of the blade will be the determining factor for eliminations. If photo finish is not used, all eliminations will be in accordance with the transponder data.
 - Transponders must be worn around the ankle – above the skate boot and facing forward. Moving the transponders to a different position will result in disqualification.
- iv) The final 6 competitors will race 2 additional laps to determine finishing positions. If there are less than 16 athletes, eliminations will occur until the final 4 competitors remain, at which point the final 4 will race 2 additional laps to determine the final ranking.
- The final ranking of 4 or 6 (depending on entries) will be determined by the Photo Finish. The secondary system will be the transponder data.
- v) There will be no intermediate sprint points in the elimination mass start.
- vi) Race distance will be directly related to the number of entries with a maximum of 24 skaters.
- If the entries exceed 24, the 1500m seed times will be used to identify the “top” 24 skaters.
 - The race must be a minimum of 10 laps. Non-elimination laps will be skated until the appropriate laps to go are reached as it relates to the entry number.
- 3) Overall Placement
- a) Mass Start:
- i) At the completion of the race, the athletes will be ranked by total points earned during the race (Intermediate and Final sprints points added together). Those not earning points will be ranked according to their final sprint finish. The overall ranking list will then use the ACRS points system for overall points.
 - ii) If there are any ties in points after the completion of a race, the final sprint result will be the tie breaker.
 - iii) A skater who does not finish the race will lose any intermediate sprint points earned. This includes skaters who are lapped by the lead skater or are disqualified. These points will not be transferred to any other skater.
- b) Elimination Mass Start:
- i) Competitors will be ranked according to their position when eliminated, or if in the final 6, according to their placement across the finish line at the conclusion of the final 2 laps.
- c) Results Distribution
- i) When more than one mass start is conducted in a day, results from the previous mass start must be distributed a minimum of 20 minutes prior to the beginning of the second

mass start.

Selection Criteria

- A) STATEMENT: The intent is that all USS Selection Competitions are a fair and equal opportunity event to qualify the best possible team to send to the World Cups and the World Championships. However, the USS High Performance Director (or designee) with the Medical Commission will review any nationally related health situations that may arise. If warranted, medical waivers may be granted to athletes. The Medical Commission will evaluate situations where skaters are prevented from or cannot complete competing at USS events due to national health related situations.
- B) If the USS Medical Manager is notified by email of a health risk situation this is the start of the potential medical exemption waiver. Once these details are documented by the Medical Manager, they will convene with Medical Commission members to review the situation and any medical exemption requests. Only the USS Medical Manager in consultation with Medical Commission members may issue a medical waiver.
- 1) Competitors must have achieved an eligible ISU qualification time for medical exemption consideration. See Appendix "A", B1/B2 time standards.
 - 2) The Medical Manager will liaise with Medical Commission members prior to the coaches meeting and report any waiver requests that are known and/or approved at that time to the High-Performance Director and/or their designee, and they will provide an update during the coaches meeting.
 - 3) Decisions on naming the team may be delayed due to consideration of medical exemption requests. USS is committed to naming the conditional team within seven days after the completion of the selection event conditional of any pending medical clearances.
- C) Medical Selection Implications
- 1) If a selection competition must be cancelled, or an athlete(s) is approved for a medical waiver, USS will use a Selection Committee to select an athlete(s) to the Winter World Cup Team or Junior World Team.
 - a) Athletes must have results from the 2022-23 through the current 2023-24 season that would rank them in a qualifying position for a US World Cup or Junior World Championship Team.
 - 2) The Selection Committee will consist of the following voting members and seek council from the Long Track Task Force.
 - a) USS Executive Director
 - b) USS Long Track Program Director
 - c) USOPC Athletes Advisory Council Representative
- D) Notification: Each skater selected to a U.S Speedskating Team must notify the USS Technical Representative (or his/her designated representative) in writing, whether such skater accepts or declines selection to compete in each event for which the skater has qualified. Such notification must be delivered no later than one hour following the completion of the applicable competition.

The commitment affected by such notification will be used for team management purposes, including travel planning and determining the number of positions potentially open to other skaters to fill individual event quotas and fill Team Pursuit Teams and Team Sprint Teams. Skaters should be prepared in advance of a selection competition to accept or decline each position for which they potentially may be eligible. Skaters must have appropriate information (passports, etc.) available for processing at the selection competition. Skaters are committed to race the events in which they have accepted selection to compete, unless determined otherwise by the appointed coaching staff and team leaders in attendance. If a skater should elect not to compete in an event for which the skater accepted selection, then, in addition to all other sanctions available under the USS Code of Conduct, all additional expenses incurred by USS in connection with such skater's change of commitment, will be the responsibility of the skater.

- E) Other International Events: USS may identify competition opportunities for which it will select a traveling team. To select a traveling team, the most recent qualifying competition may be used. USS reserves the right to select skaters directly to the traveling team.
- F) Reservation: USS will not be obligated to staff, send, or fund a team to any ISU competition. USS reserves the authority to make this determination superseding all other communications, written or oral. Additionally, funding decisions will be made at the sole discretion of USS.
- G) Medical Provision: Should any skaters be deemed medically unfit to compete by the USS medical staff in consultation with the USS Coaching Staff, that skater will forfeit their starting position until medically cleared by the USS medical staff in attendance.
- H) Demonstration Events: Start positions in demonstration events may be filled by interested members of the present Team, as determined by, and at the discretion of, the USS High Performance Staff in attendance.
- I) USS Team Selection:
 - 1) Athletes who violate the rules listed below will first receive a warning, a second violation will result in a disqualification (per competition). Athletes who are disqualified due to the items listed below may still be eligible for team selection with their time achieved in the race in which they were disqualified. These times will be used solely for team selection purposes, the athlete will still be disqualified from the event. These rules include:
 - a) Armband infraction (wrong armband, failure to wear armband, armband falling off or being removed during race)
 - b) Failure to comply with timing equipment rules (i.e., transponders)
 - 2) The above rules apply to time trial events only. Transponders must be worn for Mass Start events where transponders are used as determined by USS, failure to wear transponders will result in a disqualification.

2023-2024 Qualified Medal Contenders

- A) Medal Contender Status
 - 1) 2023-2024 USS Medal Contenders

- a) The following athletes earned medal contender status for the 2023-2024 season through the criteria outlined in the 2022-2023 Long Track Speed Skating Rules and Regulations.
 - i) Brittany Bowe
 - 3rd-Team Pursuit (WSD), 5th-1000m (WSD)
 - ii) Erin Jackson
 - 5th-500m (WSD)
 - iii) Giorgia Birkeland
 - 3rd-Team Pursuit (WSD)
 - iv) Kimi Goetz
 - 4th-1000m(WSD), 6th-1500m (WSD) 8th-500m (WSD)
 - v) Mia Kilburg
 - 3rd-Team Pursuit (WSD), 4th-Mass Start (WSD)
 - vi) Ethan Cepuran
 - 8th-Mass Start (WSD)
 - vii) Jordan Stolz
 - 1st-500m (WSD), 1st-1000m (WSD), 1st-1500m (WSD)
- 2) Implementation of Medal Contender Clause
 - a) In the event that a Medal Contender in the 500m, 1000m, 1500m, Women’s 3k/5k, men’s 5k/10k, Team Pursuit or Mass Start should be reasonably prevented from qualifying for a team due to a verifiable illness or injury, the Medal Contender may submit a petition to USS at or before the conclusion of the qualifying event, requesting to be named as an alternate to the team being selected and submit evidence from a qualified physician as to the condition which prevented such qualification. Such a petition must be signed by the skater and parent or legal guardian (if the skater is a minor). The petition will be considered by USS. Medal Contenders must receive a clean bill of health from a qualified physician to be eligible for the right to skate off. Medal Contenders selected as alternates will skate off for start positions according to the following:
 - i) The skate off will be with the lowest ranked qualified skater in the specific distance.
 - ii) The lowest ranked qualified skater must have an “A” USS Time to be eligible for the skate-off. If the skater does not have an “A” Time Standard the position will automatically be filled by the medal contender.
 - iii) The skate off will be held in the distance(s) petitioned for by the medal contender athlete.
 - iv) Mass start medal contenders will be awarded positions at the discretion of the USS High Performance Staff.
 - v) Skate off will be held at a reasonable place and time determined by the USS High Performance Staff.
 - vi) The lowest-ranked qualified skater may voluntarily decline their right to a skate off - the medal contender will then acquire the lowest-ranked qualified skater’s starting position.
 - vii) Team Pursuit Medal Contender may be given special consideration as a Team Pursuit Specialist.

Coaching Policy

- A) International Events: USS will select the coaches to represent USS and its teams at the international events listed herein. These coaches will be the USS National Training Program (NTP) coaches unless USS determines the need for additional support by non-NTP coaches as members of the official USS coaching delegation, subject to the non-NTP coach signing and complying with the USS Additional Official Agreement.
- 1) Non-NTP coaches selected as members of the official USS coaching delegation must be USS Certified Level 3 coach, a level 2 coach actively progressing towards level 3 (as approved by USS) and/or the equivalent as determined by USS.
- B) Domestic Events (as defined in this document): Skaters must designate on the entry form for each Competition, the coach who they designate to serve as their coach at the Competition. Only the coach designated by a skater competing will be entitled to receive a coaching credential for that Competition. All coaches must be certified and a current USS Level 2 coach or equivalent as determined by USS.

Section 2

2023-2024 U.S. Speedskating Long Track American Cup Racing Series (ACRS/AmCup)

- A) Event: The American Cup Racing Series for Long Track Speedskating (ACRS or AmCup) is a season-long competition series combining both high performance and development racing. ACRS events include the AmCup #1, AmCup #2 and AmCup Final. Each ACRS competition will be conducted in a single distance format.
- B) Format/Divisions:
- 1) Overall men, Overall women, Junior men and Junior women, and Master men and Master women. Individual distance rankings will be maintained for each division. In addition, Sprint and Long-Distance rankings will be maintained for Overall men and Overall women. Points will be earned for Overall Sprint and Long-Distance based on the chart below. There will not be an overall AmCup ranking for Team Pursuit.

Event	Overall Long-Distances	Overall Sprint Distances
AmCup #1	1500m, 3000m (Women), 5000m (Men)	500m (fastest of the 2 then ranked), 1000m
AmCup #2	1500m, 3000m (Women) 5000m (Men), 2xMass Start	500m (fastest of the 2 then ranked), 1000m
AmCup Final	1500m, 5000m (Women), 10000m Men, 1xMass Start	500m (fastest of the 2 then ranked), 1000m

- a) International Skaters will not be ranked.
- 2) The race format for each ACRS competition will be:

a) AmCup #1 Milwaukee / U.S. Long Track Championships / Junior World Cup #1 & #2 Qualifier / Youth Olympic Games Qualifier

Day	Women	Men	Masters
1	500m #1 & 1500m	500m #1 & 1500m	500m #1 & 1500m
2	500m #2 & 3000m	500m #2 & 5000m & 3000m (Jr. C)	500m #2 & 3000m
3	1000m & 2 x 10 lap *Mass Start	1000m & 2 x 10 lap *Mass Start	1000m & 2 x 10 lap *Mass Start

*Mass Starts at AmCup #1 will not count towards the overall AmCup title in mass start.

b) AmCup #2 Roseville (1.5xPoints)

Day	Women	Men	Masters
1	500m #1, 3000m	500m #1, 5000m & 3000m (Jr. C)	500m #1, 3000m
2	500m #2, 1500m	500m #2, 1500m	500m #2, 1500m
3	1000m, 2x10 Lap Mass Start	1000m, 2x10 Lap Mass Start	1000m, 2x10 Lap Mass Start

c) AmCup Final Salt Lake City

Day	Women	Men	Masters
1	500m #1, 1500m	500m #1, 1500m	500m #1, 1500m
2	500m #2, 1000m #1, 5000m (Sr. Points) & 3000m (Jr. Points)	500m #2, 1000m #1, 10000m (Sr. Points) & 5000m (Jr. Points) & 3000m (Jr. C Points)	500m #2, 1000m #1, 3000m
3	1000m #2, 10 Lap Mass Start, Team Pursuit	1000m #2, 10 Lap Mass Start, Team Pursuit	1000m #2, 10 Lap Mass Start, Team Pursuit

C) Qualification Standards:

- 1) Qualification: To compete in an ACRS competition in any event other than the 500m, competitors must have met a “D1” level time standard for Seniors and “D2” level time standard for Juniors and Master’s after July 1st, 2022, and prior to the event late entry deadline. Athletes who do not have the USS time standards may compete in the 500m only. Any D1 or D2 time standard will make an athlete eligible for all events, except the 5000m for women and the 10000m for men. Athletes must have a “C” time standard in the 1500m/3000m/5000m or be in the top 8 in Overall Long-Distance (note chart on page 11) point totals before the entry deadline of the AmCup Final to be eligible for the 5000m Women and/or 10000m Men. Qualifying times from the Age Group Nationals will also be accepted for the American Cup Racing Series.

D) Ranking points:

- 1) Ranking Points will be awarded in accordance with the chart below.

Place	Points	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	

- 2) Athletes who are disqualified will receive last place points.
- 3) AmCup #2 will receive 1.5xpoints (points will be truncated)

E) Final Ranking:

- 1) At the end of the ACRS, Champions will be named based on total points earned in each of the following divisions:
 - a) Overall Sprint
 - b) Overall Long-Distance
 - c) Overall Individual Distances
 - d) Junior Individual Distances
 - e) Master Individual Distances
- 2) Tie breaker for overall points will be based on results at the ACRS Final event.
- 3) 2nd tie breaker will be the athlete with the closest season best time to the senior world record in the distance tied in or any one of the distances represented in the point series where multiple distances are factored.
- 4) There will be one male and one female Overall ACRS Sprint and Long-Distance Champion. Athletes awarded as the overall Sprint and Long-Distance Champion will be eligible for a partial to full scholarship in a USS approved program. These skaters must have met one of the "C" USS time standards during the current season in the Sprint or Long-Distances depending on which they qualified to be eligible. If no time standard has been achieved, the athlete will still be presented with the overall award and title but will not receive the scholarship to the programs.
- 5) Overall ACRS Sprint and Long-Distance Champions will also receive an automatic invite to a USS National Team training camp if they have met one of the "A" USS time standards during the current season.

F) ACRS Competition Incentives

- 1) Competition Travel Incentives
 - a) AmCup #1
 - i) Top 3 Junior (Women& Men) and Top 2 Neo (Women& Men) (Neo as defined by ISU) will receive up to \$300 reimbursement for travel costs to AmCup #2.
- 2) Ranking for funding will be determined using the following criteria.
 - a) Juniors
 - i) Funding positions (Women & Men) will be awarded to the competitor with the lowest point total over 4 distances (500m, 1000m, 1500m, 3000m (Women), 5000m (Men)
 - b) Neo-Senior
 - i) Positions #1 & #2 (Women & Men) will go to the competitor with a finish time closest to the Senior World Record in that respective distance.

US Speedskating Long Track Championships / Fall World Cup Qualifier / Youth Olympic Games Qualifier

- A) Event: This event will select the USS Fall World Cup team and will be run in conjunction with AmCup #1.
- B) Format: US Speedskating Long Track Championships is a three-day event being held in Milwaukee, Wisconsin on October 27-29, 2023. This event will be conducted as a single distance competition for drawing purposes.

Day	Women	Men
1	500m #1 & 1500m	500m #1 & 1500m
2	500m #2 & 3000m	500m #2 & 5000m
3	1000m & 2 x 16 lap Mass Start	1000m & 2 x 16 lap Mass Start

- C) Non-U.S. Skaters will not be permitted entry into the mass start competition (Non-U.S. Skaters may participate in the AmCup Mass Start)
- D) Qualification Standards:
- 1) To compete in the US Speedskating, Fall World Cup Trials in any event other than the 500m, competitors must have met a “D1” level time standard for Seniors and “D2” level time standard for Juniors and Masters after July 1st, 2022, and prior to the event late entry deadline.
 - 2) Skaters who do not have the USS time standards may compete in the 500m only. Any D1 or D2 time standard will make an athlete eligible for all events.
 - 3) For the Mass Start, any “C” level time standard will be required to be eligible. The mass start competition will be for U.S. skaters only.

US Speedskating Long Track Winter World Cup Qualifier

- A) Event: This event will serve as the qualification competition for the Winter World Cups. Reference each of these sections for team selection criteria. This event will be run in conjunction with the U.S. Junior Long Track Championships.
- B) Format: Winter World Cup qualifier is a three-day event being held in Kearns, Utah on January 4th-6th, 2024. This event will be conducted as a single distance competition for drawing purposes.

Day	Women	Men
1	2x500m & 3000m	2x500m & 5000m
2	1500m & 5000m	1500m & 10000m
3	1000m & 2 x 16 lap Mass Start	1000m & 2 x 16 lap Mass Start

- C) Qualification Standards:
- 1) USS “C” time standards will be required for each distance a skater intends to compete in.
 - 2) For the Mass Start, any “C” level time standard will be required to be eligible. The mass start competition will be for U.S. skaters only.

- 3) These times must have been met after July 1st, 2022, and before the late entry deadline for the competition.

US Speedskating Long Track Junior Championships

- A) Event: This event will also serve as the qualification competition for the World Junior Championships. Reference World Junior Championships for team selection procedures. This event will be run in conjunction with U.S. Speedskating Winter World Cup Qualifier.
- B) The U.S. Junior Speed Skating Championships will be conducted as a three-day single distance competition for drawing purposes. Total Points Classification will be used to determine selection to the Junior World Team, see World Junior Championships section.

Day	Women	Men
1	500m #1, 3000m	500m #1, 5000m
2	500m #2, 1500m	500m #2, 1500m
3	1000m, Team Pursuit	1000m, Team Pursuit

- C) Final Ranking:
 - 1) The Allround Total Points Classification will be determined using the following distances:
 - a) Women: Junior A, B and C 500m (fastest of the two), 1000m, 1500m, 3000m
 - b) Men: Junior A, B and C 500m (fastest of the two), 1000m, 1500m, 5000m
- D) Qualification Standards:
 - 1) Any USS D2 time standard achieved after July 1st, 2022, will make an athlete eligible for all events in their age group.
- E) Eligibility to Compete:
 - 1) The U.S. Junior Speed Skating Championships will only be open to skaters who have not yet reached the age of 19 years before July 1, 2023. A skater may compete only in the class designated for the skater's age before July 1, 2023, as follows:
 - a) Junior A: Ages 17 and 18 years
 - b) Junior B: Ages 15 and 16 years
 - c) Junior C: Ages 14 and below

US Speedskating Long Track Master Championships

- A) Event: This event will serve to determine the U.S. Masters Champion. This event will also be run in conjunction with the Winter World Cup Qualifier and the USS Long Track Junior Championships
- B) Format: US Championships will be conducted as a three-day single distance competition in the following event format:

Day	Women	Men
1	500m #1, 3000m	500m #1, 3000m
2	500m #2, 1500m	500m #2, 1500m
3	1000m, Team Pursuit	1000m, Team Pursuit

- C) Qualification Standards:

- 1) IMSSC time standards will be used for qualification. See www.imssc.org

Section 3

World Cups – General

- A) Entry Quotas: US Speedskating’s ISU entry quotas for World Cups will be determined in accordance with applicable ISU Rules and Regulations.
- B) Funding:
- 1) Time Standards: A skater must have met the “A1 (Calgary or Salt Lake City) or A2 (All other rinks)” time standard as outlined by the end of the selection competition to qualify for funded travel to the USS World Cup Team.
 - 2) Performance Standards: A skater competing in a time trial event (500m/1000m/1500m/3000m/5000m/10000m) who earns a position in the World Cup “A” group for 2 or more competitions in the same distance, and or a skater who places in the top “3” in the World Cup “B” group will be considered a USS funded athlete.
 - 3) Athlete Agreement: A skater must have signed the USS Athlete Agreement for the current season to receive funded travel.
- C) Domestic Events: US Speedskating may be allocated additional quota spots for ISU events within the United States. USS will still use its time standards for funding these events. US Speedskating will offer a reserve spot for all domestic events to try and fill the allocated quota spots.

Fall World Cups / Special Qualification Ranking List

- A) General: The U.S. Speedskating Team for the Fall World Cups (meaning World Cup events occurring prior to the Winter World Cup Qualifier) will be selected in accordance with the following:
- B) Entry Quotas: Entry Quotas for Fall World Cups will be determined in accordance with applicable ISU rules and regulations.
- C) Team Selection: US Speedskating Long Track Championships will serve as the selection competition for the Fall World Cups. Skaters become eligible and qualify for positions on the Fall World Cup Team by meeting the following criteria in the stated order.
- 1) Time Trial Events: Skaters become eligible for selection to the Fall World Cup Team by their ranking in each distance at the selection competition. The distances for Women are 500m (fastest of the two races), 1000m, 1500m, 3000m. The distances for men are 500m (fastest of the two races), 1000m, 1500m, 5000m. The number of eligible skaters will not exceed U.S. Speedskating's ISU entry quota for each, not including reserves or subs.
 - a) Positions for the Women’s 5000m will be filled using the 3000m results.
 - b) Positions for the Men’s 10000m will be filled using the 5000m results.

2) Team Events:

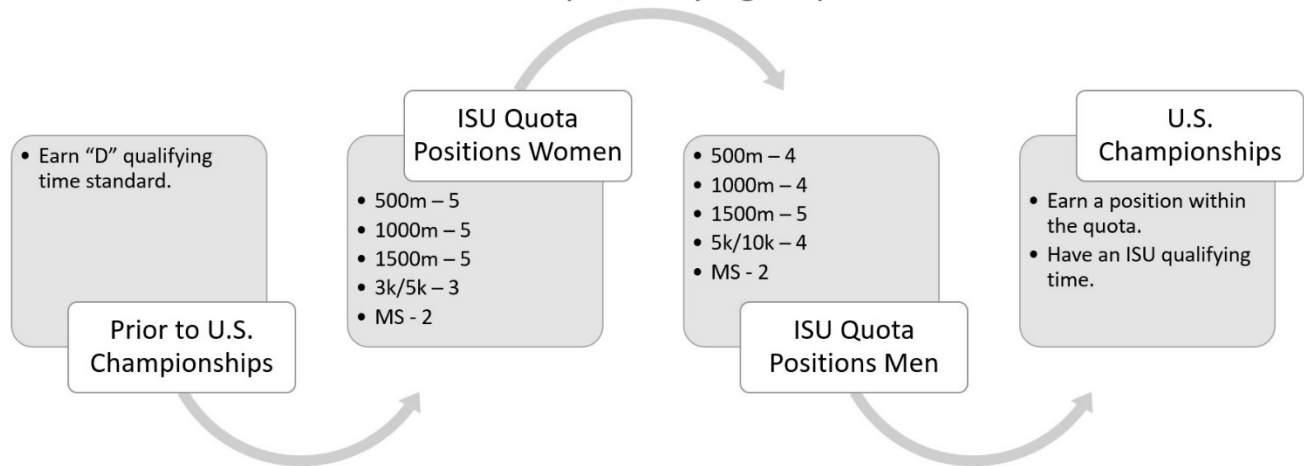
- a) Team Pursuit: USS may name skaters to the Fall World Cup team as team pursuit athletes. USS staff present at the world cup events will determine the composition and order of the team competing. All athletes entered in the team pursuit must be ISU eligible for the event.
- b) Team Sprint: USS may name skaters to the Fall World Cup team as team sprint athletes. USS staff present at the World Cup events will determine the composition and order of the team competing. All athletes entered in the team sprint must be ISU eligible for the event.
- c) Mixed Gender Relay (MGR): USS may name skaters as Mixed Gender Relay athletes. USS staff present at the event will determine the composition and order of the team competing. All athletes entered in the MGR must be ISU eligible for the event.
- d) Mass Start: Fall World Cup Mass Start positions will be determined by the results of the 2xMass Start Races at the selection competition.
 - i) First Position:
 - The winner of mass start one and/or two with the highest-ranking point total.
 - ii) Second Start Position (if applicable):
 - The winner of mass start one/or two with the second highest final ranking point total.
 - If a skater does not win either of the two mass starts, the second position will be allocated to the skater with the highest final ranking point total.
 - iii) Tie Breaker:
 - The final sprint finish (finish of the race) of the 16-lap mass start race will serve as the tie breaker for any points ties for that individual race. The final sprint finish (finish of the race) of the 16-lap mass start race #2 will serve as the tie breaker for any combined points ties. The final finish of the mass start race #1 will serve as a second tie breaker if needed when applicable.

D) Declining a Starting Position:

- 1) If a skater declines a starting position, the starting position will be offered to the next ranked skater from the USS Fall World Cup Qualifier/USS Long Track Championships only if they have a USS funding time in that distance. Please note the section Selection Criteria - paragraph E for notification timeline.
- 2) Skaters may also declare themselves “non-contenders” for World Cup Team Selection in a specific distance and/or specific World Cup prior to the final draw meeting for that distance. This declaration must be provided in writing to the Long Track Program Director. World Cup start positions will then be awarded without the “non-contender” skater being factored into the quota position allocation.
- 3) Skaters who receive positions because of a declaration of “non-contender” will not receive ranking status as a Senior Fall World Cup Team Member for National Ranking purposes or Jr. World Team Selection.

- E) Seeding: Seeding of the athletes at World Cup events will be done by USS and may be discretionary.
- F) Discretionary Invites: USS reserves the right to fill any remaining World Cup position(s) with discretionary invites for individual distances, mass starts, team pursuit and team sprint events. The discretionary invites must have met the ISU Time Standards to compete.
- G) USS Funded Qualification: Eligible skaters qualify for a funded position on the Fall World Cup team by meeting the following criteria:
 - 1) Achieving a USS A1 or A2 time standards for a distance they are eligible. Times must have been skated between July 1st, 2022, and the end of the selection competition.
 - a) USS B1/B2 time standards apply to Mass Start events.
 - 2) Signing the Athlete Agreement from the current season.
- H) Non-Funded Qualification: Athletes who qualify for a start position but do not have the “A1 or A2” time standard, or who have not signed the Athlete Agreement for the current season may fund their own way to compete in the qualified events. These athletes must have met the ISU time standards (USS B1 or B2) to qualify.
- I) Vacancies: USS Reserves the right to fill any unused World Cup start positions that may occur for any reason at any World Cup with members of the Fall World Cup Team. The Team member moving into a vacant start position must meet the ISU World Cup Qualifying Time for that distance. This will be solely at the discretion of the USS staff at the World Cup.

Fall World Cup Qualifying Sequence



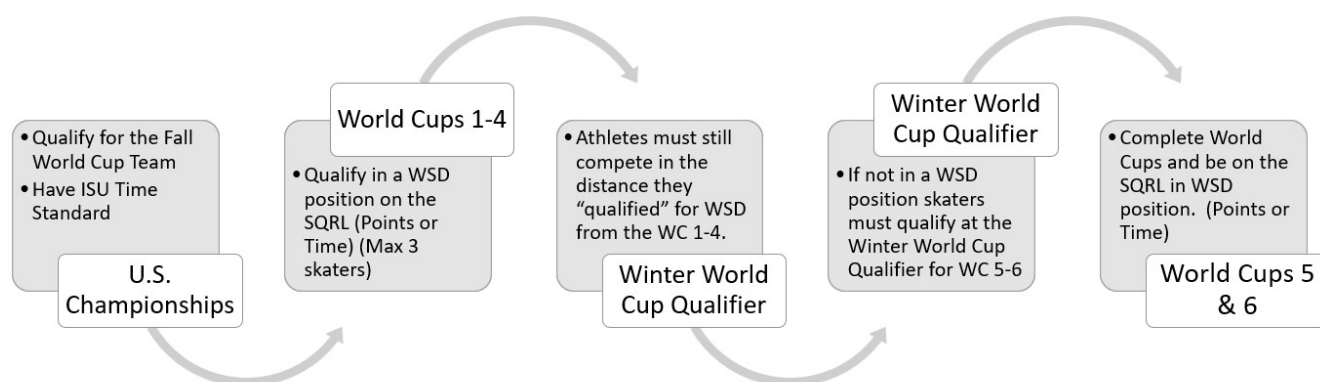
World Single Distance Championships & Winter World Cups

- A) Entry Quotas: Entry quotas for the World Single Distance (WSD) Championships and Winter World Cups will be determined in accordance with applicable ISU Rules and Regulations Special Qualification Ranking List (SQRL).
- B) Team Selection: Skaters become eligible and qualify for positions on the WSD and/or the Winter World Cup Team by meeting the following criteria. The number of eligible skaters will equal U.S. Speedskating's ISU entry quota for each distance. SQRL reserve positions will be considered for eligibility at the discretion of the USS Long Track Selection Committee.

- 1) Time Trial Events: Starting positions for the WSD Team and/or Winter World Cup Team will be determined and ranked as follows:
 - a) Qualification Prior to the Winter World Cup Qualifier:
 - i) A skater will earn a starting position for a distance by achieving a ranking equivalent to a World Single Distance quota position after World Cups #1-4. Starting positions earned prior to U.S. Championships will be capped at the equivalent of the maximum quota positions allowed at the WSD (3 skaters for the 500, 1000, 1500, 3000m Women, 5000m Men. 2 Skaters for the 5000m Women and 10000m Men). Skaters qualifying in this manner must then maintain their ISU WSD quota positions through WC #5-6 in order to be eligible for the WSD.
 - For example, if the U.S. is in a position after WC's #1-4 to have 3 starting spots in the Women's 1000m at the WSD, the 4th Winter World Cup position will be determined at the Winter World Cup Qualifier – per point b – below.
 - ii) If, after World Cups #1-4, the U.S. has not filled its potential max WSD quota positions in an event – athlete(s) ranking in the top 40 in World Cup points will retain their position on the Winter World Cup Team up to the maximum allowable WSD quota positions. All remaining positions will be determined at the Winter World Cup Qualifier
 - For example, if the U.S. is in a position after WC's #1-4 to have only 2 out of the 3 potential starting positions in the Women's 1000m at the WSD, the 3rd position will qualify for the Winter World Cup team only if they are in the top 40 in World Cup points. If the skater is not in the top 40, the 3rd and 4th Winter World Cup positions will be determined at the Winter World Cup Qualifier – per point b – below.
 - iii) Athletes must however still compete at the Winter World Cup Qualifier and in the event, they qualified for at World Cups #1-#4 in order to be named to the WSD team and/or Winter World Cup Team.
 - b) Winter World Cup Qualifier: Remaining positions will be based on the following. Skaters become eligible for selection to the WSD Team and/or Winter World Cup Team by their ranking in each distance at the Winter World Cup Qualifier. If a skater earns a position but declines to compete, the position will go to the next ranked skater from the Championships only if they have a USS funding time in that distance.
 - i) The distances for Ladies are 500m, 1000m, 1500m, 3000m.
 - ii) The distances for men are 500m, 1000m, 1500m, 5000m.
 - Positions for the Women's 5000m and Men's 10000m will be filled using the ranking from the SQRL.
 - (i) If an athlete, not on the SQRL skates, a time below 7:14.35 in the Women's 5000m or below a time of 13:14.38 in the Men's 10000m from July 1st, 2023, to the Winter World Cup Qualifier, a "skate-off" for the final 10000m position may be requested to the Long Track Program Director for the WSD 5000m (Women) / 10000m (Men's) position. ~~This "skate-off" will take place at the Winter World Cup Qualifier.~~

- 2) Team Events: Team events will be selected based on the criteria outlined below.
 - a) Team Pursuit: USS may name skaters to the WSD team and/or Winter World Cup Team as team pursuit athletes. USS staff present at WSD or Winter World Cups will determine the composition and order of the team competing. All athletes entered in the team pursuit must be ISU eligible for the event.
 - b) Team Sprint: USS may name skaters to the WSD Team and/or Winter World Cup Team as team sprint athletes. USS staff present at WSD will determine the composition and order of the team competing. All athletes entered in the team sprint must be ISU eligible for the event.
 - c) Mixed Gender Relay (MGR): USS may name skaters as Mixed Gender Relay athletes. USS staff present at the event will determine the composition and order of the team competing. All athletes entered in the MGR must be ISU eligible for the event.
 - d) Mass Start: Starting positions for the WSD Team and/or Winter World Cup Team will be determined and ranked as follows:
 - i) Qualification Prior to Winter World Cup Qualifier:
 - A skater will earn a starting position for the mass start by achieving a ranking in the top 24 after World Cups #1-4.
 - Athletes must still compete in the mass start at the Winter World Cup Qualifier in order to be named to the WSD and/or Winter World Cup Team.
 - ii) Winter World Cup Qualifier: Remaining start positions in the Mass Start will be selected based on the final point ranking from their three (3) best Mass Start events out of the four (4) events contested at the USS Long Track Championships and Winter World Cup Qualifier.
 - iii) Tie Breaker: The final sprint finish of the 16 Lap Mass Start race at the Winter World Cup Qualifier will be the tie breaker for any overall points ties.
- 3) Seeding: Seeding will be based on ISU Rules and Regulations.
- 4) Final Qualification will occur following the final SQRL event (WC #6). Skaters will earn starting positions at the WSD in accordance with this ranking list.
- C) Vacancies: USS Reserves the right to fill any unused start positions that may occur for any reason with members of the WSD/Winter World Cup Team. 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 event.

World Single Distance Qualifying Sequence



Four Continents Long Track Championships

- A) General: The U.S. Speedskating Team for the 4-Continent Championships will be selected in accordance with the following provisions.
- B) Entry Quotas: Entry Quotas for the 4-Continent Championships will be determined in accordance with applicable ISU rules and regulations.
- C) Team Selection: USS Winter World Cup Qualifier will serve as the selection competition for the 4-Continent Championships. Skaters become eligible and qualify for positions on the 4-Continents Team by meeting the following criteria in the stated order. If a skater declines a starting position, the starting position will be offered to the next ranked skater from the Winter World Cup Qualifier only if the athlete has an "A1/A2 Funding time".
- 1) Time Trial Events: Starting positions for the Four Continents Team will be determined and ranked as follows:
 - a) Qualification Prior to the Winter World Cup Qualifier:
 - i) A skater will earn a starting position for a distance by achieving a ranking equivalent to a World Single Distance quota position after World Cups #1-4. Starting positions earned prior to the Winter World Cup Qualifier will be capped at the equivalent of the maximum quota positions allowed at the WSD (3 skaters for the 500, 1000, 1500, 3000m Women, 5000m Men. 2 Skaters for the 5000m Women and 10000m Men).
 - For example, if the U.S. is in a position after WC's #1-4 to have 3 starting spots in the Women's 1000m at the WSD, the 4th Four Continents position will be determined at the Winter World Cup Qualifier – per point b – below.
 - ii) If, after World Cups #1-4, the U.S. has not filled its potential max WSD quota positions in an event – athlete(s) ranking in the top 40 in World Cup points will earn a position on the 4-Continents Team up to the maximum allowable WSD quota positions. All remaining positions will be determined at the Winter World Cup Qualifier.
 - For example, if the U.S. is in a position after WC's #1-4 to have only 2 out of the 3 potential starting positions in the Women's 1000m at the WSD, the 3rd position will qualify for the Winter World Cup team only if they are in the top 40 in World Cup

points. If the skater is not in the top 40, the 3rd and 4th Winter World Cup positions will be determined at the Winter World Cup Qualifier – per point b – below.

iii) Athletes must however still compete at the Winter World Cup Qualifier and in the event they qualified for at World Cups #1-#4 in order to be named to the 4-Continents Team.

b) Winter World Cup Qualifier: Remaining positions will be based on the following. Skaters become eligible for selection to the 4-Continents Team by their ranking in each distance at the Winter World Cup Qualifier. If a skater earns a position but declines to compete, the position will go to the next ranked skater from the Championships only if they have a USS funding time in that distance.

i) The distances for Ladies are 500m, 1000m, 1500m, 3000m.

ii) The distances for men are 500m, 1000m, 1500m, 5000m.

2) Team Events: Team events will be selected based on the criteria outlined below.

a) Team Pursuit: USS may name skaters to the 4-Continents Team as team pursuit athletes. USS staff present at the 4-Continents will determine the composition and order of the team competing. All athletes entered in the team pursuit must be ISU eligible for the event.

b) Team Sprint: USS may name skaters to the 4-Continents Team as team sprint athletes. USS staff present at 4-Continents will determine the composition and order of the team competing. All athletes entered in the team sprint must be ISU eligible for the event.

c) Mixed Gender Relay (MGR): USS may name skaters to the 4-Continents team as Mixed Gender Relay athletes. USS staff present at 4-Continents will determine the composition and order of the team competing. All athletes entered in the MGR must be ISU eligible for the event.

d) Mass Start: Starting positions for the 4-Continents Team will be determined and ranked as follows:

i) Qualification Prior to the Winter World Cup Qualifier:

- A skater will earn a starting position for the mass start by achieving a ranking in the top 24 after World Cups #1-4.
- Athletes must still compete in the mass start at the Winter World Cup Qualifier in order to be named to the 4-Continents Team.

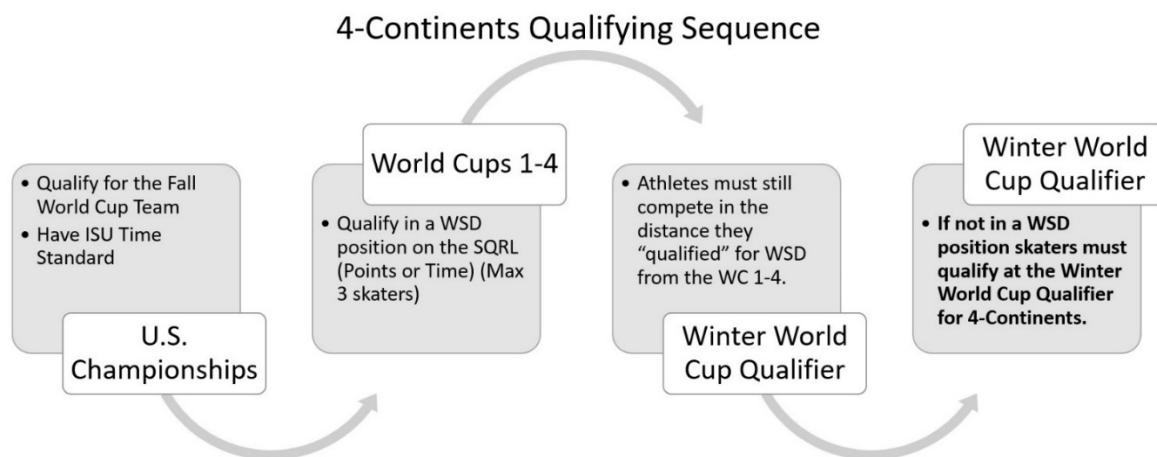
ii) Winter World Cup Qualifier: Remaining start positions in the Mass Start will be selected based on the final point ranking from their three (3) best Mass Start events out of the four (4) events contested at the USS Long Track Championships and the Winter World Cup Qualifier.

iii) Tie Breaker: The final sprint finish of the 16 Lap Mass Start race at the Winter World Cup Qualifier will be the tie breaker for any overall points ties.

3) Seeding: Seeding will be based on ISU Rules and Regulations.

D) Vacancies: USS Reserves the right to fill any unused start positions that may occur for any reason with members of the 4-Continents Team. 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 4-Continents.



World Junior Championships

- A) Entries: Entries and available quota spots for World Junior Championships will be determined in accordance with applicable ISU rules and regulations.
- 1) Time Trial Events: Skaters become eligible and qualify for positions on the World Junior Championship Team by meeting the following criteria in the stated order.
 - a) Athletes that earn a starting position on the Senior World Cup or World Single Distance Team.
 - i) Athletes earning a position on the Senior World Cup Team will be rewarded start positions in all distances competed at the Jr. World Championships. Skaters competing at the Senior World Cups because of an athlete declination, or a declaration of “non-contender” will still need to qualify for the Jr. World Team according to the below criteria.
 - b) Remaining positions will be awarded based on the 4 race Total Points Classification from the U.S. Speedskating Long Track Junior Championships.
 - 2) Team Pursuit and Team Sprint Events: Will be selected from the World Junior Team members, and at the discretion of, the USS Team Coach and Team Leader along with USS.
 - 3) Mixed Gender Relay (MGR): USS may name skaters as Mixed Gender Relay athletes. USS staff present at the event will determine the composition and order of the team competing. All athletes entered in the MGR must be ISU eligible for the event.
 - 4) Mass Start: Start Positions will be selected from the World Junior Team members who competed in the Mass Start at AmCup #2 and made the Jr. World Team through their 4 race Total Point Classification. A start position may, however, be given to a skater that makes the Senior World Cup Team in any distance.
 - 5) Seeding: Will be done by USS and will be based on the results from USS Long Track Junior Championships. In the event an athlete makes the Senior World Cup Team, they will be seeded at the discretion of the coaching staff and long track program director.

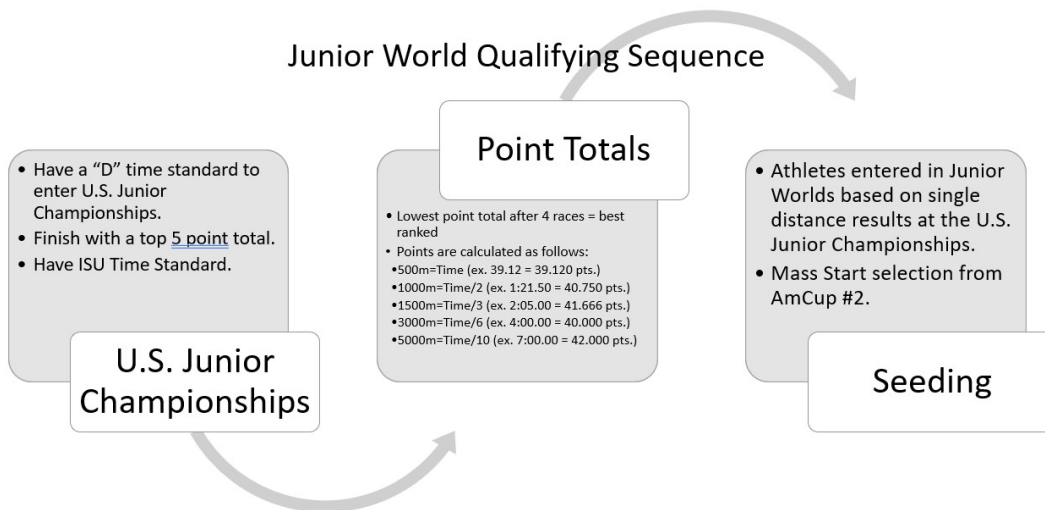
B) USS Funded Qualification: Eligible skaters qualify for a funded position on the World Junior Championship team by meeting the following criteria:

1) Achieving one of the time standards from the following table after July 1st, 2022, through the end of the Junior World Championships:

	<u>Women</u>		<u>Men</u>	
	SLC / Calgary	All Other Tracks	SLC / Calgary	All Other Tracks
500m	40.64	41.45	36.42	37.14
1000m	1:20.37	1:21.97	1:11.33	1:12.75
1500m	2:04.66	2:07.15	1:49.35	1:51.53
3000m / 5000m	4:21.78	4:27.01	6:47.37	6:55.52
Team Pursuit	3:08.08	3:11.84	3:52.67	3:57.32
* Times are from 25th place at the 2018 World Junior Championships for the 500m/1000m/1500m				
*Times are from 20th place at the 2018 World Junior Championships for the 3000m/5000m				

- 2) Team Pursuit funding times may only be achieved with a team comprised of U.S. Junior aged skaters.
- 3) Athletes placing in the top 25 at the World Junior Championships in the 500/1000/1500 and/or top 20 in the 3000m (Women) 5000m (Men) will receive funding for the Jr. World Championships
- 4) Team Pursuit athletes that finish in the top 6 at the Jr. World Championships when 8 or more teams are competing will receive funding for the Jr. World Championships.
- 5) Non-funded skaters must have achieved applicable ISU qualifying time standards.
- 6) Signed Athlete Agreement.

C) Vacancies: USS Reserves the right to fill any unused start positions that may occur for any reason with another World Junior Team Member. This will be solely at the discretion of the USS Team Coach and Team Leader.

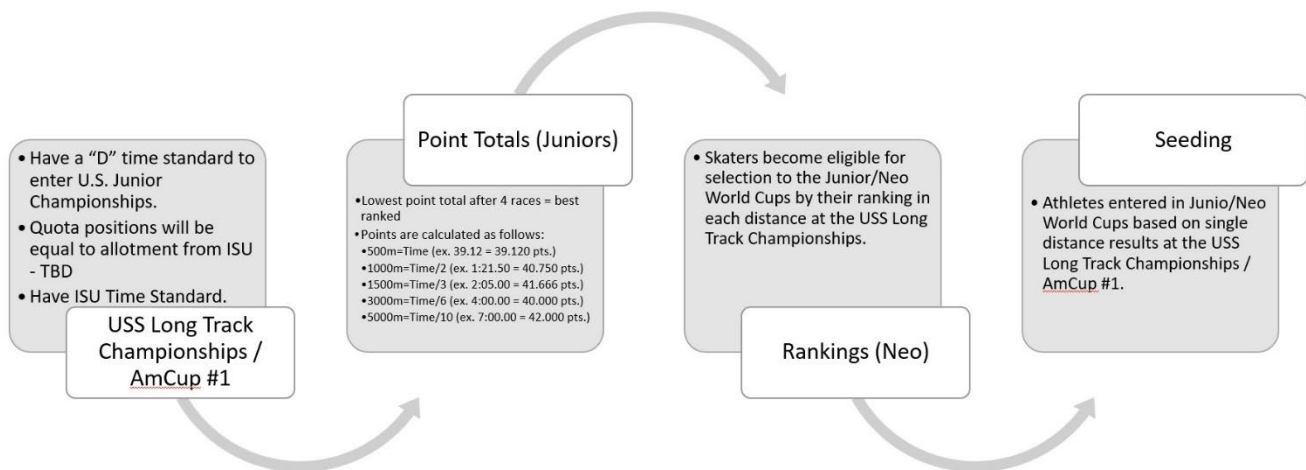


Junior/Neo World Cup 1 & 2

- A) Entry Quotas: Entry quotas will be determined in accordance with applicable ISU Rules and Regulations.
- B) Eligibility: Eligibility will be determined in accordance with applicable ISU Rules and Regulations.
- C) Funding: US Speedskating currently plans not to fund athletes for the Junior World Cups
- D) Junior Entries: Entries for all Junior World Cups will be determined and ranked as follows based on results from the US Speedskating Long Track Championships / AmCup #1.
 - 1) Time Trial Events: Skaters become eligible and qualify for positions on the Junior World Cup Team by meeting the following criteria in the stated order.
 - a) Athletes that earn a starting position on the Senior World Cup or World Single Distance Team.
 - i) Athletes earning a position on the Senior World Cup Team will be rewarded start positions in all distances competed at the Jr. World Cups #1 & #2. Skaters competing at the Senior World Cups because of an athlete declination, or a declaration of “non-contender” will still need to qualify for the Jr. World Cup Team according to the below criteria.
 - b) Remaining positions will be awarded based on the 4 race (500m – fastest of the 2 – 1000m – 1500m – 3000m (Women) – 5000m (Men). Total Points Classification from the U.S. Speedskating Long Track Championships / AmCup #1.
 - c) There will be no move-ups to fill allotted quota spots unless a position is earned by a skater that makes the Senior World Cup Team.
 - 2) Team Pursuit, Mixed Gender Relay, and Team Sprint Events: Will be selected from the Jr. World Cup Team members, and at the discretion of, the USS Team Coach and Team Leader along with USS.
 - 3) Mass Start: Start Positions will be selected from the Junior World Cup Team members who competed in the Mass Start at the USS Long Track Championships and made the Jr. World Cup Team through their 4 race Total Point Classification. Mass start positions will be given to the skater with the highest combined point total after the two mass start races at the USS Long Track Championships. A start position may, however, be given to a skater that makes the Senior World Cup Team in any distance.
 - 4) Seeding: Will be done by USS and will be based on the results from USS Long Track Championships/AmCup #1. In the event an athlete makes the Senior World Cup Team, they will be seeded at the discretion of the coaching staff and long track program director.
- E) Neo-Senior Entries: Entries for all Junior/Neo World Cups will be determined and ranked as follows based on results from the AmCup #1:
 - 1) Positions will be based on the following:
 - a) Skaters become eligible for selection to the Junior/Neo World Cups by their ranking in each distance at the USS Long Track Championships.
 - b) Athletes will then be ranked by percentage difference from their result to the current senior world record in each respective distance until the ISU quota is achieved.

- c) There will be no move-ups to fill allotted quota spots unless a position is earned by a skater that makes the Senior World Cup Team.
- 2) Team Pursuit, Mixed Gender Relay, and Team Sprint Events: Will be selected from the Jr. World Cup Team members, and at the discretion of, the USS Team Coach and Team Leader along with USS.
- 3) Mass Start: Start Positions will be selected from the Junior/Neo World Cup Team members who competed in the Mass Start at USS Long Track Championships. Mass start positions will be given to the skater with the highest combined point total after the two mass start races at the USS Long Track Championships. A start position may, however, be given to a skater that makes the Senior World Cup Team in any distance.
- 4) Seeding: Will be done by USS and will be based on the results from USS Long Track Championships/AmCup #1. In the event an athlete makes the Senior World Cup Team, they will be seeded at the discretion of the coaching staff and long track program director.

Junior/Neo World Cup Qualifying Sequence

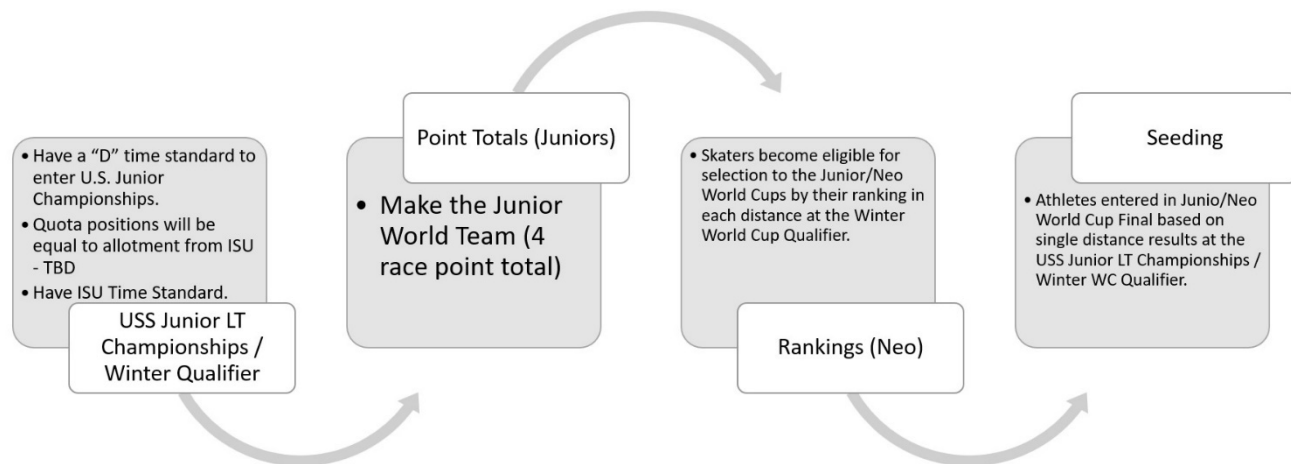


Junior World Cup Final

- A) Junior Entries: Entries for all Junior World Cup Final will be determined and ranked as follows:
 - 1) 2023 Junior World Team Members
 - a) There will be no move-ups to fill allotted quota spots.
- B) Neo-Senior Entries: Entries for Junior World Cup Final will be determined and ranked in accordance with applicable ISU Rules and Regulations for Eligibility.
 - 1) Positions for Ladies and Men will go to the competitor with a finish time closest to the current Sr. World Record at the US Speedskating Junior Championships / Winter World Cup Qualifier in each respective distance.
- C) Team Pursuit, Mixed Gender Relay and Team Sprint Events: Will be selected from the Jr. World Cup Team members, and at the discretion of, the USS Team Coach and Team Leader along with USS.

- D) Mass Start: Start Positions will be selected from the Junior World Cup Team members who competed in the Mass Start at AmCup #2 and made the Jr. World Cup Team. A start position may, however, be given to a skater that makes the Senior World Cup Team in any distance.
- E) Seeding: Will be done by USS and will be based on the results from USS Long Track Junior Championships. In the event an athlete makes the Senior World Cup Team, they will be seeded at the discretion of the coaching staff and long track program director.

Junior/Neo World Cup Final Qualifying Sequence

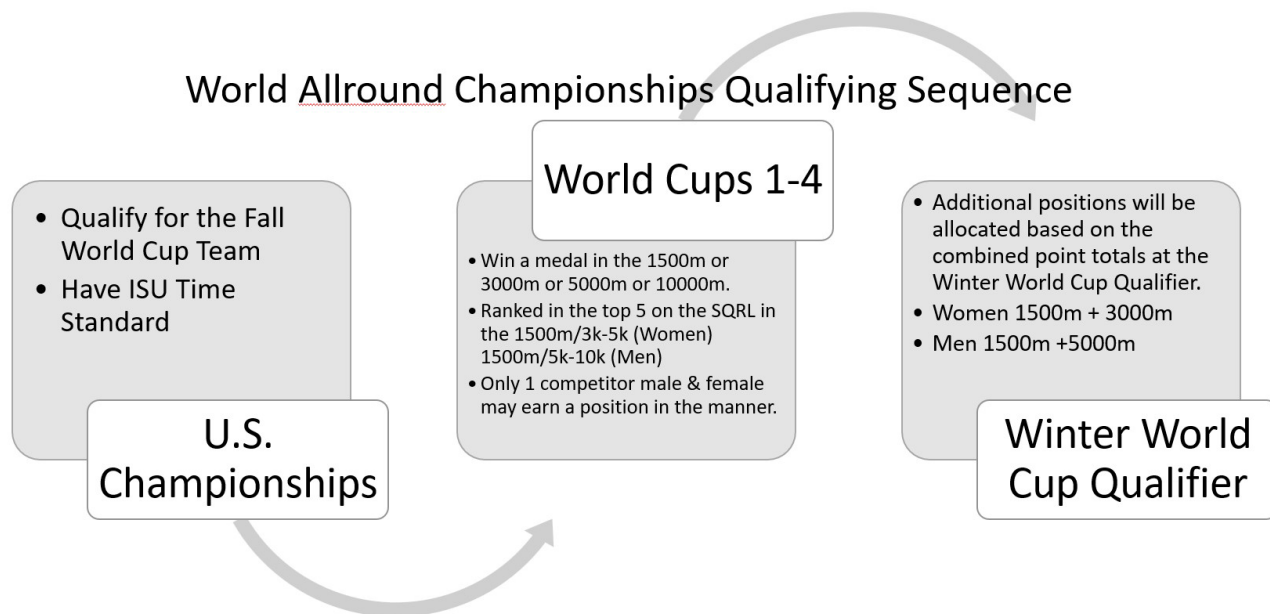


World Allround Championships

The US Speedskating Team for the World Allround Championships will be selected in accordance with this section.

- A) Funding: USS currently does not intend to fund athletes for this competition.
- B) Entry Quotas: Entry quotas for the World Allround Championships will be determined in accordance with applicable ISU Rules and Regulations.
- C) Team Selection: Berths on the U.S. World Allround Team and World Allround Championships start positions for Ladies and Men will be determined and ranked as follows:
- 1) Qualification Prior to the Winter World Cup Qualifier: Up to one (1) spot per gender may qualify for the World Allround Team based on the criteria outlined below:
 - a) A skater will earn a starting position for a distance by winning a medal in one of the following distances 1500m, 3000m, 5000m or 10000m at World Cups #1-4. If multiple skaters win medals the higher-ranking medal will earn the pre-qualification spot. Ties will be broken based on SQRL ranking in that distance.
 - b) Skaters with a top five (5) ranking in the 1500m and 3k-5k for the women and for the men in the 1500m and 5k-10k on the SQRL, after World Cups #1-4, will earn a starting position. Should multiple skaters have a top five (5) ranking in a particular distance the pre-qualification spot will go to the skater with the better SQRL ranking.

- 2) Additional spots will be allocated based on Allround points totals from the US Championships (Women's 1500m & 3000m; Men's 1500m & 5000m).
- 3) All skaters earning start positions must have met the ISU time standards in order to be eligible to compete (B1/B2 from the US Speedskating Time Standard Chart)
- 4) Vacancies: USS Reserves the right to fill any unused start positions that may occur for any reason with members of the team. 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 event.



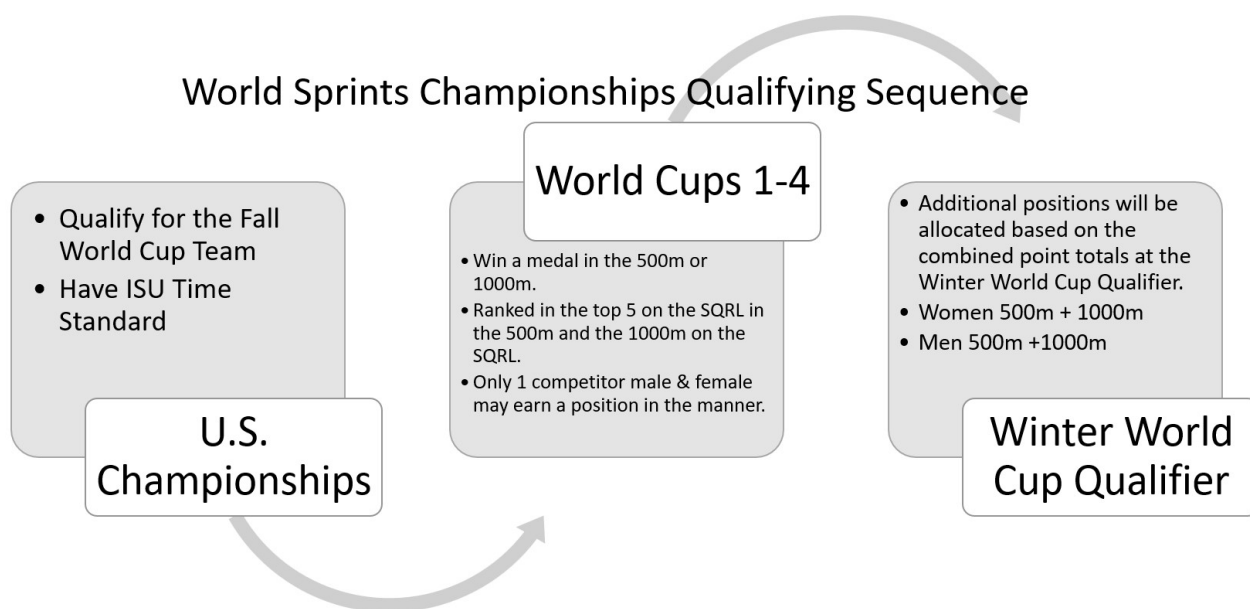
World Sprint Championships

The US Speedskating Team for the World Sprint Championships shall be selected in accordance with the following:

- A) Funding: USS currently does not intend to fund athletes for this competition.
- B) Entry Quotas: US Speedskating's ISU entry quotas for the World Sprint Championships shall be determined in accordance with applicable ISU Rules and Regulations.
- C) Team Selection: Berths on the World Sprint Team and World Sprint Championships start positions shall be determined, and ranked as follows:
 - 1) Qualification Prior to the Winter World Cup Qualifier: Up to one (1) spot per gender may qualify for the World Sprint Team based on the criteria outlined below:
 - a) A skater will earn a starting position for a distance by winning a medal in either the 500m or 1000m distance at one of the Fall World Cups #1-4. If multiple skaters win medals, the higher-ranking medal will earn the pre-qualification spot. Ties will be broken based on SQRL ranking in that distance.
 - b) Skaters with a top five (5) ranking in the 500m and the 1000m on the SQRL after World Cups #1-4 will earn a starting position. Should multiple skaters have a top five (5) ranking in these distances, the pre-qualification spot will go to the skater with the better SQRL

ranking. The 2nd tiebreaker will go to the athlete with the fastest 500m at the USS Long Track Championships.

- 2) Additional quota spots will be allocated based on sprint point totals from the US Championships (500 & 1000).
- 3) All skaters earning start positions must have met the ISU time standards in order to be eligible to compete (B1/B2 from the US Speedskating Time Standard Chart)
- 4) Vacancies: USS Reserves the right to fill any unused start positions that may occur for any reason with members of the team. 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 event.



Section 4

Seniors National Ranking

- A) Overall National Ranking: Used to rank all skaters in all distances in one list.
- 1) World Single Distance Championships - ranked in order of the highest individual distance or team pursuit result in that competition. The second highest individual distance result will serve as the first tie breaker. The highest result placement at the U.S. Championships will serve as the next tie breaker. The third overall tie breaker will be the best overall World Cup points ranking in any distance.
 - 2) Senior World Cup Team from World Cups, ranked in order of best individual distance points ranking or team pursuit overall ranking. Athletes that do not compete in all the team pursuit

events must have achieved an equal finishing placement to that of the overall World Cup results by the team pursuit team. The second-best individual distance World Cup points ranking will serve as the first tie breaker. The highest result placement at the U.S. Championships will serve as the next tie breaker.

- 3) ACRS Final Classification ranked by highest placement in an individual ACRS distance points classification. Ties will be broken based on the next best overall ACRS individual distance points classification.
- B) Overall National Ranking – Per Distance: Used to rank skaters in each individual distance.
- 1) World Single Distance Championships- ranked in order of individual distance result or team pursuit result in that competition.
 - 2) Senior World Cup Team from World Cups, ranked in order of best individual distance points or team pursuit ranking. Athletes that do not compete in all the team pursuit events must have achieved an equal finishing placement to that of the overall World Cup results by the team pursuit team. The second-best individual distance World Cup points ranking will serve as the first tie breaker. The highest result placement at the U.S. Championships will serve as the next tie breaker. Athletes competing in team events at World Cups 1-4 will be ranked after the individual distance athletes only if they achieve a top eight (8) points ranking.
 - 3) ACRS final points classification per distance. Ties will be broken based on the next best overall ACRS individual distance points classification.

Juniors National Ranking

- A) Overall National Ranking: Used to rank all Junior skaters from all distances in one list.
- 1) World Single Distance Championships, ranked by highest individual placement. Second best individual placement will serve as first tiebreaker.
 - 2) U.S. Senior World Cup Team from World Cups ranked in order of best individual distance points ranking. The second-best individual distance World Cup points ranking will serve as the first tie breaker.
 - 3) ISU World Junior Championships individual distance or allround medalist. The second-best finish at the ISU World Junior Championships in an individual distance will serve as the first tie breaker. If still tied, the result placement at the U.S. Junior Speedskating Championships will serve as the third tie breaker.
 - 4) ISU World Junior Championships Team Pursuit medalist. The best finish at the ISU World Junior Championships in an individual distance will serve as the first tie breaker. The placement in a second individual distance will serve as the next tie breaker.
 - 5) ISU World Junior Championships team members, ranked in order of placements in an individual distance or allround finish at the ISU World Junior Championships. The placement in a second individual distance will serve as the next tie breaker. If still tied, the result placement at the U.S. Junior Speed Skating Championships will serve as the third tie breaker.
 - 6) World Junior team members who choose not to participate at the World Juniors.

- 7) ACRS Final Classification ranked by highest average placement in their two best ACRS distance classifications. Ties will be broken based on the next best overall ACRS individual distance classification. The next tie break will be the athlete who has the season best time closest to the Senior World Record in any distance.
- B) Overall National Ranking – Per Distance: Used to rank skaters in each individual distance.
 - 1) World Single Distance Championships, ranked in order of best individual placement.
 - 2) U.S. Senior World Cup Team from World Cups, ranked in order of best individual distance points ranking.
 - 3) ISU World Junior Championships individual distance or allround point total medalist.
 - 4) ISU World Junior Championships Team Pursuit medalist. The best finish at the ISU World Junior Championships in an individual distance will serve as the first tie breaker. The placement in a second individual distance will serve as the next tie breaker. If still tied, the result placement at the U.S. Speedskating Championships will serve as the third tie breaker.
 - 5) ISU World Junior Championships team members, ranked in order of placements in an individual distance or allround point total at the ISU World Junior Championships. The placement in a second individual distance will serve as the next tie breaker.
 - 6) ACRS final points classification per distance.

Section 5

Seniors – Medal Contender & National Team Program

- A) 2024-2025 USS Medal Contender Status:
 - 1) Medal Contender Status is used exclusively for computations for the Order of Eligibility and for the extreme circumstance of injury and/or illness that prevents an athlete from completing/competing in a qualifying competition.
 - 2) To be considered as an athlete who earned Medal Contender status, an athlete must have met one of the following criteria:
 - a) Top eight (8) finish in an individual distance in the World Single Distance Championships.
 - (i) For the mass start events at the World Single Distance Championships, athletes must cross the finish line within the top 8 athletes in order to achieve medal contender status. Points will not be considered for medal contender status.
 - 3) Team pursuit medalist the 2024 World Single Distance Championships may be given special consideration as a team pursuit specialist for the 2024-2025 World Cup Season.
- B) National Team Program (NTP):
 - 1) Size: Up to a maximum of 24 skaters may be named to the NTP through automatic invitations and discretionary invitations.
 - 2) Automatic Invitations to the NTP:

- a) Automatic invitations to the National Team Program will be limited to only the top 6 total athletes from the Overall National Ranking – Overall Senior.
 - b) There will be no fill up provision to the Automatic Invitation List should one of the skaters decline the invitation.
- 3) Additions (Discretionary Invitations): Remaining positions may, but need not, be filled by the USS High Performance Staff. Athletes may be added at any point as approved by the USS High Performance Staff.
 - 4) Other skaters outside of the program may be invited to train with the NTP from time to time for a targeted period, as recommended by the USS High Performance Staff
 - 5) Letter of Commitment: Skaters invited to join the NTP must sign and return to USS a letter of commitment, prepared by the USS High Performance Staff, by the date indicated on the letter of commitment. Failure to return the signed letter of intent results in loss of NTP status, title and benefits.
 - 6) Athletes who decline their NTP invitation may not be eligible for all benefits that are tied to the particular NTP. Please refer to the USS Athlete Services grid.
 - 7) Standards: Athletes named to the national team program may be required to meet performance criteria set by either their coach or the USS Long Track High Performance Staff. Athletes failing to meet said criteria may be removed from the national team program.

Junior National Team

- A) Junior National Team: US Speedskating Junior National Team for the 2024-2025 season will be awarded in accordance with this section.
 - 1) World Single Distance Championships and World Cup Team members
 - 2) Junior World Team Members
 - a) Members of the 2024 Junior World Team who have placed in the top 25 in individual events at the 2024 Junior World Championships will be added to the Junior National Team. In the mass start the athlete must be among the top 15 to cross the line – point ranking will not be used. Athletes who place in the top 8 for Team Pursuit will also be added to the Junior National Team.
 - b) Members of the 2024 Junior World Team who have placed in the top 15 in Allround Points at the 2024 Junior World Championships will be added to the Junior National Team.
- B) Junior Development Team: U.S. Speedskating Junior Development Team for the 2024-2025 season will be awarded in accordance with this Section.
 - 1) Qualifications:
 - a) The top ranked skater from the women’s and the men’s divisions (Junior B, Junior C) from the 2023-2024 Overall Junior National Ranking List who are not already on the Senior or Junior National Team. (4 skaters total)
 - b) Any Junior World Team member not a member of the Junior National Team.

Masters Team

- A) US Speedskating Masters Levels for the 2024-2025 season will be awarded in accordance with this section.
- B) USS Masters Team (USMAT):
 - 1) To earn USMAT status an athlete must complete the following criteria:
 - a) Skate qualification times in 2 distances in the MAT I timetable.
 - b) Complete one of the two following criteria:
 - (i) Skate top 40% finish at IMSSC Masters Allround or Sprint Games
 - (ii) Be ranked in the top 20% of the field at the end of the season in 2 distances and within their respective age category.
- C) Masters Level 1 (MAT 1):
 - 1) To earn MAT 1 status, an athlete must complete one of the two following criteria.
 - a) Skating a qualifying time in 1 distance in the MAT I timetable
 - b) Be ranked in the top 20% of the field at the end of the season within their respective age group in two distances.
- D) Masters Level 2 (MAT 2):
 - 1) To earn MAT 2 status, an athlete must complete two of the following three criteria:
 - a) Ranked in the top 50% of the field at the end of the season within their respective age group in one distance.
 - b) Complete at an American Cup Racing Series event
 - c) Skate the time standard for your age group on the MAT timetable
- E) Masters Level 3 (MAT3):
 - 1) All registered USS master members will be considered level 3.
- F) Skaters who competed in the 2022-23 ISU World Cup Circuit in the metric distances are not eligible for the 2023-2024 Masters Team classification.

Level Status

- A) Level 1: U.S. Speedskating Level 1 status will be awarded in accordance with 1) or 2) below.
 - 1) World Single Distance Championship Team: Members of the World Single Distance Team will be automatically awarded Level 1 status. Both Junior and Senior skaters are eligible under this section.
 - 2) Time Standard: Skaters achieving the “A1 or A2” time standard requirements will be eligible for Level 1 status. Both Juniors and Seniors are eligible for Level 1 status under this section. Qualifying times must be achieved between July 1, 2023, and April 1, 2024.
- B) Level 2: U.S. Speedskating Level 2 status will be awarded in accordance with 1), 2), or 3) below.
 - 1) Qualification: The top five skaters in individual distance overall Am Cup Points rankings (500m, 1000m, 1500m, 3000m-Women, 5000m-men) at the end of the 2023-2024 season will earn Level 2 status, subject to the “B1 or B2” time standard.
 - 2) World Cup Members: Members of the 2023-2024 World Cup Team.

- 3) Time Standard: Skaters eligible for Level 2 status pursuant to Sections 1) and 2) above will be awarded Level 2 status if, and only if, they achieve the “B1 or B2” time standard in their respective qualification distance. Qualifying times must be achieved between July 1, 2023, and April 1, 2024.
- C) Level 3: U.S. Speedskating Level 3 status will be awarded in accordance with 1 below.
- 1) Qualification: Skaters achieving the “C” time standard requirements will be eligible for Level 3 status. Qualifying times must be achieved between July 1, 2023, and April 1, 2024.

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

- USS Member Chair & Athlete Representative – Nicholas Pearson
- USS Long Track Program Director - Matt Kooreman
- USS Head Coach – Gabriel Girard
- USS Head Coach – Ryan Shimabukuro
- USS Senior Sport Consultant – Bryce Holbech
- USS Member/Referee – Dan Immerfall
- USS Member – Eric Cepuran
- USS Member – Tom Miller
- Athlete Representative – Jonathan Garcia
- Athlete Representative – Alex Ochowicz
- Athlete Representative – Jerica Tandiman

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 event.
	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	
B1/B2	500m	39.50/40.00	35.70/36.20	B1 - Level 2/ ISU SLC and Calgary World Cup Qualifying Standards B2 - ISU Lowland World Cup Qualifying Standards
	1000m	1:19.00/1:20.00	1:11.00/1:12.00	
	1500m	2:00.50/2:02.00	1:49.00/1:50.50	
	Mass Start	Any individual distance time	Any individual distance time	
	3000m	4:19.00/4:22.00	X	
	5000m	7:23.00 or 4:11.00 (3k) / 7:33.00 or 4:14.00 (3k)	6:40.00/6:45.00	
	10,000m	X	13:30.00 or 6:28.00 (5k) / 13:40.00 or 6:33.00 (5k)	
C	500m	42.00	39.00	USS Level 3/ U.S. Championships / U.S. Olympic Team Trials (When run as a singular event)
	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	D1 -USS Level 4 Qualifying Standards and 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, 2022, unless otherwise noted.
- Funding Time standards based on entry times into the WSD from the 2022-23 SQRL.

Appendix B

USA Masters “MAT 1” Classification Timetable for 2023-24 Season

2023-2024 Masters Qualification timetables prepared by Marty Haire

The time standard for the top master’s classification will be 110% of the IMSSC Masters International Records at www.speedskatingresults.com. In some cases, an older AG record is lower. In these cases, the Qual Standard time for the younger AG is adjusted to be that of the older AG. These cases are GREEN shaded and in the “corrected” column.

2023/2024 MAT 1 Season Goal Timetable -Acheivement criteria						
IMSSC Record is in blue						
The MAT I qualifying time is this record + 10%						
If an older AG has a faster record, the younger AG needs to skate it as well						
	500	1000	1500	3000	5000	10K
M30 Records	00:37.19	01:12.98	01:49.70	03:57.49	06:37.10	13:40.47
MAT I time	00:40.91	01:20.28	02:00.67	04:21.24	07:16.81	15:02.52
M35 Records	00:37.19	01:12.98	01:49.70	03:57.49	06:44.03	13:51.84
MAT I time	00:40.91	01:20.28	02:00.67	04:21.24	07:24.43	15:15.02
M40 Records	00:37.59	01:14.53	01:51.95	03:58.36	06:44.03	13:51.84
MAT I time	00:41.35	01:21.98	02:03.15	04:22.20	07:24.43	15:15.02
M45 Records	00:37.59	01:14.88	01:54.96	04:02.65	06:44.03	13:51.84
MAT I time	00:41.35	01:22.37	02:06.46	04:26.92	07:24.43	15:15.02
M50 Records	00:38.23	01:15.99	01:56.70	04:04.59	06:44.03	13:51.84
MAT I time	00:42.05	01:23.59	02:08.37	04:29.05	07:24.43	15:15.02
M55 Records	00:38.75	01:16.06	01:56.70	04:08.98	06:44.03	13:51.84
MAT I time	00:42.63	01:23.67	02:08.37	04:33.88	07:24.43	15:15.02
M60 Records	00:40.26	01:19.82	02:00.85	04:13.42	07:20.36	14:54.41
MAT I time	00:44.29	01:27.80	02:12.94	04:38.76	08:04.40	16:23.85
M65 Records	00:41.11	01:20.05	02:06.19	04:27.11	07:41.82	15:48.35
MAT I time	00:45.22	01:28.06	02:18.81	04:53.82	08:28.00	17:23.19
M70 Records	00:43.51	01:26.59	02:12.99	04:41.51	08:07.00	16:55.17
MAT I time	00:47.86	01:35.25	02:26.29	05:09.66	08:55.70	18:36.69
M75 Records	00:46.03	01:33.57	02:20.86	04:55.48	08:28.49	17:26.86
MAT I time	00:50.63	01:42.93	02:34.95	05:25.03	09:19.34	19:11.55

2023/2024 MAT 1 Season Goal Timetable -Acheivment criteria

IMSSC Record is in blue

The MAT I qualifying time is this record + 10%

If an older AG has a faster record, the younger AG needs to skate it as well

	500	1000	1500	3000	5000	10K
L30 Records	00:39.31	01:17.62	02:03.54	04:27.40	07:41.77	16:37.05
MAT I time	00:43.24	01:25.38	02:15.89	04:54.14	08:27.95	18:16.76
L35 Records	00:40.63	01:21.38	02:03.54	04:27.40	08:01.15	16:37.05
MAT I time	00:44.69	01:29.52	02:15.89	04:54.14	08:49.27	18:16.76
L40 Records	00:41.26	01:21.38	02:03.54	04:30.14	08:01.15	16:44.01
MAT I time	00:45.39	01:29.52	02:15.89	04:57.15	08:49.27	18:24.41
L45 Records	00:41.70	01:22.10	02:09.39	04:30.14	08:01.15	17:16.89
MAT I time	00:45.87	01:30.31	02:22.33	04:57.15	08:49.27	19:00.58
L50 Records	00:42.35	01:23.76	02:12.31	04:38.47	08:01.15	17:33.99
MAT I time	00:46.59	01:32.14	02:25.54	05:06.32	08:49.27	19:19.39
L55 Records	00:42.35	01:23.76	02:14.68	04:44.53	08:14.10	17:34.02
MAT I time	00:46.59	01:32.14	02:28.15	05:12.98	09:03.51	19:19.42
L60 Records	00:45.52	01:28.37	02:18.97	04:48.14	08:21.55	
MAT I time	00:50.07	01:37.21	02:32.87	05:16.95	09:11.71	
L70 Records	00:48.25	01:38.19	02:33.15	05:31.82	12:08.49	
MAT I time	00:53.08	01:48.01	02:48.47	06:05.00	13:21.34	
L75 Records	00:53.58	01:47.33	02:41.72	05:31.82		
MAT I time	00:58.94	01:58.06	02:57.89	06:05.00		

Appendix C

MAT II Qualification Table

This table is drawn from IMSSC time standards rule 3.1.6

4. Maximum Time Table

Age Group	maximum time	
	500m	1500m
Ladies 30	50.00	2:45.00
Ladies 35	52.00	2:47.50
Ladies 40	53.00	2:50.00
Ladies 45	55.00	2:52.50
Ladies 50	57.00	2:55.00
Ladies 55	59.50	3:00.00
Ladies 60	1:02.50	3:07.50
Ladies 65	1:06.00	3:18.00
Ladies 70	1:10.00	3:30.00
Ladies 75	1:15.00	3:45.00
Ladies 80	1:20.00	4:00.00
Ladies 85	1:25.00	4:15.00
Ladies 90+	1:30.00	4:30.00

Age Group	maximum time	
	500m	1500m
Men 30	45.00	2:25.00
Men 35	46.00	2:27.50
Men 40	47.00	2:30.00
Men 45	48.50	2:32.50
Men 50	50.00	2:35.00
Men 55	52.00	2:37.50
Men 60	54.50	2:45.00
Men 65	58.00	2:54.00
Men 70	1:02.00	3:06.00
Men 75	1:07.00	3:21.00
Men 80	1:12.00	3:36.00
Men 85	1:17.00	3:51.00
Men 90+	1:22.00	4:06.00