USSPEEDSKATING

2024-2025

LONG TRACK SPEEDSKATING RULES AND REGULATIONS v.2.3

Section 1 3
General Information 3
USS Rules of Competition 3
Selection Criteria 8
2024-2025 Qualified Medal Contenders 10
Coaching Policy 11
Section 2 11
2024-2025 U.S. Speedskating Long Track American Cup Racing Series (ACRS/AmCup) 11
US Speedskating Long Track Championships / Fall World Cup Qualifier / Fall Jr./Neo World Cup Qualifier ... 14
US Speedskating Long Track Winter World Cup Qualifier 15
US Speedskating Long Track Junior Championships 16
US Speedskating Long Track Master Championships 16
Section 3 18
World Cups – General 18
Fall World Cups / Special Qualification Ranking List 21
Winter World Cups 23
World Single Distance Championships 25
Four Continents Long Track Championships 25
World Junior Championships 27
Junior/Neo World Cup 1 & 2 28
Junior World Cup Final 29
Section 4 30
Seniors National Ranking 30
Juniors National Ranking 31
Section 5 32
Seniors – Medal Contender & National Team Program 32
Junior National/Development Team 33
Neo-Senior Team 33
Masters Team 34
Level Status 34
Appendix A 36
Appendix B 37
Appendix C 41

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 competition. 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) USS Officials Competition Eligibility: A USS Official who has a family member competing in an USS International Team Selection Competition is ineligible to be a Starter, Referee or Assistant Referee for the same gender as the family member.
    1) In the mass start, a family member may be a part of the officials' team but will not have the authority to disqualify an athlete. This authority will remain with the Head and/or Assistant Referee.
    2) 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.
E) Selection Competitions: USS may host selection competitions in conjunction with other competitions.
F) 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 competition with a minimum of one USS certified referee and starter. Results must be printed in a published protocol or accessible online. Exceptions to this rule will be listed within the specific competition qualifying standards.

2) An electronic timing system must be used (photo finish/photocell beams) or a minimum of two manual timers per athlete. When two timers are used, the mean time between the two timers will be the official time.
3) Qualifying and Seed Times must have been met within the timeframe outlined for each competition unless otherwise stated.
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.

G) 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 competition, the Team Leaders and/or Coaches 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) Rearrangement: An entry change that may call for the rearrangement of pairs must be made a minimum of 1 hour before the start of the concerned race. The referees and chief timer will have full discretion to analyze the schedule and decipher if a change is appropriate under the time constraints of the situation but the 1 hour minimum will remain in all situations.
5) Final Schedule: The start of each category (Women/Men/Distance) will not begin ahead of the published schedule. Exceptions to this rule may be made at the discretion of the Referee and the USS Technical Representative where circumstances may call for the expediency of the racing schedule. For example, limited ice time or weather conditions.
6) Withdrawals: Skaters that withdraw from a race without submitting an official withdrawal form to the referee or sport expert will receive a fine of $50. If a skater does not start (DNS), without informing the referee or USS technical representative, the competitor will also be ineligible to compete in another distance on the same day. Medical emergencies and extenuating circumstances will be taken into account by the USS Technical Representative.
7) 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 20 minutes of the conclusion of that day's racing. Skaters will be charged an additional $25 for the late addition.
8) 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.

9) Pairings: In competitions where the 500m & 1000m 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. Referees however still retain the power to combine single pairs to make for more competitive racing.
10) Out of Competition Racing: US Speedskating and the hosting venue have the right to allow other races to be run in conjunction with the competition subject to approval by the USS Technical Representative and/or the USS Events Director.

H) 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" – 11 and 12
b) Neo-Senior – 19-22
c) Master- members of USS who are at least 30 years of age as of July 1, 2024.
d) Overall/Senior- Members of USS who are eligible by both age and qualifying time to compete in a USS competition at the highest level.

I) ISU Age Restriction: Skaters selected to U.S. Speedskating teams for international competitions must satisfy all applicable age requirements established by the ISU (refer to ISU rule 108).

J) 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.

K) 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 competition 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.

L) Entry Fees: Entry Fees for USS competitions listed herein will be published on the competition registration site.

M) 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, who has signed the Athlete Agreement 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.

N) Safety Equipment:
   1) For all Competitions covered in these regulations, except for marathons, current ISU rules will be followed regarding required safety equipment. For team races (Team Pursuit, Mass Start, Team Sprint and Mixed Gender Relay), ISU communication No. 2586 will be followed with the following exceptions:
      a) Full body, level 3 cut resistant suits will not be required. However, suits must have protection in high-risk areas and meet a minimum standard of level 2.
      b) Leather gloves will be considered cut resistant for National Age Group Long Track Championships.
   2) Full body cut resistant suits are recommended, along with a level 3 standard.
   3) Competitions not listed in this document are not required to meet this safety requirement, but USS highly recommends following these guidelines.
   4) In the 2025-26 season, selection competitions will require skaters to follow the ISU Communication 2636 for safety standards.

O) Re-Skates:
   1) For all competitions 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) 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 - 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 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.

P) 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.

Q) 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~~

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:~~

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 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 competitions 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 competition 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 2023-24 through the current 2024-25 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 race 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 racing 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 distances 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 a competition or race 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 Competitions: 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 for 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 Competitions: Start positions in demonstration competitions 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 competition race. 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 distances only. Transponders must be worn for Mass Start Races where transponders are used as determined by USS, failure to wear transponders will result in a disqualification.

2024-2025 Qualified Medal Contenders

A) Medal Contender Status

1) 2024-2025 USS Medal Contenders

a) The following athletes earned medal contender status for the 2024-2025 season through the criteria outlined in the 2023-2024 Long Track Speed Skating Rules and Regulations.

i) Women:

- Erin Jackson
  - (i) 5th – 500m
- Kimi Goetz
  - (i) 3rd – 500m / 5th – 1000m / 7th – 1500m
- Mia Manganello
  - (i) 6th – Mass Start

ii) Men:

- Emery Lehman
  - (i) 7th – 1500m
- Ethan Cepuran
  - (i) 8th – Mass Start
- Jordan Stolz
  - (i) 1st – 500m / 1st – 1000m / 1st – 1500m

2) Implementation of Medal Contender Clause

a) In the occasion 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 competition, 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 and in consultation with a minimum of one AAC representative.
v) Skate off will be held at a reasonable place and time determined by the USS High Performance Staff and in consultation with a minimum of one AAC representative.
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 Competitions: USS will select the coaches to represent USS and its teams at the international competitions 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 Competitions (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. Skaters may request additional coaching credentials to USS. All coaches must be certified and a current USS Level 2 coach or equivalent as determined by USS.

Section 2

2024-2025 U.S. Speedskating Long Track American Cup Racing Series (ACRS/AmCup)

A) Competition: 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 Competitions 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.

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

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

Day	Women	Men	Masters
1	500m & 1000m & 3000m	500m & 1000m & 5000m	500m & 1000m & 3000m
2	500m & 1500m & 5000m ("C" Time Standard)	500m & 1500m & 10000m ("C" Time Standard)	1000m #1 & 1500m
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 / U.S. Junior Championships

Day	Women	Men	Masters
1	500m & 3000m	500m & 5000m	500m & 3000m
2	500m & 1500m	500m & 1500m	500m & 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 & 1000m & 3000m	500m & 1000m & 5000m	500m & 1000m & 3000m
2	500m & 1500m & 5000m ("C" Time Standard)	500m & 1500m & 10000m ("C" Time Standard)	1000m #1 & 1500m
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.			

C) Qualification Standards:

1) Qualification: To compete in an ACRS competition in any race 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, 2023, and prior to the competition 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 racing distances, except the 5000m for women and the 10000m for men. Athletes must have a "C" time standard in the 3000m/5000m before the entry deadline of the AmCup to be eligible for the 5000m Women and/or 10000m Men. Qualifying times from the Age Group Nationals or sanctioned pack style competitions (including short track) 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	
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.

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 Competition.
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) Athletes in the top 5 in the overall Sprint and Long-Distance categories will be eligible for a scholarship in a USS approved program. See Section 2-B-1 above for the races that will count towards the overall scholarship standings. The higher ranked skaters can expect to earn a higher scholarship amount. Totals will be published at a later date when budgets are finalized. 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 based on the results from AmCup #1 to attend AmCup #2.
   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 / Fall Jr.- Neo World Cup Qualifier

A) Competition: This competition 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 competition being held in Milwaukee, Wisconsin on November 1-3, 2024. This competition will be conducted as a single distance competition for drawing purposes.

Day	Women	Men
1	500m & 1000m (Team Selection) & 3000m	500m & 1000m (Team Selection) & 5000m
2	500m & 1500m & 5000m (C Time Standard Required)	500m & 1500m & 10000m (C Time Standard Required)
3	1000m #2 & 2 x 16 lap Mass Start	1000m #2 & 2 x 16 lap Mass Start

C) Team selection in the 500m will be made according to the fastest of the two 500's. Skaters will not be required to do both 500's.
D) Team selection in the 1000m will be made according to the results in the first 1000m on Day 1 of the U.S. Speedskating Long Track Championships.
E) 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). However, if the number of race entries is low, the Referee and USS Technical Representative may combine groups to help make a more competitive race.
F) Qualification Standards:
   1) To compete in the US Speedskating, Fall World Cup Trials in any race 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, 2023, and prior to the competition 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 races.
   3) Athletes must have a "C" time standard in the 3000m or 5000m before the entry deadline of the US Speedskating Long Track Championships to be eligible for the 5000m Women and/or 10000m Men.
   4) 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. However, if the number of race entries is low, the

Referee and USS Technical Representative may combine groups to help make a more competitive race, including non- "C" level time standard athletes.

US Speedskating Single Distance Championships & Long Track Winter World Cup Qualifier

A) Competition: This competition will serve as the qualification competition for the Winter World Cups. Reference each of these sections for team selection criteria.

B) Format: Winter World Cup qualifier is a three-day competition being held in Kearns, Utah on January 10th-12th, 2025. This competition will be conducted as a single distance competition for drawing purposes.

Day	Women	Men
1	500m & 1000m (Team Selection) & 3000m	500m & 1000m (Team Selection) & 5000m
2	500m & 1500m & 5000m (C Time Standard Required)	500m & 1500m & 10000m (C Time Standard Required)
3	1000m & 2 x 16 lap Mass Start	1000m & 2 x 16 lap Mass Start

C) Team selection and U.S. Single Distance Champion in the 500m will be made according to the fastest of the two 500's. Skaters will not be required to do both 500's.

D) Team selection in the 1000m and U.S. Single Distance Champion in the 1000m will be made according to the results in the first 1000m on Day 1 of the U.S. Speedskating Long Track Championships.

E) Qualification Standards:

1) To compete in the US Speedskating Long Track Winter World Cup Qualifier in any race 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, 2023, and prior to the competition 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 races with the exception of the 5000m Women and the 10000m Men.
3) Athletes must have a "C" time standard in the 3000m or 5000m before the entry deadline of the US Speedskating Long Track Championships to be eligible for the 5000m Women and/or 10000m Men.
4) For the Mass Start, any "C" level time standard will be required to be eligible.
5) The mass start competition will be for U.S. skaters only. However, if the number of race entries is low, the Referee and USS Technical Representative may combine groups and include international skaters and non- "C" level time standard athletes to help make a more competitive race.

US Speedskating Long Track Junior Championships

A) Competition: This competition will also serve as the qualification competition for the World Junior Championships. Reference World Junior Championships for team selection procedures. This competition will be run in conjunction with U.S. Speedskating AmCup #2.

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	Masters
1	500m & 3000m	500m & 5000m	500m & 3000m
2	500m & 1500m	500m & 1500m	500m & 1500m
3	1000m, 2x10 Lap Mass Start	1000m, 2x10 Lap Mass Start	1000m, 2x10 Lap Mass Start

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, 2023, will make an athlete eligible for all races 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, 2024. A skater may compete only in the class designated for the skater's age before July 1, 2024, as follows:
      a) Junior A: Ages 17 and 18 years
      b) Junior B: Ages 15 and 16 years
      c) Junior C: Ages 14 and 13 years

US Speedskating Long Track Master Championships

A) Competition: This competition will serve to determine the U.S. Masters Champion. This competition will also be run in conjunction with the Winter World Cup Qualifier.

B) Format: U.S. Masters Championships will be conducted as a three-day single distance competition in the following racing format:

Day	Women	Men
1	500m & 1000m (Championship event) & 3000m	500m & 1000m (Championship event) & 3000m
2	500m & 1500m	500m & 1500m
3	1000 & Team Pursuit	1000m & Team Pursuit

C) Titles:

1) U.S. Masters Champion in the 500m & 1000m will go to the fastest of the two 500m or 1000m races.

D) Qualification Standards:

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

US Speedskating American Masters Championship Points Series

E) Competition: This series of 4 race weekends is open to any skater who has reached the age of 30 on or before June 30th, 2025

F) Dates: U.S. Masters Championships will be conducted as a three-day single distance competition in the following racing format:

Date:	**Location:**	**Event Name:**
Nov. 1st-3rd	Milwaukee, Wisconsin	AmCup #1
Dec. 13th-15th	Roseville, Minnesota	AmCup #2
Jan. 10th-12th	Salt Lake City, Utah	US Open Masters Championships
March 7th-9th	Salt Lake City, Utah	AmCup Final

G) Results: Overall final results will be calculated after the final event to determine the top three point scorers (The Podium) in Women's and Men's categories.

H) Qualification Standards: AmCup qualifying standards will apply with the exception of age groups of 55 and over. The MAT II time standard will be applied for skaters in the 55+ divisions.

I) Scoring Calculations:

1) Each competitor may skate any distance offered in the AmCup or US Open Masters Champs. Their time for each race will be compared to the IMSSC World Record for that distance in their AG and Gender. The result will be expressed as a percentage. The results for that event will be ranked from highest percentage to lowest. You will use your best "result" no matter how many or how few distances you skate, a ranking points score will be awarded. The skaters' ranking scores (3) will be added together for the Series and the highest score will be First Place, next highest Second Place and so on. **The points available for the US Open Masters Champs will be 1.5x the normal points.**

2) The 2023/2024 IMSSC World Record List will be used for reference times throughout the 2024/2025 season. **If a new IMSSC World Record is achieved at an event, then the skater will receive 75 bonus points**. The IMSSC WR List will NOT be updated during the season.

3) If a Master skates more than one distance at a single event, the best result will be used to calculate the ranking points.

J) Calculation Method:

1) Convert all the 2023/24 IMSSC World Records to time in seconds. Convert the time for a skated distance to seconds.

2) Compare the times by Gender and AG as follows: IMSSC AG Record (s) / Time Skated (s)) x 100

K) Example:

Four women skate a distance in event #1. Their point scoring is calculated in the following manner:

Wendy (L30) skates a 500m in 42.50s. The IMSSC WR for L30 is 39.51s.

Therefore, (39.51 / 42.50) x 100 = 92.965%.
Jenny (L40) skates a 500m in 42.99s. The IMSSC WR for L40 is 41.26s.
Therefore, (41.26 / 42.99) x 100 = 95.976%.
Karen (L65) skates a 500m in 50.01s. The IMSSC WR for L65 is 49.44s.
Therefore, (49.44 / 50.01) x 100 = 98.860%.
Beth (L55) skates 1500m in 2:19.20 (139.20s). The IMSSC WR is 2:19.27 (139.27s).
Therefore, (139.27 / 139.20) x 100 = 100.05%.

L) Points Results:

1) Place

1st	Beth (L55)	1500m	2:20.27	100.05%	175 points*
2nd	Karen (L65)	500m	50.01	98.80%	80 points
3rd	Jenny (L40)	500m	42.99	95.98%	70 points
4th	Wendy (L30)	500m	42.50	92.97%	60 points

Points Scoring Table

Place	Points	Place	Points
1	100	13	18
2	80	14	16
3	70	15	14
4	60	16	12
5	50	17	10
6	45	18	8
7	40	19	6
8	36	20	5
9	32	21	4
10	28	22	3
11	24	23	2
12	21	24	1

*World Record Bonus: 75 points

Section 3

International ISU Competitions – General

A) Entry Quotas: US Speedskating's ISU entry quotas for ISU Competitions 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 with the USS World Cup Team.

2) Funding positions will be limited to 14.
   a) Funded positions will be awarded according to the chart below.
   b) Position tiebreakers are as follows:
      i) Best WSD result between the two distances.
      ii) Best World Cup result between the two distances.
      iii) Lowest percentage difference between the two distances relative to the world record.
   c) A second position in a distance will take priority over a third position if the overall World Cup ranking in that distance is within the top 40. This will only apply to the second set of rankings titled, "World Cup Rankings Only".
   d) A maximum of 2 skaters with a "Funding Time" who earn a World Cup position and are outside the first 14 positions, according to the below chart, will be eligible for funding up to $2500. This funding may be applied to World Cups #1 and #2, or for attendance to the CanAm in Calgary and the AmCup #2 in Roseville, Minnesota. If the skater chooses to only attend one of the events, funding will be limited to $1000.
   e) Mass start and Team Pursuit athletes must also have an "A" funding time in any distance in order to be eligible for funding to World Cups.
   f) Skaters who do not have the "A" standard will be reranked at the bottom of the selection matrix.

Team Selection Matrix (WC / WSD Finishes)							
Rank	**Distance**	**Gender**	**WC**	**WSD**	**Total**	**Position**	**Name**
1	1000	M	2	1	3	1	
2	1500	M	2	1	3	1	
3	500	W	1	3	4	1	
4	500	M	4	1	5	1	
5	TP	M	1	4	5	1	
5	TP	M	1	4	5	1	
5	TP	M	1	4	5	1	
6	1000	W	2	5	7	1	
7	TP	W	4	4	8	1	
7	TP	W	4	4	8	1	
7	TP	W	4	4	8	1	
8	500	W	4	5	9	2	
9	MS	W	4	6	10	1	
10	1500	W	5	7	12	1	
11	1000	W	3	11	14	2	
12	MS	M	12	8	20	1	
13	1500	W	10	11	21	2	
14	5000	M	9	13	22	1	
15	500	M	16	11	27	2	
16	1500	M	21	7	28	2	
17	MS	M	15	13	28	2	
18	1500	W	18	12	30	3	
19	1000	W	15	15	30	3	
20	3000	W	17	14	31	1	
21	3000	W	19	15	34	2	
22	1000	M	17	17	34	2	
23	500	W	14	24	38	3	
24	MS	W	15	24	39	2	
25	1000	M	19	24	43	3	
26	500	M	26	20	46	3	
27	1500	M	36	20	56	3	
World Cup Rankings Only							
28	5000	M	25		25	2	
29	1000	W	20		20	4	
30	1000	M	22		22	4	
31	1500	W	23		23	4	
32	5000	M	28		28	3	
33	1000	W	29		29	5	
34	500	W	32		32	4	
35	500	M	36		36	4	
36	500	W	39		39	5	
37	1500	M	40		40	4	
38	3000	W	46		46	3	
39	5000	M	57		57	4	

3) Performance Standards: A skater competing in a time trial race (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 in the same skating season, and or a

skater who places in the top “3” in the World Cup “B” group will be considered a USS funded athlete. Eligibility dates for this standard will match that of a time standard achievement.

4) Athlete Agreement: A skater must have signed the USS Athlete Agreement for the current season to receive funded travel.

C) Domestic Competitions: US Speedskating may be allocated additional quota spots for ISU Competitions within the United States. USS will still use its time standards for funding these competitions. US Speedskating will offer spots for all domestic competitions to try and fill the allocated quota positions.

Fall World Cups / Special Qualification Ranking List

A) General: The U.S. Speedskating Team for the Fall World Cups (meaning World Cup competitions 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 Races: 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 (race #1), 1500m, 3000m. The distances for men are 500m (fastest of the two races), 1000m (race #1), 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 Races:
   a) Team Pursuit: USS may name skaters to the Fall World Cup team as team pursuit athletes. USS staff present at the world cup competitions will determine the composition and order of the team competing. All athletes entered in the team pursuit must be ISU eligible for the race.
   b) Team Sprint: USS may name skaters to the Fall World Cup team as team sprint athletes. USS staff present at the World Cup competitions will determine the composition and order of the team competing. All athletes entered in the team sprint must be ISU eligible for the race.
   c) Mixed Gender Relay (MGR): USS may name skaters as Mixed Gender Relay athletes. USS staff present at the competition will determine the composition and order of the team competing. All athletes entered in the MGR must be ISU eligible for the race.
   d) Mass Start: Fall World Cup Mass Start positions will be determined by the results of the 2xMass Start Races at the selection competition. Note – Section 1 – Rules of Competition – Paragraph Q, for ranking/scoring procedures.

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 D for notification timeline.

E) Seeding: Seeding of the athletes at World Cup competitions 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 races. 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, 2023, and the end of the selection competition.
   a) ~~USS B1/B2 time standards apply to Mass Start races.~~ Clarification – see section 3 International ISU Competitions – Section "B" Funding and Appendix A below.
   b) ~~Funding positions may be limited to specific quotas. Details will be forthcoming in a future Rules and Regulations publishing.~~
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 races. 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.

Winter World Cups

A) Entry Quotas: Entry quotas for the Winter World Cups will be determined in accordance with applicable ISU Rules and Regulations.

B) Team Selection: Skaters become eligible and qualify for positions on 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.

1) Time Trial Races: Starting positions for the 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 #1-2. 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 #3-6 in order to be eligible for the WSD.

- For example, if the U.S. is in a position after WC's #1-2 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 #1-2, the U.S. has not filled its potential max WSD quota positions in a race – 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 #1-2 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 race, they qualified for at World Cups #1-#2 in order to be named to the Winter World Cup Team.

b) Winter World Cup Qualifier: Remaining positions will be based on the following. Skaters become eligible for selection to the 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, the position will be competed for at the Winter World Cup Qualifier between the current SQRL position holder and the skater with the time standard.

2) Team Races: Team races will be selected based on the criteria outlined below.

a) Team Pursuit: USS may name skaters to the Winter World Cup Team as team pursuit athletes. USS staff present at 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 race.

b) Team Sprint: USS may name skaters to the Winter World Cup Team as team sprint athletes. USS staff present at the Winter World Cups will determine the composition and order of the team competing. All athletes entered in the team sprint must be ISU eligible for the race.

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

d) Mass Start: Starting positions for the 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 #1-2.
- Athletes must still compete in a minimum of one mass start at the Winter World Cup Qualifier in order to be named to the WSD.

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 races out of the four (4) races 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 (race #2) 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.

C) Vacancies: USS Reserves the right to fill any unused start positions that may occur for any reason with members of the 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 competition.

World Single Distance Championships

A) Entry Quotas: Entry quotas for the World Single Distance Championships (WSD) 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 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) Final Qualification will occur following the final SQRL competition (WC #6). Skaters will earn starting positions at the WSD in accordance with the SQRL ranking list.
   2) Team Races: 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 will determine the composition and order of the team competing. All athletes entered in the team pursuit must be ISU eligible for the race.
      b) Team Sprint: USS may name skaters to the WSD 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 race.
      c) Mixed Gender Relay (MGR): USS may name skaters as Mixed Gender Relay athletes. USS staff present at the competition will determine the composition and order of the team competing. All athletes entered in the MGR must be ISU eligible for the race.

C) Vacancies: 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.

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 Long Track Speedskating Championships 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 USS Long Track Championships only if the athlete has an “A1/A2 Funding time”.

   1) Time Trial Races: Starting positions for the Four Continents Team will be determined and ranked as follows:

a) USS Long Track Speed Skating Championships: 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 USS Long Track Speed Skating Championships.
   i) The distances for Ladies are 500m, 1000m, 1500m, 3000m.
   ii) The distances for men are 500m, 1000m, 1500m, 5000m.

2) Team Races: 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 race.
   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 race.
   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 race.
   d) Mass Start: Starting positions for the 4-Continents Team will be determined and ranked as follows:
      i) Mass Start: 4-Continent Mass Start positions will be determined by the results of the 2xMass Start Races at the selection competition.
         - First Position:
            (i) The winner of mass start one and/or two with the highest-ranking point total.
         - Second Start Position (if applicable):
            (i) The winner of mass start one/or two with the second highest final ranking point total.
            (ii) 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.
      ii) 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.

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 Races: 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 awarded start positions in all distances competed at the Jr. World Championships. Skaters competing at the Senior World Cups because of an athlete declination 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 Races: 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 competition will determine the composition and order of the team competing.
   4) Mass Start: Start Positions will be selected from the Mass Start ranking at the U.S. Junior Championships and who have 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/Entries: Will be done by USS and will be based on the results from USS Long Track Junior Championships. If 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, 2023, through the end of the Junior World Championships:

	Women		Men	
	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 will not fund athletes to Jr./Neo World Cups #1 & #2.
D) Junior Entries: Entries for Junior World Cups #1 and #2 will be determined and ranked as follows based on results from the US Speedskating Long Track Championships / AmCup #1.
   1) Time Trial Races: 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 awarded 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 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 races (500m fastest of the 2) – 1000m (Fastest of the 2) – 1500m – 3000m (Women) – 5000m (Men). Total Points Classification from the U.S. Speedskating Long Track Championships / AmCup #1.
      c) The top 4 women and the top 4 men will be eligible for entry into the Jr. World Cups. Athletes that finish outside of the top 4 at the selection competition will not be eligible for the Jr. World Cups unless they have a Jr. Funding Time.
   2) Team Pursuit, Mixed Gender Relay, and Team Sprint Races: 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. If 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.
   c) USS will enter only the top 4 women and top 4 men into the Neo-World Cup #1 & #2.
   d) 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 or by a skater who has a Senior Funding Time.
2) Team Pursuit, Mixed Gender Relay, and Team Sprint Races: 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. If 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 World Cup Final

A) Junior Entries: Entries for the Junior World Cup Final will be determined and ranked as follows:

1) 2025 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.
2) USS will enter only the top 3 women and top 3 men into the Neo-World Cup Final.

C) Funding: USS does not intend to fund a Neo-Senior Jr. World Cup Team.

D) Team Pursuit, Mixed Gender Relay and Team Sprint Races: 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.

E) 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.
   1) Neo-Senior positions will be awarded to the skaters that qualified via B-1-2 above and whom have the highest ranking in the mass start after the 4 qualifying mass starts at the U.S. Long Track Championships and the Winter World Cup qualifier. The best 3 results will be taken for the final results.

F) Seeding: Will be done by USS and will be based on the results from USS Long Track Junior Championships. If an athlete makes the Senior World Cup Team, they will be seeded at the discretion of the coaching staff and long track program director.

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 races 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 races 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 races at World Cups 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 with ISU qualifying standards, 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) 2025-2026 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 races 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 in the 2025 World Single Distance Championships may be given special consideration as a team pursuit specialist for the 2025-2026 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 standards 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/Development Team

A) Junior National Team: US Speedskating Junior National Team for the 2025-2026 season will be awarded in accordance with this section.
   1) World Single Distance Championships and World Cup Team members
   2) Junior World Team Members
B) Junior Development Team: U.S. Speedskating Junior Development Team for the 2025-2026 season will be awarded in accordance with this Section.
   1) Qualifications:
      a) The top 3 Jr. "C" and Jr. "B" aged skaters in both the U.S. Junior Championships and the Age Group Nationals who are not already on the Senior or Junior National Team.
      b) The overall ranking from the U.S. 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 13, to determine the top 3 in each category.
         (i) Tiebreaker: The overall 4 distance point total from the U.S. Junior Championships will be the tie breaker.
      c) Any skater that finishes in the top 5 at the U.S. Junior Championships not including the skaters that are aging out for the following season.

Neo-Senior Team

A) Neo-Senior Team: US Speedskating Neo-Senior Team for the 2025-2026 season will be awarded in accordance with this section.
   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 B1/B2 time standard during the 2024-2025 season.
   3) All Jr. World Team Members who are aging out of juniors and achieved the following:
      a) Members of the 2025 Junior World Team who have placed in the top 25 in individual race(s) at the 2025 Junior World Championships will be added to the Neo-Senior 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 6 for Team Pursuit will also be added to the Neo-Senior Team.
      b) Members of the 2025 Junior World Team who have placed in the top 15 in Allround Points at the 2025 Junior World Championships will be added to the Neo-Senior Team.
   4) Athletes must be of Neo-Senior age as defined by the ISU.

Masters Team

A) US Speedskating Masters Levels for the 2025-2026 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) Master's 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) Master's 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) Compete at an American Cup Racing Series competition.
      c) Skate the time standard for your age group on the MAT timetable.
E) Master's Level 3 (MAT3):
   1) All registered USS master members will be considered level 3.
F) Skaters who competed in the 2024-25 ISU World Cup Circuit in the metric distances are not eligible for the 2025-2026 Masters Team classification.

Level Status

A) Level Status will earn skaters' services through USS as outlined in the US Speedskating athlete services grid found here: https://www.usspeedskating.org/athletes/rules-and-regulations
   1) Level 1: U.S. Speedskating Level 1 status will be awarded in accordance with 1) or 2) below.
      a) 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.
      b) 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, 2024, and April 1, 2025.
   2) Level 2: U.S. Speedskating Level 2 status will be awarded in accordance with 1), 2), or 3) below.

a) 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 2024-2025 season will earn Level 2 status, subject to the "B1 or B2" time standard.
b) World Cup Members: Members of the 2024-2025 World Cup Team.
c) 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, 2024, and April 1, 2025.

3) Level 3: U.S. Speedskating Level 3 status will be awarded in accordance with 1 below.
   a) Qualification: Skaters achieving the "C" time standard requirements will be eligible for Level 3 status. Qualifying times must be achieved between July 1, 2024, and April 1, 2025.

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 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	
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 competition)
	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, 2023, 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 2024-25 Season

2023-2024 Master's 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.

Gender	Age Group	Distance	Record	Mat I 110%	Corrected AG Qualification time
Men's 500m IMSSC Records					
M	**30**	500	00:37.27	00:41.00	
M	**35**	500	00:37.04	00:40.74	
M	**40**	500	00:37.63	00:41.39	41.35
M	**45**	500	00:37.59	00:41.35	
M	**50**	500	00:38.23	00:42.05	
M	**55**	500	00:38.75	00:42.63	
M	**60**	500	00:40.26	00:44.29	
M	**65**	500	00:41.11	00:45.22	
M	**70**	500	00:43.51	00:47.86	
M	**75**	500	00:46.03	00:50.63	
M	**80**	500	00:49.52	00:54.47	
M	**85**	500	00:54.19	00:59.61	
M	**90**	500	01:34.47	01:43.92	
M	**95**	500	03:28.26	03:49.09	
Men's 1000m IMSSC Records					
M	**30**	1000	01:13.48	01:20.83	
M	**35**	1000	01:12.98	01:20.28	
M	**40**	1000	01:14.53	01:21.98	
M	**45**	1000	01:14.88	01:22.37	
M	**50**	1000	01:15.99	01:23.59	
M	**55**	1000	01:16.06	01:23.67	
M	**60**	1000	01:18.89	01:26.78	
M	**65**	1000	01:20.05	01:28.06	
M	**70**	1000	01:26.59	01:35.25	
M	**75**	1000	01:33.57	01:42.93	
M	**80**	1000	01:40.28	01:50.31	
M	**85**	1000	01:47.19	01:57.91	
M	**90**	1000	04:03.86	04:28.25	
M	**95**	1000	15:18.33	16:50.16	
Men's 1500m IMSSC Records					
M	**30**	1500	01:51.37	02:02.51	2:00.67
M	**35**	1500	01:49.70	02:00.67	
M	**40**	1500	01:51.95	02:03.15	

M	**45**	1500	01:54.96	02:06.46	
M	**50**	1500	01:56.89	02:08.58	2:08.37
M	**55**	1500	01:56.70	02:08.37	
M	**60**	1500	02:00.82	02:12.90	
M	**65**	1500	02:06.19	02:18.81	
M	**70**	1500	02:12.99	02:26.29	
M	**75**	1500	02:20.86	02:34.95	
M	**80**	1500	02:36.81	02:52.49	
M	**85**	1500	02:49.18	03:06.10	

Men's 3000m IMSSC Records

M	**30**	3000	03:57.96	04:21.76	4:21.24
M	**35**	3000	03:57.49	04:21.24	
M	**40**	3000	03:58.36	04:22.20	
M	**45**	3000	04:02.65	04:26.92	
M	**50**	3000	04:04.59	04:29.05	
M	**55**	3000	04:08.98	04:33.88	
M	**60**	3000	04:13.42	04:38.76	
M	**65**	3000	04:27.11	04:53.82	
M	**70**	3000	04:41.51	05:09.66	
M	**75**	3000	04:55.48	05:25.03	
M	**80**	3000	05:31.52	06:04.67	
M	**85**	3000	06:01.18	06:37.30	

Men's 5000m IMSSC Records

M	**30**	5000	06:34.45	07:13.90	
M	**35**	5000	06:45.27	07:25.80	
M	**40**	5000	06:49.37	07:30.31	7:24.43
M	**45**	5000	07:01.42	07:43.56	7:24.43
M	**50**	5000	06:50.91	07:32.00	7:24.43
M	**55**	5000	06:44.03	07:24.43	
M	**60**	5000	07:20.36	08:04.40	
M	**65**	5000	07:41.82	08:28.00	
M	**70**	5000	08:00.03	08:48.03	
M	**75**	5000	08:28.49	09:19.34	
M	**80**	5000	09:44.28	10:42.71	
M	**85**	5000	10:43.46	11:47.81	

Men's 10000m IMSSC Records

M	**30**	10000	13:28.58	14:49.44	
M	**35**	10000	14:09.83	15:34.81	15:26.44
M	**40**	10000	14:30.70	15:57.77	15:26.44
M	**45**	10000	14:17.87	15:43.66	15:26.44
M	**50**	10000	14:02.22	15:26.44	
M	**55**	10000	13:51.84	15:15.02	
M	**60**	10000	14:54.41	16:23.85	
M	**65**	10000	15:48.35	17:23.19	

M	**70**	10000	16:55.17	18:36.69	
M	**75**	10000	17:26.86	19:11.55	
M	**80**	10000	20:27.21	22:29.93	
M	**85**	10000	25:06.72	27:37.39	

Womens 500m IMSSC Records

Gender	**Age**	Distance	IMSSC WR		
L	**30**	500	00:39.31	00:43.24	
L	**35**	500	00:40.63	00:44.69	
L	**40**	500	00:41.26	00:45.39	
L	**45**	500	00:41.70	00:45.87	
L	**50**	500	00:42.76	00:47.04	46.59
L	**55**	500	00:42.35	00:46.59	
L	**60**	500	00:45.52	00:50.07	
L	**65**	500	00:47.25	00:51.98	
L	**70**	500	00:48.25	00:53.08	
L	**75**	500	00:53.58	00:58.94	
L	**80**	500	01:16.46	01:24.11	

Womens 1000m IMSSC Records

L	**30**	1000	01:17.62	01:25.38	
L	**35**	1000	01:22.10	01:30.31	1:29.52
L	**40**	1000	01:21.38	01:29.52	
L	**45**	1000	01:22.10	01:30.31	
L	**50**	1000	01:24.19	01:32.61	1:32.14
L	**55**	1000	01:23.76	01:32.14	
L	**60**	1000	01:28.37	01:37.21	
L	**65**	1000	01:35.21	01:44.73	
L	**70**	1000	01:38.19	01:48.01	
L	**75**	1000	01:47.33	01:58.06	
L	**80**	1000	02:35.30	02:50.83	

Womens 1500m IMSSC Records

L	**30**	1500	02:06.83	02:19.51	2:15.89
L	**35**	1500	02:06.34	02:18.97	2:15.89
L	**40**	1500	02:03.54	02:15.89	
L	**45**	1500	02:09.39	02:22.33	
L	**50**	1500	02:12.31	02:25.54	
L	**55**	1500	02:14.68	02:28.15	
L	**60**	1500	02:18.97	02:32.87	
L	**65**	1500	02:26.21	02:40.83	
L	**70**	1500	02:33.15	02:48.47	
L	**75**	1500	02:41.72	02:57.89	
L	**80**	1500	04:00.06	04:24.07	

Womens 3000m IMSSC Records

L	**30**	3000	04:28.06	04:54.87	4:54.14
L	**35**	3000	04:27.40	04:54.14	
L	**40**	3000	04:34.64	05:02.10	4:57.15
L	**45**	3000	04:30.14	04:57.15	
L	**50**	3000	04:38.47	05:06.32	
L	**55**	3000	04:44.53	05:12.98	
L	**60**	3000	04:48.14	05:16.95	
L	**65**	3000	05:00.36	05:30.40	
L	**70**	3000	05:29.52	06:02.47	
L	**75**	3000	05:31.82	06:05.00	
L	**80**	3000	08:28.83	09:19.71	

Womens 5000m IMSSC Records

L	**30**	5000	07:41.77	08:27.95	
L	**35**	5000	08:01.67	08:49.84	8:49.27
L	**40**	5000	08:10.74	08:59.81	8:49.27
L	**45**	5000	08:17.96	09:07.76	8:49.27
L	**50**	5000	08:01.15	08:49.27	
L	**55**	5000	08:14.10	09:03.51	
L	**60**	5000	08:21.55	09:11.71	
L	**65**	5000	08:47.36	09:40.10	
L	**70**	5000	11:05.66	12:12.23	

Womens 10000m IMSSC Records

L	**30**	10000	17:05.20	18:47.72	18:16.76
L	**35**	10000	16:37.05	18:16.76	
L	**40**	10000	16:44.01	18:24.41	
L	**45**	10000	17:16.89	19:00.58	
L	**50**	10000	17:33.99	19:19.39	
L	**55**	10000	17:34.02	19:19.42	
L	**60**	10000	18:18.75	20:08.63	
L	**65**	10000	18:21.04	20:11.14	

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