

ISU 4 CONTINENTS SHORT TRACK
CHAMPIONSHIPS
LAVAL 2024



LAVAL, CANADA
NOVEMBER 03-05, 2023

ANNOUNCEMENT

#SHORTTRACKSKATING



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The International Skating Union, Speed Skating Canada and the Organizing Committee have the honor and pleasure to invite you to the:



Four Continents Short Track Speed Skating Championships® 2024

November 3-5, 2023

to be held at the Place Bell,

Laval, Canada

General Regulations

The ISU Four Continents Short Track Speed Skating Championships 2024 will be conducted in accordance with the 2022 ISU Regulations and relevant Communications. Participation is open to all ISU Members. Entries must be made only through the respective ISU Members (Rule 131).

Distances

Individual	500, 1000, 1500 meters Women and Men
Relay	3000 meters Women, 5000 meters Men, 2000 meters Mixed Team

Program

The below program is subject to change depending on the final entry of Skaters

From October 31 to November 1		Official Training at participating ISU Member's cost
Thursday, November 2	[TBA*]	Official Training free of charge for all ISU Members
	[TBA*]	Team Leaders' Meeting
Friday, November 3	[TBA*]	Qualifying Rounds 1500, 500, 1000 meters Women & Men Quarter-Finals Mixed Team Relay Quarter-Finals Relay Women and Men
Saturday, November 4	[TBA*] [13:15] [13:32]	Repechage 1500, 500 meters Women & Men Opening Ceremony * Semi-Finals & Finals 1500 meters Women & Men Quarter-Finals, Semi-Finals & Finals 500 meters Women & Men Semi-Finals Relay Women and Men Awards Ceremony
Sunday, November 5	[TBA*] [13:32]	Repechage 1000 meters Women & Men, Semi-Finals Mixed Team Relay Final B Relays Women and Men Quarter-Finals, Semi-Finals & Finals 1000 meters Women & Men Finals Mixed Team Relay Final A 3000 meters Relay Women Final A 5000 meters Relay Men Awards Ceremony

* Final starting times to be decided upon receipt of the number of final entries.

Track Conditions

The Place Bell has an artificially refrigerated indoor ice surface of 60 x 30 meters. Protective padding covers the boards in accordance with Rule 280, paragraph 5 and ISU Communication No. 2365 (or any further update). The standard track will be laid out 111.12 meters to the lap.

Entries¹

a) Entries can only be made using the ISU Online Registration System (ORS) for Short Track Speed Skating on <https://ors.isu.swisstiming.com/account/login>

b) Entries with the number of Competitors, substitutes, coaches & Team leader and requirements of accommodation must be submitted by **October 6, 2023** (Rule 295, paragraph 4). In addition, please send an ID picture of each Team Member to the Organizing Committee in electronic format, not later than **October 24, 2023** enabling the OC to prepare all accreditations in advance.

The number of other personnel travelling with the Team shall be communicated at the same time

ISU Members failing to comply in time with these requirements will receive no support from the Organizing Member for:

- Hotel booking;
- Travel arrangements between airport and hotel;
- Travel arrangements between hotel and ice rink;
- Access to Closing Banquet (if held);
- Preferred times for additional training sessions.

All these costs and any additional costs incurred will be for the full account of the ISU Members concerned.

c) Final Entries must reach the Organizing Committee using the Online Registration System at the latest by 20:00 hrs (local time) on **October 24, 2023** (Rule 295, paragraph 4), and the following information must be communicated to the Organizing Committee:

- Names of the Competitors and a list of alternate names per category with their International Registration Numbers
- Names of the Competitors and their personal best time, recorded during the period of eligibility, for all individual distances they might participate in
- Names of the Competitors for each of the respective individual distances;
- Confirmation of participation in all the competitions of the Relay.

Only the Competitors listed on the Final Entry, respecting the maximum number of entries allowed, can attend and receive an accreditation for the Event.

Final Entries that do not comply with these requirements are considered Post Entries. See Rule 115.

d) Please note that for all persons entered by the ISU Members, the procedures regarding the Declaration for Competitors and Officials (all team Officials requiring an accreditation) entering ISU Events (Rule 131) as outlined in ISU Communication No. 1628 need to be strictly observed. **Declaration Forms must be uploaded in the ORS in each Competitors and Team Officials' profile prior submitting the Entries.**

For more details, please refer to Rules 115, 131 and ISU Communication Nos. 1628 and 1797 or any update of this Communication.

In accordance with Rule 109 of the ISU Regulations and ISU Communication No. 2526, all Skaters who do not have the nationality of the ISU Member by which they have been entered or who, although having such nationality, have in the past represented another ISU Member, must produce an ISU Clearance Certificate.

¹ Reference is made to ISU Communication No. 2469, paragraph 2.a) according to which and until further notice, no individual belonging to the Russian Skating Union and Skating Union of Belarus shall be invited, entered and allowed to participate in International Competitions, ISU Championships and other ISU Events.

Individual Entries:

In accordance with Rule 285, paragraph 2.a), each ISU Member with the right to participate, is entitled to enter at least two (2) Competitors in each category of each distance.

In accordance with ISU Communication No. 2581 "Entries for ISU Championships", the following ISU Members may enter more than two (2) Competitors in total in the respective category and distances. Each ISU Member may enter the substitutes corresponding with the number of entries.

Women		
500m	1000m	1500m
Canada	Canada	Canada
China	China	China
Japan	Japan	Japan
Kazakhstan	Kazakhstan	Kazakhstan
Korea	Korea	Korea
USA	USA	USA

Men		
500m	1000m	1500m
Canada	Canada	Canada
China	Japan	Japan
Kazakhstan	Kazakhstan	Kazakhstan
Korea	Korea	Korea
USA	USA	USA

Relay Entries:

ISU Members entering a Relay Team can only enter a maximum of five (5) Competitors which will include all Competitors for both competitions: Individual and Relay.

The entry quotas for the Relay competitions at the ISU Four Continents Short Track Speed Skating Championships 2024 will be determined in accordance with *Rule 285, paragraph 2.c)*. Special attention must be paid to Rule 286, paragraph 4 regarding the fact that participation is known immediately upon completion of the last World Cup Competition held prior the Championships.

Qualifying Times:

Entered Skaters (including substitutes) must have achieved applicable qualifying times over 500 meters, in accordance with ISU Communication No. 2581, paragraph 5.2, as follows:

Every ISU Member can enter 1 Skater per category that has achieved the following qualifying time:

Women 500 meters: 48,87

Men 500 meters: 46,62

If an ISU Member enters more than 1 Skater, the qualifying times required for all Skaters (including all Relay Skaters) entered by the ISU Member, are:

Women 500 meters: 47,21

Men 500 meters: 45,04

For a result to be a valid qualifying time, it must have been achieved in the period between July 1, 2021 and the final entry deadline specified in the paragraph "Entries" above.

Points and Classification

In accordance with Rule 295.

Titles and Medals

The winners of the Championships (according to Rule 133) will bear the title:

Four Continents Short Track Speed Skating Champion 500/1000/1500 meters for 2024

Four Continents Short Track Speed Skating Relay Champions for 2024

Four Continents Short Track Speed Skating Mixed Team Relay Champions for 2024

The Four Continents Champions will receive the ISU gold medal. The Skaters placed second and third will receive the ISU silver and bronze medals respectively.

The Four Continents Short Track Speed Skating Relay Champions or Mixed Team Relay Four Continents Short Track Speed Skating Relay Champions will receive the ISU gold medal. The second and third placed Relay Teams will receive the ISU silver and bronze medals respectively.

Prize money will be awarded in accordance with ISU Communication No. 2516, or any further update of this Communication.

Team Officials Accreditations

For Teams entering 1 up to 5 Skaters

#	Function	Price	Accreditation Access
1	Team Leader	Free	Blue – 1 – Field of Play & Full Access Athletes Area
1	Coach	Free	Blue – 1 – Field of Play & Full Access Athletes Area
1	Doctor	Free	Blue – 1 – Field of Play & Full Access Athletes Area
1	Physio	Free	Blue – 1 – Field of Play & Full Access Athletes Area
1	Equipment Technician	Free	Blue – 1 – Field of Play & Full Access Athletes Area

Additional Team Officials

#	Function	Price	Accreditation Access
	Same as above	EUR (€) 250*	Blue – 2 – Dressing Rooms & Team Seats

For Teams entering 6 up to 10 Skaters

#	Function	Price	Accreditation Access
1	Team Leader	Free	Blue – 1 – Field of Play & Full Access Athletes Area
2	Coaches	Free	Blue – 1 – Field of Play & Full Access Athletes Area
1	Doctor	Free	Blue – 1 – Field of Play & Full Access Athletes Area
2	Physios	Free	Blue – 1 – Field of Play & Full Access Athletes Area
2	Equipment Technicians	Free	Blue – 1 – Field of Play & Full Access Athletes Area
1	Team Video Specialist ¹	Free	Blue – 2 – Athletes Lounge, Dressing Rooms & Team Seats

Additional Team Officials

#	Function	Price	Accreditation Access
	Same as above	EUR (€) 250*	Blue – 2 – Dressing Rooms & Team Seats

* or equivalent in any other currency. One-time fee per ISU Event, per person.

¹ **Video Disclaimer Form must be uploaded in the ORS in the Team Video Specialist' profile prior submitting the Entries. The form is valid for all Events of the season 2023/24.**

Ice Training

All practice sessions will take place at the Competition venue. The Organizing Committee will arrange free ice training on Thursday, November 2 for all participating teams. Extra practices will be provided from October 30. Each training session (50 minutes) will be charged \$20 CAD per skater. Payment for additional practice ice time must be paid in CAD to the Organizing Committee upon arrival. For practice ice time prior to the official practice, please inform the Organizing Committee using the attached form. Medical coverage will be provided for the official and additional practice sessions in accordance with Rule 140.

Anti-Doping

Anti-Doping tests will be carried out according to the ISU Anti-Doping Rules and ISU Anti-Doping Procedures, as given in the applicable ISU Communications (ISU Communications Nos. 2344 & 2366 or later updates).

Liability

In accordance with Rule 119 of the ISU General Regulations, the ISU, Speed Skating Canada and The Organizing Committee assume no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection with the ISU Four Continents Short Track Speed Skating Championships 2024. Each ISU Member is solely responsible for providing insurance coverage thereto.

Accommodation and Meals

The Organizing Committee will provide accommodation and meals starting with lunch on Thursday November 2 until lunch on Monday November 6 (for those departing in the afternoon) for all participating Skaters, maximum five (5) Women and five (5) Men, plus one Team leader from each participating ISU Member. All costs incurred prior Thursday November 2 and after Monday November 6 will be under the financial responsibility of each ISU Member and the amount due shall be settled on site, at the applicable rate, upon arrival, or in advance by bank transfer

Methods of payment: Cash in CAD or Credit card; (Visa, Master Card, American Express) or Bank Transfer
All arrangements for accommodations must be made through the Organizing Committee.

Official Hotels

The Organizing Committee will arrange hotel reservations for the participants at the following official hotels;

Grand Hôtel Times Laval - Centropolis

1700 Rue Jeanne-Mance, Laval, QC, Canada H7T 0R2

<https://www.grandtimeshotel.com/grand-times-laval/fr/>

Contact : Amelie Hotte (ventes56@timeshotel.ca)

Hotel requirements must be communicated to the Organizing Committee as soon as possible, but no later than **October 15**.

Rooms

The cost of a room (1 to 4 persons per room) is as follows:

Standard (double) Room (per night): \$199.00 + taxes (Lodging 3.5% + TPS 5% + TVQ 9.975 %) = \$236.81 CAD

Superior (single) Room (per night): \$199.00 + taxes (Lodging 3.5% + TPS 5% + TVQ 9.975 %) = \$236.81 CAD

Prestige (double) Room (per night): \$229.00 + taxes (Lodging 3.5% + TPS 5% + TVQ 9.975 % +) = \$272.51 CAD

*Payment: Cash; in CAD or Credit card; (Visa, Master Card, American Express) or Bank Transfer

Meals

Breakfast: \$18.00 + taxes and services (TPS 5% + TVQ 9.975% + Services 15%) = \$23.80 CAD / per person

Lunch: \$25.00 + taxes and services (TPS 5% + TVQ 9.975% + Services 15%) = \$33.06 CAD / per person

Dinner: \$27.00 + taxes and services (TPS 5% + TVQ 9.975% + Services 15%) = 35.70 CAD / per person

To ensure that enough meals will be prepared, teams must fill the Meals Request Form and send it directly to Mr. Benoit Bilodeau benoit@plazauniversel.com no later than **October 15, 2023**.

Full payment must be done before or upon arrival to receive meals coupons.

In case of no-shows or cancellation of hotel rooms and meals after **October 24, 2023**, the ISU Member concerned will be charged 100% of the total costs by the hotel or the Organizing Committee.

Tickets for Competitors

Competitors willing to receive 2 tickets for their family members must inform the Organizing Committee not later than **October 15**. In case of a limited number of available tickets, the principle of “first come, first serve” will apply. Competitors asking for tickets must provide the names of the tickets holder to the Organizing Committee.

Transportation

The Organizing Committee will organize and provide one transportation each way, free of charge, for each team between Montréal – Pierre-Elliott Trudeau International Airport (YUL) and the official hotels, from Sunday, October 29, 2023, to Monday, November 6, 2023.

Expenses for team officials, who do not accompany their team members, are to be borne by themselves \$100.00 CAD.

The Organizing Committee will also provide free transportation for all participants between the official hotel and Place Bell during the competition days and the training periods, starting from October 31.

The Organizing Committee will provide transportation from the World Cup Official Hotel Auberge Universel Montreal to the Official 4 Continent Hotel Grand Hotel Times Laval on Monday October 30.

The date, airline, flight number, expected time of arrival and the date and time of departure should be communicated to the Organizing Committee as soon as possible, but no later than **October 15**. Please include the amount of special equipment (e.g. bicycles, massage tables, etc.) that needs to be transported.

Air Canada Discount Code

Teams and fans traveling to and from Montreal within 7 days of the event can take advantage of the Air Canada discount code MEHVJCE1.

Medical Insurance

It is the sole responsibility of each ISU Member participating in an ISU Event (as defined in Rule 107), to provide medical insurance for their Skaters. Proof of such can be requested by the Organizing Committee.

Entry Visa Requirements

Should you need assistance to obtain a Canada entry visa or require a specific letter of invitation, please contact the Organizing Committee.

Media Accreditation

Media accreditation requests for ISU Championships must be submitted via the ISU Online Media Accreditation System <https://www.isu.org/media-centre/accreditations/media>

Information for the media will be available on the [ISU website](#) in due time.

For further information contact the OC Press Officer:

Alain Brouillette

abrouillette@speedskating.ca

+1-613-601-2630

Water Bottles

Plastic water bottles will not be provided by the Organizing Committee. Teams are asked to bring their own reusable water bottles and to use the refill stations at the venue.

The Organizing Committee

All entries, hotel reservation and media accreditation requests, as well as other inquiries should be addressed as soon as possible to:

Jill Lynch

Worldcup@speedskating.ca

+1-587-433-8646

Website

All information concerning the competition will be available at the following Event website:

<https://speedskating.ca/international-event/four-continents-laval2023/>

Live results will be available at the following website:

www.isu.org

ISU “Inside Events” mobile application

Daily information, results and changes in schedules (race, training, transportation, etc.) will be communicated to the teams on the board of the Team Hotel as well as on the ISU “Inside Events” mobile application.

This mobile application makes the information delivery faster, contains all relevant information for participants, reduce paper needs and notify participants in case of any changes or urgencies through push notification possibilities.

The “Inside Events” app is available free of charge on Android and Apple systems and is compatible with both tablets and smartphones. It can be downloaded with the below QR codes or directly on the app stores.

Each ISU Event will have its own unique password that will be provided on site to participating Athletes, Officials, and Team Delegations.



QR Apple



QR Google