FOUR CONTINENTS SPEED SKATING

CHAMPIONSHIPS

ANNOUNCEMENT

Québec, CAN

Centre de Glaces Intact Assurance

December 02-04, 2022

Hosted by

Local Sponsors & Institutional Partners

On behalf of Speed Skating Canada, the Organizing Committee has the honor and pleasure to invite you to participate in the

ISU FOUR CONTINENTS SPEED SKATING CHAMPIONSHIPS® 2023

which will be held in Quebec City, Canada on December 2-4, 2022

PROGRAM

Thursday, December 1, 2022	16:30	Team Leaders Meeting, Virtual
	17:30	Medical Meeting, Virtual
	18:30	Opening Draw, Virtual
Friday, December 2, 2022	12:45	Opening Ceremony
	13:00	500m Women 500m Men 3000m Women 5000m Men Team Sprint Women Team Sprint Men
Saturday, December 3, 2022	13:00	1500m Women 1500m Men Mass Start Women Mass Start Men
Sunday, December 4, 2022	13:00	1000m Women 1000m Men Team Pursuit Women Team Pursuit Men

REGULATIONS

The ISU Four Continents Single Distances Speed Skating Championships 2023 will be held in accordance with the 2022 Regulations of the International Skating Union (ISU), relevant ISU Communications, in particular ISU Communication No. 2514, and Guidelines for ISU Events During the COVID-19 Pandemic.

Participation in the Championships is open to skaters who belong to a Four Continents ISU Member (Rule 130, paragraph 2) and who have met the qualification criteria according to Rule 208 and ISU Communication No. 2514.

TRACK

The *Centre de glaces Intact Assurance* is an indoor artificially frozen ice rink with a standard track of 400 meters and inner and outer curves with radii of 26 and 30 meters respectively. The width of the inside training track is 4.5 meters. In accordance with Rue 228 a protective moveable padding system will be installed around the track.

TITLE AND AWARDS

The winners of the individual/team races will bear the titles: “Women Four Continents___ Speed Skating Champion for 2023” and “Four Continents ___ Speed Skating Champion for 2023”, respectively. All winners will be awarded the ISU Championships gold medal. The Skaters or teams placed second and third will be awarded the ISU Championships silver and bronze medals, respectively. See Rule 133, paragraph a).

Prize money will be awarded according to ISU Communication No. 2368, or any further update of this Communication.

ENTRIES

Entries for the ISU Four Continents Single Distances Speed Skating Championships 2023 will only be accepted for Skaters who have reached the qualifying times for the event concerned, as listed in ISU Communication No. 2514, paragraph 4.2.1.

Four Continents ISU Members may enter a maximum of three (3) Skaters in each individual distance, except for Mass Start Women and Mass Start Men where the maximum entry quotas per Four Continents ISU Member is two (2). The specific entry quotas for each ISU Member will be announced by the ISU following the results of the qualifying competitions (ISU World Cup Speed Skating Competitions in Stavanger, NOR, and Heerenveen, NED, held in November 2022), in accordance with Rule 208, paragraph 2.5, some ISU Members have been pre-allocated entry quotas as indicated in ISU Communication No. 2514, paragraph 3.2.1.e).

The total number of Competitors for each distance will be limited as follows:

500 meters Women and Men	20 Skaters
1000 meters Women and Men	20 Skaters
1500 meters Women and Men	20 Skaters
3000 meters Women and 5000 meters Men	16 Skaters
Mass Start Women and Men	20 Skaters
Team Pursuit Women and Team Pursuit Men	6 Teams
Team Sprint Women and Team Sprint Men	6 Teams

Entries can **only** be made using the ISU Online Entry System for Speed Skating Events available at www.isu.org, section Speed Skating or at https://ssk-entries.isu.org/ and respecting the following deadlines:

Accommodation Request	**November 14, 2022**
Arrival & Departure	**November 14, 2022**
Accreditation Request for Team Officials	**November 14, 2022**
Preliminary entries	**November 14, 2022**
Final Entries	**November 28, 2022 – 12.00 noon (local time)**

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 1628 need to be strictly observed.

For more details, please refer to Rules 115, 131, 208 and ISU Communications No. 1628 and 1797.

CITIZENSHIP/RESIDENCE REQUIREMENTS AND CLEARANCE PROCEDURE

In accordance with Rule 109 of the ISU Regulations and ISU Communication No. 2030, 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.

DRAWING

The drawing will be made in accordance with Rules 239, 240 (paragraph 5) and 242.

ANTI-DOPING CONTROL

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 Nos. 2344 and 2366 (or any further update of these Communications).

LIABILITY

In accordance with the ISU General Regulations (Rule 119), the ISU, Speed Skating Canada and the Organizing Committee assume no responsibility for or liability with respect to bodily or personal injury or loss of property or damage incurred in connection with this Championship. Each ISU Member is solely responsible for providing insurance coverage thereto.

FACE MASKS

No advertising marking is allowed on face masks. Face masks may display one (1) manufacturer trademark/identification of maximum 8cm^2. In addition, ISU Member's name and/or abbreviation and/or national flag and/or Skater's name may be displayed on the face mask.

TRAINING TIMES

The speed skating track will be open for training for entered Competitors from Monday, November 28, 2022. Trial starts will be organized on Thursday, December 1, 2022.

Only accredited Competitors, substitutes and team officials will be allowed to enter the ice-rink during the official training hours.

ISU Members may ask for changes in the training schedule latest by November 18, 2022. Decisions on requested changes will be taken by the Organizing Committee in consultation with the ISU.

BOARD AND LODGING

The Organizing Committee will be responsible for expenses for board and lodging at the official hotel from lunch on Thursday, December 1, 2022, until lunch on Monday, December 5, 2022 (Rule 137 paragraphs 10 and 14) for all Competitors participating in the Championships (not for the substitutes) and 1 Team leader or coach for each ISU Member. Expenses of other Skaters and officials (i.e., coaches, other team staff members and accompanying persons) other than those mentioned above, and expenses before or after the period mentioned above, will be at their own expense.

Accommodation requests can only be made using the ISU Online Entry System for Speed Skating Events.

OFFICIAL HOTEL

The Organizing Committee will arrange hotel reservation for all Skaters and officials at the:

Hotel PUR
395 Rue de la Couronne
Quebec City, QC G1K 7X4
Telephone: +1-418-647-2611
https://www.marriott.com/en-us/hotels/yqbpu-hotel-pur-quebec-a-tribute-portfolio-hotel

Hotel Prices

The cost per room (1 to 4 people per room) is as follows:

Standard Room, 1 King bed or 2 Queen beds	$213.01 CAD (taxes and fees included)
Superior Room, 1 King bed or 2 Queen beds	$236.81 CAD (taxes and fees included)
Sky Room, 1 King bed or 2 Queen beds	$261.61 CAD (taxes and fees included)

*Payment: Cash; in CAD or Credit card; (Visa, Master Card, American Express) or Bank Transfer. The hotel will issue invoices directly to Teams once rooms and meals have been confirmed.

Meals

Breakfast	$25.78 CAD per person (taxes and fees included)
Lunch	$32.56 CAD per person (taxes and fees included)
Dinner	$37.99 CAD per person (taxes and fees included)

In order to ensure that enough meals will be prepared, teams must complete the Meals Request Form and send it directly to Mrs. Anne-Sarah Champagne (aschampagne@hotelpur.com) no later than **November 14, 2022.**

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

TRANSPORTATION

The Organizing Committee will provide transportation from November 27 to December 5 from and to the Jean-Lesage International Airport. Transfers must be requested in the OES no later than **November 14, 2022**. Team officials who do not travel together with their team cannot be guaranteed this transportation service.

Teams wishing to arrange their own transfer may consider taxis, ride sharing and/or rental cars as options.

A shuttle bus service will be available between the official hotel(s) and the ice-rink from Monday, November 28.

The Organizing Committee must be informed via the ISU Online Entry System for Speed Skating Events about the date and time of arrival and departure of the Competitors and officials as soon as possible, but at the latest by November 14, 2022.

VISA REQUIREMENTS & COVID-19 PANDEMIC ACCESS RESTRICTIONS

A visitor visa may be required for participants and team officials. Please contact Speed Skating Canada at worldcup@speedskating.ca if you need an invitation letter for the visa.

Please provide participant names, roles and passport information to the Organizing Committee as soon as possible, in order to have the necessary visas completed in due time.

For information on the current entry requirements to Canada, please visit the following link:

- Government of Canada – COVID-19: Travel, testing, quarantine and borders
- Government of Canada – General entry requirements

Furthermore, please note that all information regarding the Covid-19 pandemic-related travel and access restrictions/arrangements is available by contacting the Organizing Committee (see below).

ACCREDITATIONS

Only the following number of Team Officials can receive an accreditation free of charge:

Type	Number of accreditations per Competition
Team Leader	1 accreditation
Coaches, medical & technical staff	1 competitor* - 1 accreditation 2 to 3 competitors - 2 accreditations 4 to 6 competitors - 3 accreditations 7 to 9 competitors - 4 accreditations 10 to 11 competitors - 5 accreditations 12-13 competitors - 6 accreditations 14-15 competitors - 7 accreditations 16-17 competitors - 8 accreditations 18-19 competitors - 9 accreditations 20-21 competitors - 10 accreditations ..etc.
ISU Member Officials** (No access to athletes zone)	Up to maximum 3 accreditations

* Competitor = competing skater (substitutes excluded)

** President, Vice Presidents, CEO, General Secretary, Managers, etc.

The organizer is not obliged to provide services (accommodation, accredited entrance to the ice rink, transportation, etc.) for an excessive number of team officials or other accompanying persons from participating ISU Members. A fee of EUR 250 (charged in local currency) for each extra Team Officials/Federation Officials accreditation must be paid to the Organizing Committee.

THE ORGANIZING COMMITTEE

All inquiries should be addressed to:

Organizing Committee
Jill Lynch
Speed Skating Canada
2451 Riverside Drive
Ottawa, ON K1H 7X7
worldcup@speedskating.ca
+1 (587) 433-8646

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:

Media Accreditation
Alain Brouillette
Speed Skating Canada
2451 Riverside Drive
Ottawa, ON K1H 7X7
communications@speedskating.ca
+1 (613) 601-2630

WEB SITE

Information concerning the competition will be available at the following website:
https://speedskating.ca/mec-events/2023-isu-four-continents-speed-skating-championships/

Live results of the competition will be available at the following website:
https://live.isuresults.eu/events/2023_CAN_0003/schedule

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.png

QR Google.png