

Olympic Oval Program Entry Standards 2010/2011

For the 2010/2011 Season, the times standards have been revised to reflect changes to the senior world records over the past year. Athletes meeting these times during the 2009/2010 season are eligible for admission to the Oval Program. Athletes must also be age 16 (last year of Junior B) or older as of June 30, 2010 in order to be eligible for the Oval program. Any athletes joining the program that are under 18 are recommended to be under the supervision of a legal guardian.

2010/2011 Oval Program Time Standards

Short Track

Women	500m	1000m	1500m
Senior Women	46.86	1:39.34	2:33.14
Junior Women	47.71	1:41.13	2:35.87
Men	500m	1000m	1500m
Senior Men	44.75	1:31.80	2:25.01
Junior Men	45.57	1:33.46	2:27.62

Long Track

Women	500m	1000m	1500m	3000m	5000m	
Senior Women	41.07	1:21.88	2:05.20	4:23.67	7:42.40	
Neo Sr. (first 2 years) Women	41.81	1:23.35	2:07.44	4:28.34	7:50.51	
Junior Women	42.55	1:24.81	2:09.68	4:33.01		
Junior (1 st year in program) Women	43.29	1:26.27	2:11.91	4:37.67		
Men	500m	1000m	1500m	3000m	5000m	10000m
Senior Men	37.43	1:13.73	1:52.15		6:50.55	14:28.33
Neo Sr. (first 2 years) Men	38.11	1:15.05	1:54.18		6:57.82	14:43.56
Junior Men	38.79	1:16.38	1:56.20	4:07.60	7:05.08	
Junior (1 st year in program) Men	39.47	1:17.71	1:58.22	4:11.87	7:12.35	

2010/2011 Link Program Time Standards

Short Track

Women	500m	1000m	1500m
	49.84	1:45.60	2:42.71
Men	500m	1000m	1500m
	47.62	1:37.64	2:34.15

Long Track

Women	500m	1000m	1500m	3000m	
	45.14	1:29.93	2:17.50	4:49.34	
Men	500m	1000m	1500m	3000m	5000m
	41.18	1:21.03	2:03.27	4:22.54	7:30.52

*Note: Eligible times must be skated in either a sanctioned ISU competition or an Olympic Oval Saturday morning race. All new short track applications must include race protocols to support qualifying times.

We strongly recommend that athletes who are joining the program relocate to Calgary prior to August 1, 2010, when training groups begin full time on-ice training. Arriving to the training centre early allows for a better transition into the training program, more on-ice technical work, and provides an adjustment period prior to the fall school semester.