



## **2024 Nordiq Canada FIS Para Snow Sports COC Races**

Hosted by Nordiq Canada

November 20-21, 2024

Canmore Nordic Centre  
Canmore, AB



## **A. GENERAL INFORMATION**

### **LOCATION**

[Canmore Nordic Centre](#)

Biathlon Stadium

### **PROGRAM**

November 18 – PI Classification

November 19 – PI Classification and Official Training

November 20- 5km Individual Classic Technique

November 21 – 10 km Individual Free Technique

\*Tier 2 race starts will be available to PN athletes who are not yet internationally classified, for race experience only. No FIS PSS points or awards will be available to Tier 2 athletes.

### **SANCTION**

The event is sanctioned by:

- FIS Para Snow Sports - Nordic
- Nordiq Canada

### **STAKES**

- FIS Para Nordic (FIS PSS) COC points
- Canadian Selections to FIS Para Nordic World Cup and World Cup Finals
- PN-CPL Points

### **TECHNICAL BACKGROUND**

The event is guided by the following:

- Para Nordic International Competition Rules (ICR)
- International Competition Rules - Overview of Amendments
- FIS Point Rules and World Cup Point Rules
- CCR-ICR
- PN CPL Guidelines

## COMPETITION COMMITTEE

POSITION	NAME
Chief of Competition	Ilona Gyapay
Chief of Course	Julie Beaulieu
Chief of Timing and Results	Zone 4

## JURY

POSITION	NAME
Technical Delegate	Dan Brisbin
Assistant Technical Delegate	Jennifer Tomlinson
Chief of Competition	Ilona Gyapay

## INFORMATION AND COMMUNICATION

Communications during the event will be done via email and WhatsApp. All official communications will be done in both official languages. Please follow this link to join the **WhatsApp**:

<https://chat.whatsapp.com/KaOBuTRED1SLy73T702MZ4>

WEBSITES	
Zone4 Event Page	<a href="https://zone4.ca/register.asp?id=36977">https://zone4.ca/register.asp?id=36977</a>

EMAILS		
Nordiq Canada Chief of Competition	Ilona Gyapay	<a href="mailto:igyapay@nordiqcanada.ca">igyapay@nordiqcanada.ca</a>
Competition Secretary	Nicky Williams	<a href="mailto:info@nordiqcanada.ca">info@nordiqcanada.ca</a>

## SCHEDULE OF EVENT

DATE	TIME	EVENT	LOCATION
November 6	23:59 CET	<b>FDMS Registration by name closes</b>	FIS required entry deadline (Completed by Nations)
November, 18	All day until 17:00	Unofficial training <a href="#">Trail fees</a> and <a href="#">Kananaskis Conservation Pass</a> in effect	Canmore Nordic Center
	12:00	Correction to confirmation list due  Zone4 Registration Closes	Race Office: info@nordiqcanada.ca  <a href="https://zone4.ca/register.asp?id=3697">https://zone4.ca/register.asp?id=3697</a> <a href="#">Z</a>
	19:00	Distance Seeding List available Zone4	Zone 4
November, 19	9:00-17:00	Race office open	Nordiq Canada
	11:00-15:00	Official training	5km classic course
	12:00	Draft Classic interval start list posted	<a href="https://zone4.ca/register.asp?id=3697">https://zone4.ca/register.asp?id=3697</a> <a href="#">Z</a>
	14:00	Corrections to 5KM Classic Interval start list due	info@nordiqcanada.ca
	15:00	Final classic interval Start list posted	<a href="https://zone4.ca/register.asp?id=3697">https://zone4.ca/register.asp?id=3697</a> <a href="#">Z</a>
	17:00-18:00	Team Captains' Meeting	Zoom
November, 20	8:00-17:00	Race office open	Nordiq Canada
	8:30	Bib pick-up	Nordiq Canada office
	10:00	Sit Ski Men/Women	Frozen Thunder
	11:00	Standing (LW + VI) Men/Women  Races (per start order)	
	12:00	Draft Free interval start list posted	<a href="https://zone4.ca/register.asp?id=3697">https://zone4.ca/register.asp?id=3697</a> <a href="#">Z</a>
	15:00	Corrections to 10km Free Interval Start Lists due	info@nordiqcanada.ca
	16:00	Final Free interval start list posted	<a href="https://zone4.ca/register.asp?id=3697">https://zone4.ca/register.asp?id=3697</a> <a href="#">Z</a>
	18:00-19:00	Team Captains' Meeting	Zoom
November, 21	8:00-15:00	Race office open	Nordiq Canada
	8:30	Bib pick-up	Nordiq Canada office
	10:00	Sit Ski Men/Women	Frozen Thunder
	11:30	Standing (LW + VI) Men/Women	

DATE	TIME	EVENT	LOCATION
		Races (per start order)	

\*Awards occurring at the Bill Warren Training Center, 30min post last racer.

## CONTINGENCY PLAN

Any change in the event location or timing will be posted as early as it is known. If necessary, a decision on event cancellation due to weather or change of site will be made one week prior to the event, as recommended by the Jury.

## VOLUNTEERING

Volunteering is a great way to be part of the action and an opportunity to watch the races. If you have some time to give, please contact: [igyapay@nordiqcanada.ca](mailto:igyapay@nordiqcanada.ca)

## B. COMPETITION

### CATEGORIES

CATEGORY	SUB CATEGORY	YEAR OF BIRTH
Para-Nordic Sit Ski LW10-12 Men/Women	CC ONLY – Tier 2 PN Sit Ski LW 10-12 M/W	N/A
Para-Nordic Standing Ski LW2-9 & B1-3 Men/Women	CC ONLY – Tier 2 PN Standing LW 2-9 & B1-3 M/W	N/A

### RACES

CATEGORY	November 20/21 INTERVAL START-CLASSIC/FREE TECHNIQUE	
PN Sitting LW10-12 Men/Women	Nov. 20 CL	5 km
PN Standing LW2-9, B1-3 Men/Women	Nov. 20 CL	5 km
PN Sitting LW10-12 Men/Women	Nov. 21 F	10 km
PN Standing LW2-9, B1-3 Men/Women	Nov. 21 F	10 km

\*Courses are dependent on available trails and subject to change

## NOTICE OF DOPING CONTROL

Athletes and coaches must be aware that doping control tests may be conducted by the Canadian Centre for Ethics in Sport (CCES) on a random basis in accordance with the Canadian Anti-Doping Program.

## **ELIGIBILITY /LICENSES**

**To enter in the FIS COC event, a skier must:**

- Be a member in good standing of their national federation.
- Have a valid Nordiq Canada racing and valid FIS PN license, OR foreign athletes must have a valid FIS PN license or a Nordiq Canada Associate Race License.
- Sign the Nordiq Canada Informed Consent Assumption of Risk form (through zone4 registration).
- Be internationally classified.
  - Sanctioned race entry requires international classification status and assigned sport class.
  - To obtain FIS PN Points, a skier must have a FIS PN license and be internationally classified.

**Athletes with National Classification may enter the non-sanctioned category and sport class.**

To participate in the non-sanctioned category, a skier must:

- Be a member of good standing of their national federation.
- Have a valid Nordiq Canada racing license.
- Sign the Nordiq Canada Informed Consent Assumption of Risk form (through Z4 registration)
- Be nationally classified OR not classified.
  - Athletes in this category will not obtain FIS points.

## **GUIDE LICENSES**

Licenses for Para-Nordic guides are the responsibility of the visually impaired athlete. Although guides do not pay registration fees, they must register on Zone4 and must hold a valid Nordiq Canada license.

The Guide for a Para-Nordic Visually Impaired athlete need not be a member of the same club.

## **REGISTRATION**

Registration closes November 18<sup>th</sup>, in Zone4: All registration fees must be paid online on Zone4.

**Race Registration:** <https://zone4.ca/register.asp?id=36977>

**Race Fees:** Cross Country Race fees are CDN \$50 per race. Individuals registering after November 18, 2024, forfeit their right to seeding. Such individuals will be assigned zero points and be seeded accordingly.

Trail fees are in effect for all official training and race days. Passes can be purchased at the Canmore Nordic Center.

**Sales Taxes:** Taxes and processing fees will be added to the race fees.

**Refund:** Refunds may be made at the sole discretion of Nordiq Canada. There will not be any refunds if athletes fail DNS races.

**Coaches and team support staff** can register to the Canmore COC Race **WhatsApp** account at <https://chat.whatsapp.com/KaOBuTRED1SLy73T702MZ4>

which will be used to communicate any changes, or any decisions taken over the course of the event.

**Corrections:** Racers and coaches should consult the confirmation list on Zone 4 as soon as possible after they complete their registration. If there are any corrections to be made to your registration, please contact the competition secretary before November 18<sup>th</sup>.

## SEEDING

The starting positions of the Para-Nordic racers will be determined by random draw.

Seeding distance lists will be distributed prior to each TCM for review by the coaches. Please contact [igyapay@nordiqcanada.ca](mailto:igyapay@nordiqcanada.ca) before 15:00 prior to the TCM, should any corrections be required.

## TEAM CAPTAINS' MEETINGS

The Team Captains' Meetings will be held via zoom, as per the Event Schedule.

Other communications with coaches will be done by WhatsApp and email.

## BIBS

Bib pick-up will take place at the Nordiq Canada office. Bibs will be available for pick up at 8:30 a.m. Bibs will be sorted by Team or Club as identified during registration. Coaches and Staff please use FIS PN issued team bibs.

Athletes will be charged a bib replacement fee of \$100 for each missing bib, which must be paid prior to another race start being granted.

## TRAINING

DATE	TYPE	TIME	COURSES
November 19	Official	11:00-15:00	Appendix A

## WAXING

The use of fluorinated wax or tuning products containing fluorine is not allowed for all categories. Standardized wax procedure will be in place. Nordiq Canada Para Nordic Ski Team Head Technician will test and communicate the wax standard to the teams on the WhatsApp group.

Wax Cabins are available to rent through the Canmore Nordic Centre:

[Wax Cabin Booking Link](#)

	Regular			Not For Profit		
Team Rooms*	Full Day	Week	Month	Full Day	Week	Month
* <i>Biathlon Team Rooms, Cross Country Team Rooms, Wax Rooms</i>	\$50.00	\$200.00	\$600.00	\$25.00	\$100.00	\$300.00

## WARM UP

As it is an early season race, there is a strong probability that the trail network used for the race will be the only fully snow-covered trails, with limited snow in other areas of the facility. The priority will be to prepare the best possible race trails and snow coverage of warm-up and ski testing areas might be limited. More details will be available at the Team Captains Meetings; however, athletes and coaches should be prepared to use rock skis and/or prepare for running warm-ups and spinners.

Under normal conditions, the courses will be closed as follows before the races:

DATE	FORMAT	CLOSING TIME
November 20	5 km Classic Interval Start	9:55 am
November 21	10 km Classic Interval Start	9:55 am

Racers can warm-up on the racecourse until 10 minutes before the start. The racecourse will then be closed until the end of the race. Please bring your running shoes and spinners to warm up in case of low coverage of snow and when the racecourse is closed.

All athletes on course should wear their race bibs. Bibs must be visible to officials. Skiers must ski in the direction of the racecourse when warming up. Skiers who do not respect the warm-up guidelines will be sanctioned. The Jury reserves the right to limit or restrict use of the racecourse if conditions warrant.

If available, the warm-up trails and the ski testing area will be groomed and prepared in the same manner and at the same time as the competition course to simulate race conditions.

## COURSE AND STADIUM MAPS

Courses and stadium maps will be available November 1st at the latest.

## RESULTS AND PROTESTS

The official timing will be done by Zone4 timing.

Unofficial and official results will be posted on the WhatsApp group. Protests must be submitted in accordance with ICR rules. A notification will be sent on the coaches What's app group to indicate that unofficial results can be consulted. The protest period will end 15 minutes after the notification is sent.



## **AWARDS**

Awards will take place at the Bill Warren Training Center, 30min after the last racer finishes.

## **C. FACILITY INFORMATION**

### **PARKING**

There is limited accessible parking at the centre. Parking in the lower parking lot, by the Biathlon Building, is the closest. Nordic Center parking requires Kananaskis Parking Passes.

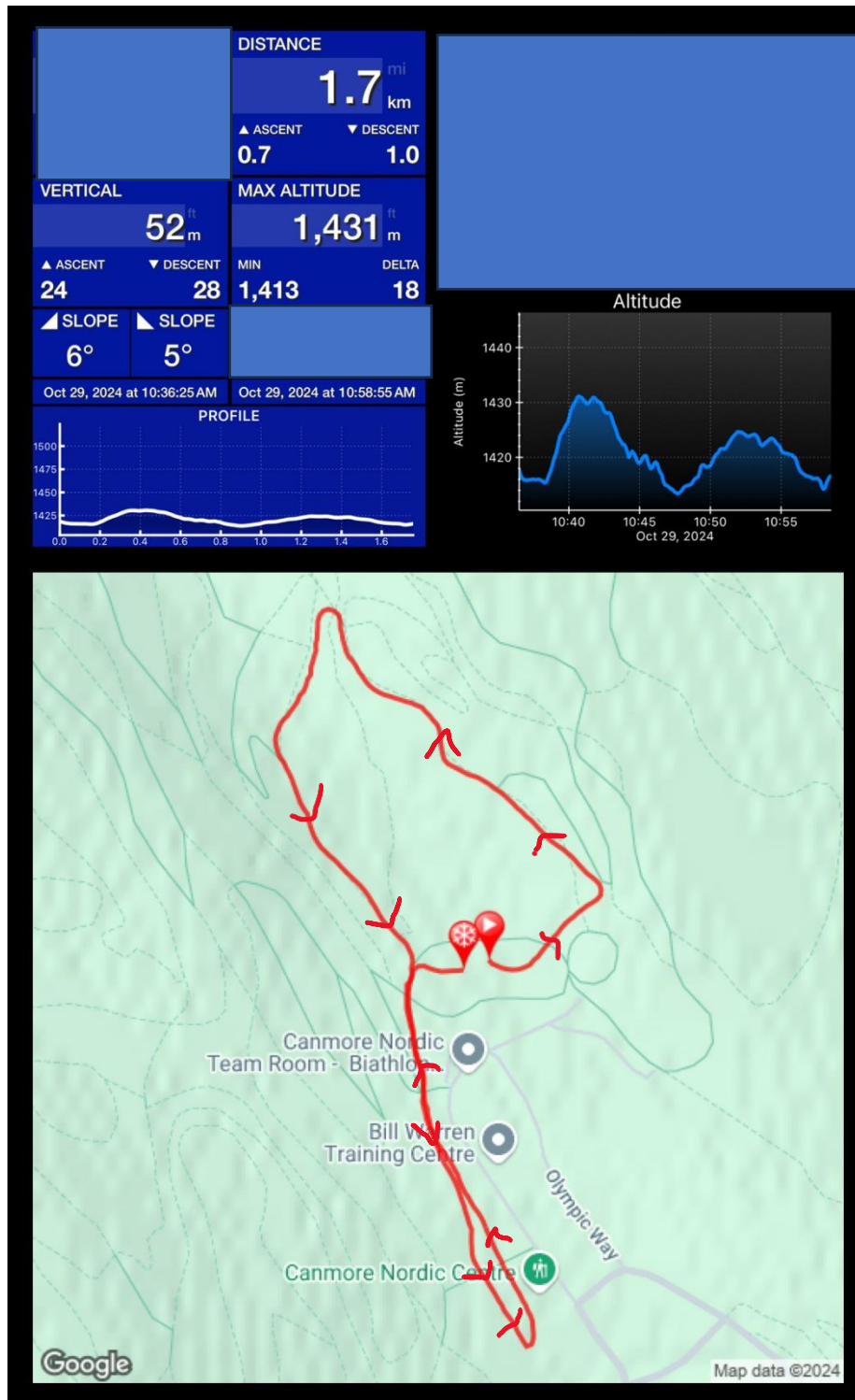
### **TRAIL FEES**

Trail passes can be purchased through the Canmore Nordic Centre. Trail fees are in effect for all training and competition days. [Kananaskis Conservation Pass | Alberta.ca](#)

### **ATHLETE'S LOUNGE / TEAM COMPOUND**

Teams will have access to the Canmore Nordic Center Day Lodge and Bill Warren Training Center Haig Room. There is an on-site cafeteria at the Day Lodge for purchase of food and drinks.

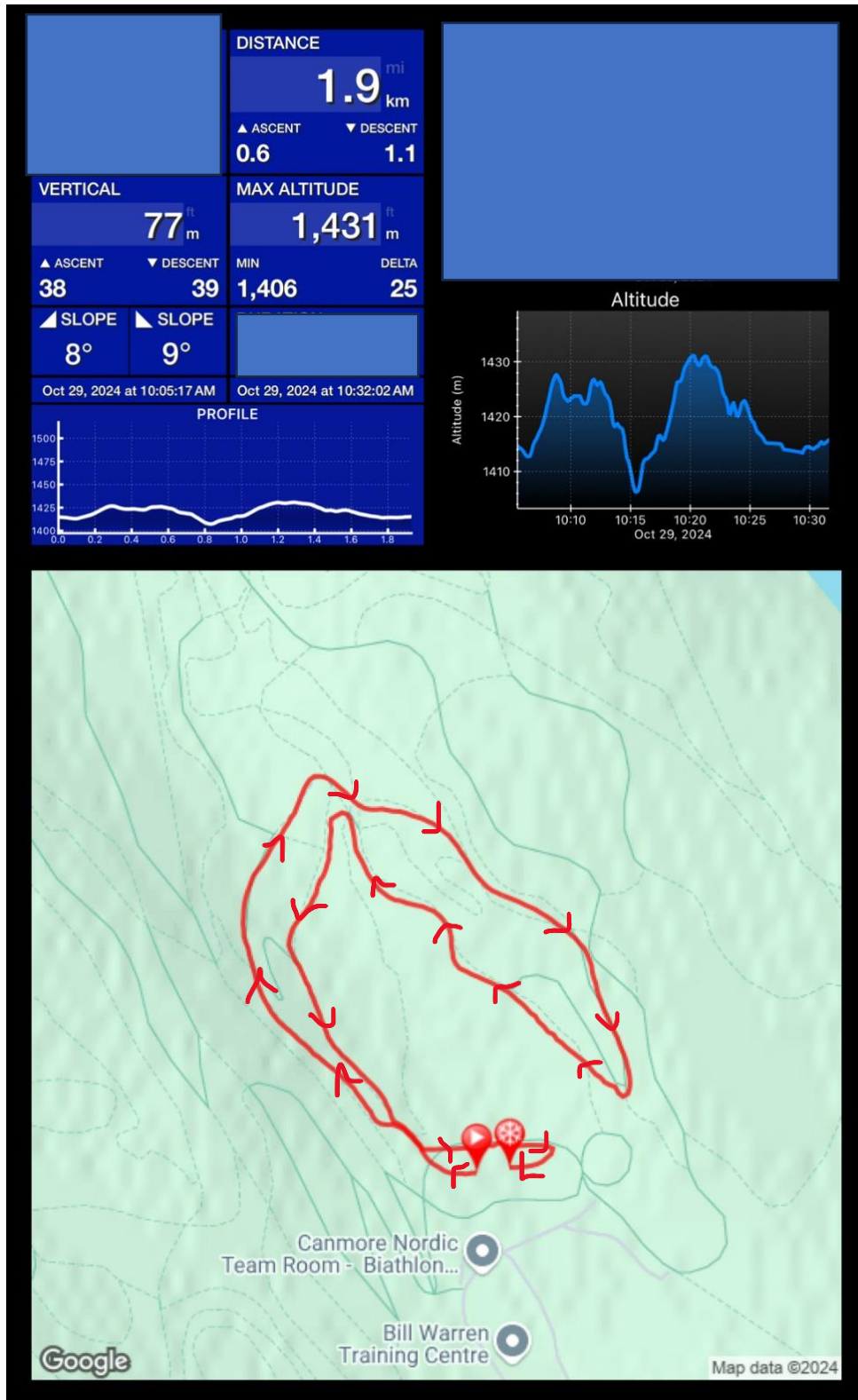
## APPENDIX A:



## Sit Ski Course

November 20<sup>th</sup>  
1.7 km x 3

November 21<sup>st</sup>  
1.7 km x 5



## Standing Course

November 20<sup>th</sup>  
1.9km x 3

November 21<sup>st</sup>  
1.9km x 5