

## Competition Pathway

LTAD stage	Racing category (age at Dec 31 of competition year)	Targeted events
<b>Train to Win</b>	Senior (23+)	<ol style="list-style-type: none"> <li>1. Olympic Winter Games and World Championships</li> <li>2. Tour de ski</li> <li>3. World Cup</li> <li>4. European Continental Cups or National Championships</li> <li>5. WSC and OWG trials</li> <li>6. Canadian Championships</li> <li>7. Canadian NORAM</li> <li>8. US super tour</li> </ol>
<b>Train to Compete</b>	U23 (20-21-22)	<ol style="list-style-type: none"> <li>1. Olympic Winter Games and World Championships</li> <li>2. U23 World Championships</li> <li>3. World Cup</li> <li>4. European Continental Cups or National Championships ( for athletes meeting U23 International Points Benchmarks (IPB) for their age)</li> <li>5. FISU (University) Games</li> <li>6. WSC and OWG trials</li> <li>7. Canadian Championships</li> <li>8. Canada Games</li> <li>9. Canadian NORAM</li> <li>10. US super tour, NCAA and other FIS races</li> </ol>
<b>Learn to Compete – part 2</b>	U20 (18-19)	<ol style="list-style-type: none"> <li>1. World Junior Championships</li> <li>2. FISU Games</li> <li>3. European Continental Cups or National Championships ( for athletes meeting junior men/women International Points Benchmarks (IPB) for their age)</li> <li>4. WJC trials</li> <li>5. Canadian Championships</li> <li>6. Canada Games</li> <li>7. Eastern or Western Canadian Championships</li> <li>8. Canadian NORAM</li> <li>9. Regional US races; 3-4 Supertour/FIS/US Nationals events for more advanced athletes</li> <li>10. Division race series</li> <li>11. Regional race series and loppets</li> </ol>
<b>Learn to Compete – part 1</b>	U18 (16-17)	<ol style="list-style-type: none"> <li>1. Youth Olympic Games</li> <li>2. Canadian Championships</li> <li>3. WJC trials</li> <li>4. Eastern or Western Canadian Championships</li> <li>5. Other regional Canadian NORAM</li> <li>6. Regional US races; 1-2 national level event if scheduled in region for more advanced athletes</li> <li>7. Division race series</li> <li>8. Regional race series and loppets</li> </ol>
<b>Train to Train - part 2</b>	U16 (14-15)	<ol style="list-style-type: none"> <li>1. Canadian Championships</li> <li>2. Eastern or Western Canadian Championships</li> <li>3. Division race series</li> <li>4. 1 or 2 regional US races</li> <li>5. Regional race series and loppets</li> </ol>
<b>Train to Train - part 1</b>	U14 (12-13)	<ol style="list-style-type: none"> <li>1. Eastern or Western Canadian Championships</li> <li>2. Division race series or Division Midget Championships</li> <li>3. Regional race series and loppets</li> <li>4. Club events</li> </ol>
<b>Learn to Train</b>	U12 (10-11)	<ol style="list-style-type: none"> <li>1. Division race series or Division Midget Championships</li> <li>2. Regional race series and loppets</li> <li>3. Club events</li> </ol>
<b>Fundamentals - part 2</b>	U10 (8-9)	<ol style="list-style-type: none"> <li>1. Regional race series and loppets</li> <li>2. Club events</li> </ol>
<b>Active Start - Fundamentals-part 1</b>	U8 (6-7)	<ol style="list-style-type: none"> <li>1. Regional race series and loppets</li> <li>2. Club events</li> </ol>