

# Championnats canadiens de ski Canadian Ski Championships

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## Technical Package October 2020

Nakkertok Nordic Centre  
Hosted by Événements Gatineau Nordic Events  
March 14 – 20, 2021



## Table of Contents

<b>Preliminary Information .....</b>	<b>6</b>
<b>1.1 Descriptions .....</b>	<b>6</b>
<b>1.2 Categories .....</b>	<b>6</b>
<b>1.3 Important References .....</b>	<b>8</b>
<b>2.0 Host Club .....</b>	<b>8</b>
<b>2.1 Host Club Responsibilities .....</b>	<b>8</b>
<b>2.2 Host Site and Dates.....</b>	<b>9</b>
<b>2.3 Public Liability Insurance.....</b>	<b>10</b>
<b>2.4 Event Funding and Accountability .....</b>	<b>10</b>
<b>2.5 Back-up Site and Race Cancellation .....</b>	<b>10</b>
<b>3.0 Marketing, Sponsorship and Communications.....</b>	<b>11</b>
<b>3.1 Sponsorship Rights .....</b>	<b>11</b>
<b>3.1.1 Sponsor Identification Material .....</b>	<b>11</b>
<b>3.1.2 Bibs and Sponsors .....</b>	<b>11</b>
<b>3.1.3 Signage/Banners .....</b>	<b>12</b>
<b>3.2 Marketing Opportunities .....</b>	<b>12</b>
<b>3.2.1 Marketing Rights of Nordiq Canada .....</b>	<b>12</b>
<b>3.2.2 Obligations of Nordiq Canada .....</b>	<b>13</b>
<b>3.2.3 Marketing Rights of the OC.....</b>	<b>13</b>
<b>3.2.4 Obligations of the OC .....</b>	<b>14</b>
<b>3.3 Press Relations .....</b>	<b>14</b>
<b>3.3.1 Media Services .....</b>	<b>15</b>
<b>3.3.2 Media Evaluation and Reporting.....</b>	<b>15</b>
<b>4.0 Race Distances, Courses and Grooming .....</b>	<b>15</b>
<b>4.1 Race Distances and Techniques .....</b>	<b>15</b>
<b>4.2 Schedule of Races .....</b>	<b>17</b>

4.2.1 Team Sprints .....	18
4.3 Homologation Standards .....	19
4.3.1 Course Profiles .....	19
4.4 Race Courses .....	19
4.5 Grooming Equipment.....	19
4.6 Course Marking and Inspection .....	20
5.0 Technical Delegate and Jury .....	20
5.1 Technical Delegate.....	20
5.2 Events Coordinator .....	20
5.3 Jury Composition and Function .....	21
6.0 Competition Sanctioning, Eligibility, Seeding etc.....	22
6.1 Sanctioning.....	22
6.2 Athlete Eligibility .....	22
6.2.1 Eligibility Requirements .....	22
6.2.2 Other Eligibility Considerations.....	23
6.3 Racing Licenses .....	24
6.4 Entry Fees.....	25
6.4.1 Complimentary Entries .....	25
6.5 Event Notice .....	26
6.5.1 Event Web Site.....	27
6.6 Registration System .....	27
6.7 Seeding for the Competitions .....	27
6.7.1 Interval Start Races .....	27
6.7.2 Mass Start Race.....	28
6.7.3 Team Sprints .....	28
6.7.4 Individual Sprint Competitions.....	28
6.8 Team Captains' Meeting .....	29
6.9 Nordiq Canada Contact List .....	29

6.10 OC Contact List .....	29
7.0 Athlete Services.....	30
7.1 Event Programs & Activities .....	30
7.2 Registration Kits .....	30
7.3 Bilingual Services .....	30
7.4 Internet Access .....	30
8.0 Warming, Waxing and Testing Facilities .....	30
8.1 Warming and Waxing Facilities .....	30
8.2 Wax Testing.....	32
9.0 Timekeeping and Data Processing .....	32
9.1 Timing Standards/Results Production .....	32
9.2 Timing Equipment.....	33
9.3 Results .....	33
9.4 Competition Points .....	35
9.4.1 Canada Points List .....	35
9.4.2 FIS Points .....	35
10.0 Doping Control .....	35
11.0 Awards.....	37
11.1 Race Awards .....	38
11.1.1 Medals.....	38
11.1.2 Cash Awards.....	39
11.1.3 Merchandise Awards .....	39
11.1.4 Annual Awards.....	40
11.2 Aggregate Awards.....	40
11.2.1 Individual Awards.....	40
12.0 Scoring System .....	43
12.1 Individual Aggregate .....	43
12.2 Divisional Aggregate .....	44

<b>12.3 Club Aggregate .....</b>	<b>44</b>
<b>12.4 Para Nordic Aggregate .....</b>	<b>44</b>
<b>12.5 CCUNC Aggregate.....</b>	<b>45</b>

**Please note that this technical package has been written to allow for Canadian Ski Championships to be held under normal conditions and that given changing COVID-19 requirements some of these provisions may not apply and reference should be made to the invitation and further communications from the Organizing Committee to get the most recent updates.**

## **Preliminary Information**

This Technical Package is a working document for the three (3) major stakeholders in the hosting of the Canadian Ski Championships (CSC): the hosting club; the parent Division; and the National Sport Organization, Nordiq Canada. Each stakeholder is a partner in the planning and execution of this important event.

This Technical Package is provided to ensure uniformity and a high standard in hosting this level of competition from place to place across the country. It is Nordiq Canada's role via the Events Committee to set out the necessary controls through, the Technical Package and the latest version of the International Competition Rules/Canadian Competition Rules (ICR-CCR) and Regulations. Hosting Clubs and divisions are encouraged to add their flair and identity to the event with the approval of the assigned Technical Delegate (TD) and the Nordiq Canada Events Coordinator (EC).

### **1.1 Descriptions**

The Canadian Championships are held annually to provide an opportunity for skiers to race with the best athletes of their age group in Canada.

Normally the Canadian Championships will include in a single schedule of races: the Junior Championships for ages 19 and younger born in 2001 or after for the 2020-2021 Competition season; and the Senior Championships, with no age restrictions.

The championships for university-level racing in Canada (i.e. the Canadian Colleges and Universities Nordic Championships (CCUNC) are also held in conjunction with the Canadian Championships.

Para Nordic (PN) categories are included in the Canadian Championships

The program for this year will be the Team Sprint for Challenge and Open, one Interval Start race for all categories, the sprint for all categories held on two different days for U16, U18, U20 and Senior, and Mass Start Long Distance for U16, U18, U20 and Senior on following days. For the Para Nordic, the program will be an Interval Start, a Sprint with Hunter Heats, an Interval Start during one of the Mass Start days.

### **1.2 Categories**

For the 2020-21 Competition Season the age sub categories will include athletes born in the following years:

Category	Sub Category Names	YOB for the 2020-21 Competition Season
U16 Girls	U16 G1	2006
	U16 G2	2005
U18 Girls	U18 G1	2004
	U18 G2	2003
U20 Women	U20 W1	2002
	U20 W2	2001
Senior Women	Senior U23 Women Senior Women:	2000, 1999 & 1998 2000 and before
Para Nordic Sit Ski LW10-12 Women	N/A	N/A
Para Nordic Standing Ski LW2-9 & B1-3 Women	N/A	N/A
U16 Boys	U16 B 1	2006
	U16 B 2	2005
U18 Boys	U18 B1	2004
	U18 B2	2003
U20 Men	U20 M1	2002
	U20 M2	2001
Senior Men	Senior U23 Men Senior Men	2000, 1999, & 1998 2000 and before
Para Nordic Sit Ski LW10-12 Men	N/A	N/A
Para Nordic Standing Ski LW2-9 & B1-3 Men	N/A	N/A

To recognize performance within age groups, year of birth (YOB) sub category awards will be provided to athletes including:

U16 B1, U16 B2, U18 B1, U18 B2, U20 M1, U20 M2, U23M, Senior M  
U16 G1, U16 G2, U18 G1, U18 G2, U20 W1, U20 W2, U23 W, Senior M

Please note athletes that decide to race at a more advanced stage of development are considered as “racing up” and thus should be considered as athletes of the first YOB in their actual competition race category for awards and point purposes. Racing up will only be allowed when the race distances for the “older” category remain within the range of distances prescribed for the younger category an athlete belongs to. When a competitor “races up”, he/she relinquishes all rights to any medals, prizes, points and awards associated with his/her pre-defined age category.

Based on the World Para Nordic Skiing (WPNS) classification rules and regulations, Nordiq Canada offers competition for two categories Standing and Sit Skier by combining Standing classes ([LW2-9 and B1-3] and Sit Ski classes [LW10-12]) for each gender. At Canadian Championships, there are no Para Nordic junior, senior or master categories, just “Open.” The Open category for each gender has a single set of results, awards, and prizes for Standing [LW2-9 and B1-3] and Sit Ski [LW10-12]). For more information about Para Nordic classification, please refer to Nordiq Canada website at <http://nordiqcanada.ca/skiers-and-programs/para-nordic/>

“Racing Out” refers to the situation where a skier belonging to a Para-Nordic category chooses to enter a competition in an able-bodied age category. This is typically done when start lists are not integrated and an athlete desires to gain access to tougher competition, a team selection process, prizes, awards and points, etc. When a competitor “races out”, he/she relinquishes all rights to any medals, prizes, points and awards associated with his/her associated Para-Nordic category.

### **1.3 Important References**

- 1) 2020-21 ICR-CCR with marked 2020 precisions
- 2) Nordiq Canada Officials Manual
- 3) The WPSN International Ski Competition Rules, 2020-2021, and annual class percentage revisions and updates
- 4) Nordiq Canada Competition Model & Pathway

## **2.0 Host Club**

### **2.1 Host Club Responsibilities**

Organize and conduct all competitions in accordance with ICR-CCR Rules and Regulations and this Technical Package.

Provide timely distribution of the Event Notice (by December 14th) and official results in the specified formats.

Set up and display all Nordiq Canada sponsor and Supplier Pool banners (where applicable). The Nordiq Canada Events Coordinator will be able to provide advice on this.

Develop and maintain a section on the host clubs web site for Canadian Championships event information by October 31. The OC must appoint a webmaster who is responsible to liaise with Nordiq Canada for current information and for the maintenance of the event web site. See 6.5.1.

Assign a Press/Media Liaison Official. It is important to work diligently to obtain good event coverage in the local media (press, TV, radio) and to encourage provincial and national coverage wherever possible. The Press/Media Liaison official must work closely with the event Webmaster.

Provide post-race refreshments (such as drinks, cookies, fruit, energy bars, bagels and yogurt). Sites with no restaurant facilities should provide a hearty lunch for support staff if conditions are right

Provide a high-quality sound system.

Provide a race announcer or announcers, with appropriate capabilities in both official languages.



Liaise with Nordiq Canada's Manager of Media Relations to collect current biographical information on top skiers in the event and as much as possible for other skiers for media feed and on-site race commentating. Current National Ski Team (NST) biographies can be reviewed on the Nordiq Canada website.

The OC agrees to adhere to the terms outlined in the Agreement to Host.

The OC agrees to follow the requirements for Title Sponsor Servicing (if appropriate).

The OC is encouraged to maximize skier participation from the host region by developing a comprehensive Club athlete development program in the season prior to the event.

## 2.2 Host Site and Dates

The Canadian Championships are to be held at a location with:

- Terrain that is suited to this level of competition;
- Homologated trails for the FIS Sanctioned competitions;
- Appropriate trails for Para-Nordic events if required;
- Trained, experienced officials;
- Suitable infrastructure; and
- Reasonable access for the majority of elite racers in Canada.

The dates for the event are set by Nordiq Canada based on input from the following, as per their respective requirements of the Canadian Championships, with a reasonable likelihood of snow being an over-riding consideration:

- The OC;
- The National Ski Team (NST) (for scheduling impacts);
- The Nordiq Canada Events Committee; and
- The Coach and Athlete Development Committee.

Normally the Canadian Championships will be scheduled in mid to late March. The dates of the World Cup Finals, the World Championships, and the World Junior and U23 Championships may be taken into consideration when the dates for the Canadian Championships are determined. It is preferable to select dates that will allow participation of our full National Ski Team.

Once Nordiq Canada has a verbal agreement with the host site, the OC is required to sign an Agreement to Host, and thereafter is responsible for the organization of the event. The OC is responsible for updating Nordiq Canada on the status of preparations on a regular basis through minutes of meetings, letters and telephone calls, faxes or e-mail. The OC will liaise directly with Nordiq Canada (through the Chairperson of the Events Committee and the Events Coordinator (EC) and the TD for guidance and assistance in the conduct of these events. The composition and responsibilities of the Event Organizing Committee and the Competition Committee are outlined in the Nordiq Canada Officials Manual.

## **2.3 Public Liability Insurance**

As a minimum, the host OC for the Canadian Championships events must subscribe to the Nordiq Canada insurance policy through its membership in a Division (in good standing) of Nordiq Canada. Divisions will have more information on this.

## **2.4 Event Funding and Accountability**

A Hosting Grant may be available from Nordiq Canada when there is a Canadian Championships Title Sponsor. Contact the EC for information on this potential source of funding. Nordiq Canada will allocate funds to the OC based on a signed agreement.

If there is no title sponsorship of the Event, the OC and Nordiq Canada may cooperate to find a suitable long-term title sponsor of the event. Sponsorship and financial details will be identified in the Agreement to Host or addendum.

The OC is responsible for all financial obligations related to the conduct of the event not defined in the Agreement to Host.

A final financial statement is to be sent to the Nordiq Canada EC within 60 days after the event or prior to May 31st (whichever comes first). The statement should also include the original budget attached to the bid submission.

## **2.5 Back-up Site and Race Cancellation**

With the current situation related to the COVID-19, Nordiq Canada will follow the instructions of the Public Health Agency of Canada, the Institut de la santé publique du Québec, and of the Centre intégré de santé et de services sociaux de l'Outaouais to mitigate the impact of the virus on the participants. Nordiq Canada is planning a response for different scenarios including for no event, for restrictions to a maximum of 250 participants at a time, and no restrictions at all. In any case, Nordiq Canada suggests that the OC should prepare the event as usual but a preliminary decision will be taken at the latest December 14 and a final decision at the latest January 14. These decisions will be based on instructions provided by the public health authorities and could change as the situation evolves. The OC will distribute a protocol to mitigate the spread of the virus.

It is the responsibility of the OC to submit the name of a back-up site within the same Division. If it becomes necessary to move the event outside the Division because of lack of snow or for other reasons, it is the responsibility of Nordiq Canada to select an alternate site. If at all possible, the same dates will be maintained. It is the responsibility of the OC to update Nordiq Canada on the snow conditions beginning four (4) weeks prior to the event and continuing on a regular basis (at least weekly when conditions are changing).

Given recent history, the OC must be prepared to apply fertilizer to maintain snow conditions during the Canadian Championships. Preliminary work should include obtaining all necessary clearances and permits from landowners, application experience in different weather conditions and access to materials and spreaders on short notice. Consideration must also be given to stock piling snow in high traffic areas along the course and stadium.

One week prior to the event, if there is not enough snow and little or no indication of snow in the forecast, the event will be moved to the back-up site. It will be the joint responsibility of Nordiq Canada and the OC to notify the Divisions of the intent to change the site. Whenever possible, the original OC will assist the new Committee to ensure a smooth transition.

In principle, the back-up site should be selected so that original air travel arrangements can be maintained.

If an alternate venue is secured and a competent OC can be formed then the Nordiq Canada Event Coordinator would work with the new OC Chair to prepare a Canadian Championships race budget taking into consideration the expenses already incurred by the original OC as per the refund policy and normal expenses incurred for event hosting at the backup club. Nordiq Canada understands that these event hosting expenses may vary from club to club. It is strongly recommended that the original OC be compensated for their pre-event expenses.

Under normal circumstances the balance of all registration fees, government and sponsorship revenues would be transferred to the new OC as part of the new budget for the event.

## **3.0 Marketing, Sponsorship and Communications**

### **3.1 Sponsorship Rights**

The Canadian Championships is a Nordiq Canada property and may have a Title Sponsor through Nordiq Canada's ongoing marketing initiatives. In that situation, Nordiq Canada, through the EC, is responsible for liaison between the Title Sponsor of the Canadian Championships and the OC. Title sponsor will be offer to the OC on October 30, 2020 in case Nordiq Canada is not able to conclude an agreement with a partner.

All local or other sponsorship opportunities must be coordinated through the EC. Rights, properties and sponsorship servicing obligations are fully outlined in 3.2.1. Contact the EC for more information on OC sponsorship opportunities.

#### **3.1.1 Sponsor Identification Material**

All sponsors for the Canadian Championships must be approved by Nordiq Canada.

Goods and services typically provided by local sponsors include: signage – stadium area; awards, prize money, post event refreshments and other materials such as items included in athlete packages. The Host community is generally encouraged to provide support due to the significant economic impact hosting of the Canadian Championships brings to the local region.

#### **3.1.2 Bibs and Sponsors**

If there is no immediate Nordiq Canada Title sponsor as of October 30th prior to the season of the Championships, OC-sponsored bibs may be used provided there is no commercial conflict with other Nordiq Canada sponsors. In this case, bibs must conform to the standards described in the Nordiq Canada Officials' Manual Version 4 and the FIS rules for Competition Equipment & Commercial Markings (see FIS web site).

### **3.1.3 Signage/Banners**

When there is a Title Sponsor for the Canadian Championships, the start/finish banners, "Welcome/Bienvenue" banners and snow fence banners in the primary stadium area are the exclusive right of the Title Sponsor. The Title Sponsor must make positioning requirements known to the OC.

Other Nordiq Canada sponsorship banners, including those of the National Ski Team Supplier Pool supporters are to be placed in the stadium area as noted in 3.2.1 and as coordinated with Nordiq Canada through the EC in consultation with the OC.

## **3.2 Marketing Opportunities**

Nordiq Canada retains the marketing rights and properties to the Canadian Cross-Country Skiing Championships. If Nordiq Canada has an agreement for a Title sponsor, specific obligations relating to the Title Sponsorship of the Canadian Championships will be provided to the OC when the Agreement to Host is negotiated

Nordiq Canada will work with the OC to provide marketing and promotional opportunities for the OC of the Canadian Championships. The OC is encouraged to partner with Nordiq Canada in planning, in order to promote their event as widely as possible.

All OC marketing/sponsorship initiatives must be discussed with the EC.

In order to capture useful information related to marketing of the Canadian Championships, the OC may be asked to complete an Event Sponsor and Media Evaluation Report after the Canadian Championships have been completed. The form will be provided by the EC.

### **3.2.1 Marketing Rights of Nordiq Canada**

Right to name a Title sponsor (the "Title Sponsor") – e.g. "the 2021 xxx Canadian Championships. If Nordiq Canada does not provide a Title sponsor by October 30, 2020, the right will be offer to the OC.

Right to name competitions within the event that has a national implication – e.g. "the AltaGas Canadian Sprint Series" - with associated Presenting Day Sponsors.

Right to locate event or race presenting sponsor banners in a primary location adjacent to the Start/Finish area (maximum of two banners per presenting sponsor) as mutually agreed to by the OC and Nordiq Canada. The intent is to provide a balance between the bannering provided to the Event Title sponsor and the bannering provided for race day and supporting sponsors. A signage plan should be agreed upon prior to the event between the Nordiq Canada Events Coordinator and the OC's marketing coordinator.

Opportunity to provide podium or ceremony backdrops.

Right to identify Title Sponsors on competition bibs and in the ceremony area.

Opportunity to have Nordiq Canada sponsor/supplier banners located within the stadium area.

Opportunity to have the Title Sponsor's representative involved in presentation of awards after each competition.

Opportunity to have Nordiq Canada representatives participate in the Awards Ceremony.

*Note: "Primary" banner location is defined as the area directly adjacent to the Start/Finish area, required to effectively position Title, Presenting and Day sponsors. Other event sponsor banners, whether they are Nordiq Canada or OC sponsors and suppliers, will be placed in the remaining area of the stadium outside of the start/finish area.*

### **3.2.2 Obligations of Nordiq Canada**

Depending upon success in national marketing, Nordiq Canada may provide financial (i.e. the Hosting Grant) and/or value in kind support as identified in the Agreement to Host to the OC to subsidize event operating costs, including athlete prize monies if cash is available. Nordiq Canada will advance 80% of any Hosting Grant prior to the event and 20% upon receipt of the final Event Report.

Nordiq Canada will provide bibs, banners and, where possible, a podium/award backdrop, in support of NC sponsors and suppliers.

Nordiq Canada will provide marketing and promotional support to enhance the presentation and funding of the event.

Nordiq Canada will sanction the Open events with FIS.

Nordiq Canada will sanction the PN Open events with WPNS.

### **3.2.3 Marketing Rights of the OC**

The OC is provided certain marketing rights and opportunities associated with the Canadian Championships. Under no circumstances be sponsors and suppliers obtained by the OC conflict with recognized sponsors and suppliers of Nordiq Canada, unless written permission is granted by Nordiq Canada through the EC or designate.

The following are the rights and opportunities of the OC:

Right to name a Title sponsor (the "Title Sponsor") – e.g. "the 2021 xxx Canadian Championships if offered by Nordiq Canada by October 30, 2020;

Right to name an Event Presenting sponsor - e.g. the 2021 Canadian Championships, presented by Company W;

Right to develop an Event Logo or brand in consultation with the EC. In doing so, the OC agrees to incorporate the bilingual name of the event and the title sponsor name within the logo;

Right to name competition sponsors ("presenting sponsors"), where no national sponsor has been identified – e.g. the 2021 Canadian Championships mass start, presented by Company W;

Right to develop and corporately brand "Leader/Meneur" bibs for category leaders;

Opportunity to place "Presenting Sponsor brand on Podium Backdrop;

Right to locate event or competition presenting sponsor banners in a primary location adjacent to the Start/Finish area (maximum of two banners per presenting sponsor) as mutually agreed to by the OC and Nordiq Canada;

Right to recognize the names/logos of event and race presenting sponsors on the Start/Finish banner, over PA announcements and on collateral material;

Right to name local media partners to support and promote the event.

### **3.2.4 Obligations of the OC**

The OC is responsible to provide accommodation for Nordiq Canada's EC. The EC is on location: as the primary liaison between Nordiq Canada and the OC; to file all FIS reports; to assist with national media management; and to support technical, media and sponsorship interests of Nordiq Canada. Appropriate internet access is required for the EC, at both the event site and host hotel.

In order to ensure the integrity of national sponsorships and the continued success of fund-raising activities in support of programs developed by Nordiq Canada, the OC is required to fulfill the following:

Use of the official name of the event in all correspondence, including the Title Sponsor's name. This is to include, but not be limited to, event notices, entry forms, web-site promotions and local media initiatives.

Recognition of the Title Sponsor in the Event logo

Use of competition bibs as provided by Nordiq Canada.

Display of all Nordiq Canada sponsor/supplier banners as specified in 3.1.3 above. Note that the OC is financially responsible for the safe return of all banners and bibs supplied by Nordiq Canada.

Completion of the Event Report, to include related final financial statement, within 60 days after the event or prior to May 31st whichever comes first.

Recognition of all Nordiq Canada sponsorship terms and agreements as may be identified by the EC or designate.

## **3.3 Press Relations**

Nordiq Canada can provide background material on participating NST athletes, current standings, photos, etc. The OC's Press/Media Liaison Official should be in direct contact with the EC and the Nordiq Canada Media Relations Manager at Nordiq Canada. When available, the Nordiq Canada Media Relations Manager will attend the events to help the OC media person with liaison to national media contacts.

Nordiq Canada maintains responsibility for the production of a national press release for all races. The OC will be responsible for the production of press releases directed toward local & regional media.

### **3.3.1 Media Services**

The OC must provide adequate on-site media servicing for media in attendance as well as publics interested in event results.

Services should be proportionate to the expected media and the site and include:

- Access to high speed Wi-Fi Internet;
- Cell phone or direct phone defined service which works from site; and
- Live streaming of results

The OC must assign a local media liaison person to assist local and national media on site.

### **3.3.2 Media Evaluation and Reporting**

An integral part of Nordiq Canada 's yearly review of programs and events is an inventory of all press clippings and reviews relating to cross-country skiing which appear in major newspapers across Canada. It is important for the OC Press/Media Liaison Official to collect all event articles appearing in local newspapers and major newspapers where possible, including pre- and post-event coverage. This should be included in the post-event Event Report completed by the OC and forwarded to the EC. This will help play a large part in solidifying sponsorship efforts in the future.

## **4.0 Race Distances, Courses and Grooming**

### **4.1 Race Distances and Techniques**

At the 2021 Canadian Championships, none of the competitions should be scheduled at the same time. This ensures a fair and equal competition for all and allows the athletes to cheer on their team-mates. Scheduling should also be organized in a manner that ensures adequate time is available for support coaches to provide proper assistance to all age categories.

Sprint competitions are included in the Canadian Championships and will be conducted using a sprint format that maximizes the number of qualifiers to the heats. Sprint courses must follow homologation standards for width (8-10 meters) to provide ample passing opportunities and must have climbs and turns of such magnitude as to cause technique changes.

Sprint heats (Open Category) must be run in accordance with FIS protocol. Sprint Competitions with No B Final) as follow, with a consistent time, depending on the distance of the sprint course, between each round of heats. The OC should strive to allow approximately 1.5 – 2 hours rest for the top qualifying athletes between the end of the qualifying round and the first Senior quarterfinal heat.

WOMEN						MEN					
Category	Heat	Start	Finish	Gap	Rest	Category	Heat	Start	Finish	Gap	Rest
U20 W	Q1	11:00	11:04			U20 M	Q1	12:20	12:24		
U20 W	Q2	11:04	11:08	0:04		U20 M	Q2	12:24	12:28	0:04	
U20 W	Q3	11:08	11:12	0:04		U20 M	Q3	12:28	12:32	0:04	
U20 W	Q4	11:12	11:16	0:04		U20 M	Q4	12:32	12:36	0:04	
U20 W	Q5	11:16	11:20	0:04		U20 M	Q5	12:36	12:40	0:04	
SW	Q1	11:20	11:24	0:04		SM	Q1	12:40	12:44	0:04	
SW	Q2	11:24	11:28	0:04		SM	Q2	12:44	12:48	0:04	
SW	Q3	11:28	11:32	0:04		SM	Q3	12:48	12:52	0:04	
SW	Q4	11:32	11:36	0:04		SM	Q4	12:52	12:56	0:04	
SW	Q5	11:36	11:40	0:04		SM	Q5	12:56	13:00	0:04	
U20 W	S1	11:42	11:46	0:06	0:22	U20 M	S1	13:02	13:06	0:06	0:22
U20 W	S2	11:46	11:50	0:04		U20 M	S2	13:06	13:10	0:04	
SW	S1	11:50	11:54	0:04	0:10	SM	S1	13:10	13:14	0:04	0:10
SW	S2	11:54	11:58	0:04		SM	S2	13:14	13:18	0:04	
U20 W	AF	12:00	12:08	0:04	0:10	U20 M	AF	13:20	13:28	0:04	0:10
SW	AF	12:08	12:16	0:04	0:10	SM	AF	13:28	13:36	0:04	0:10

U18 and U16 will use the same schedule as follows:

GIRLS						BOYS					
Category	Heat	Start	Finish	Gap	Rest	Category	Heat	Start	Finish	Gap	Rest
U16 G	Q1	11:30	11:34			U16 B	Q1	12:54	12:58		
U16 G	Q2	11:34	11:38	0:04		U16 B	Q2	12:58	13:02	0:04	
U16 G	Q3	11:38	11:42	0:04		U16 B	Q3	13:02	13:06	0:04	
U16 G	Q4	11:42	11:46	0:04		U16 B	Q4	13:06	13:10	0:04	
U16 G	Q5	11:46	11:50	0:04		U16 B	Q5	13:10	13:14	0:04	
U18 G	Q1	11:50	11:54	0:04		U18 B	Q1	13:14	13:18	0:04	
U18 G	Q2	11:54	11:58	0:04		U18 B	Q2	13:18	13:22	0:04	
U18 G	Q3	11:58	12:02	0:04		U18 B	Q3	13:22	13:26	0:04	
U18 G	Q4	12:02	12:06	0:04		U18 B	Q4	13:26	13:30	0:04	
U18 G	Q5	12:06	12:10	0:04		U18 B	Q5	13:30	13:34	0:04	
U16 G	S1	12:12	12:16	0:06	0:22	U16 B	S1	13:36	13:40	0:06	0:22
U16 G	S2	12:16	12:20	0:04		U16 B	S2	13:40	13:44	0:04	
U18 G	S1	12:20	12:24	0:04	0:10	U18 B	S1	13:44	13:48	0:04	0:10
U18 G	S2	12:24	12:28	0:04		U18 B	S2	13:48	13:52	0:04	
U16 G	AF	12:30	12:38	0:04	0:10	U16 B	AF	13:54	14:02	0:04	0:10
U18 G	AF	12:38	12:46	0:04	0:10	U18 B	AF	14:02	14:10	0:04	0:10

To ensure live streaming of the sprint heats, all sprint categories must be timed.

It is in the best interest of athletes, coaches and organizers to run the sprint and mass start competitions over 2 days – divided by U16/U18 and Open categories.

University skiers are to be seeded into the Open category (or U20 men/women if younger than the senior age category) and then identified from the results of the Sprint Qualification round for University awards. CCUNC points, medals and school aggregates are awarded based on the results of the Open qualification round for the sprint competitions.



The start order for race categories should be rotated from day to day when practically possible.  
A suggested race schedule can be provided by the EC. The Competition Jury must approve any changes to the race schedule.

## 4.2 Schedule of Races

Category	Day 0 March 13	Day 1 March 14	Day 2 March 15	Day 3 March 16	Day 4 March 17	Day 5 March 18	Day 6 March 19	Day 7 March 20
	TCM	TCM		TCM		TCM		
	Official Training	Team Sprint Classic	Interval Start Free	Official Training	Long Sprint Free	Short Sprint Free	Mass Start Classic	Mass Start Classic
<b>Male</b>								
U16 Boy		Challenge	7.5			1.0		10
U18 Boy		2 x 3 x 1.0 k	7.5			1.0		15
U20 Men		Open	15		1.4		30	
Open – U23 & Sr Men		2 x 3 x 1.4 k	15		1.4		50	
CCUNC Men		CCUNC	15		1.4		30/50	
PN Sit Men			TBC		TBC			Interval Start TBC
PN Standing Men			TBC		TBC			Interval Start TBC
<b>Female</b>								
U16 Girls		Challenge	7.5			1.0		10
U18 Girls		2 x 3 x 1.0 k	7.5			1.0		10
U20 Women		Open	10		1.3		20	
Open – U23 & Sr Women			10		1.3		30	
CCUNC Women		CCUNC	10		1.3		20/30	
PN Sit Women			TBC		TBC			Interval Start TBC
PN Standing Women			TBC		TBC			Interval Start TBC

Mass start competitions will use a chevron start grid.

CCUNC mass starts are raced based on the athletes' category

#### 4.2.1 Team Sprints

Club Team Sprint will consist of skiers from the same Club.

Foreign skiers may enter the Open Team Sprint competition provided they are a member of the same registered club but are not eligible for Championship medals. Regional Training Centers are not allowed to field teams in the Team Sprint competition.

Categories are restricted to the following:

Open Team Sprints – gender specific, i.e. men's and women's teams, with no restriction on the age of athletes; 2 X 3 laps X 1.3. See Officials Manual V4 (Section 4-8 and 8-8) for Team Sprint details.

Challenge Team Sprints – gender specific, with athletes from U16 and U18 categories; 2 x 3 laps X 1 km.

CCUNC Team Sprints – Canadian school's only gender specific, with any combination of ages of university students (or as defined by CCUNC). 2 x 3 laps X 1.3.

Order of Start: The CCUNC Team Sprints are followed by the Challenge category followed by the Open Team Sprint. If limited numbers of teams are entered, the Jury may decide to proceed directly to the finals in a category. Semi-Finals are conducted in the morning, all finals should be scheduled for the afternoon. All schedules to be approved by the Jury.

Athletes are permitted to participate in more than one Club based Team Sprint event (e.g. Challenge, Open and/or CCUNC).

The team sprints will include timed semi-final heats and a final. If fewer than 15 teams are entered, a single final will be run in the class. Maximum semi-final field should be 15 – 18 at the discretion of the Jury. Teams will be seeded according to the sum of distance CPL.

If there are semi-finals, teams will be evenly distributed e.g. best points to semi-final 1, second to semi-final 2, third to semi-final 2, fourth to semi-final 1, fifth to semi-final 1 and so on. The start order for the semi-final heats will be drawn.

If there are two semi-finals, top 2 Canadian teams from each semi plus next six fastest teams are promoted to the final. If there are three semi-finals, top 2 from each semi plus the next four fastest teams are promoted. This will allow 10 Canadian teams plus any foreign teams who finish ahead of them to race in the final.

Teams will be seeded in the starting grid irrespective of nationality.

Semi-finals will be timed and teams will be ranked as per FIS 326.4.6.

Aside from the advancement rule noted above, FIS Team Sprint rules apply with two stipulations:

Waxing pits are only permitted in designated areas and will only be allowed after review by the Jury of the stadium size, competition format and size of the heats. Only one service team personal and one wax bench per club is permitted in this area.

Teams must be comprised of skiers from the same club. No unofficial teams are allowed.

Final Rank is determined by the results of the final. Teams not in the finals will be ranked on their rank and finish time in the semi-finals. i.e. the times of all fourth place teams will be ranked fastest to slowest followed by times of all fifth place teams ranked fastest to slowest as per ICR 326.5.3

### **4.3 Homologation Standards**

Homologation standards for the junior categories, and for the Open categories, which are FIS-sanctioned races, are tabled in the FIS rules within the ICR-CCR Rulebook under section 311.2.5 and for Para Nordic in Nordiq Canada Officials Manual Appendix 8. .

#### **4.3.1 Course Profiles**

Tables of data for course profiles for different age categories can be found in the CCR under section 313.

### **4.4 Race Courses**

The host site must have a good range of courses to provide for all competition formats and categories in the Canadian Championships. This includes reasonable terrain that can accommodate senior and the junior men/women categories starting and racing together. Homologation norms must fall into the limits set out in Rules 311.2.5 of the ICR/CCR.

Course markings must be as per Rule 311.4 and Officials' Manual -V4. Signage must be clear as to the direction in which skiers must go.

### **4.5 Grooming Equipment**

The Canadian Championships OC must provide Nordiq Canada, and more importantly the coaches and athletes, with the assurance that it has taken the necessary steps to produce the best possible track for racing under the most adverse weather conditions, including ice, heavy snow and rain.

Trail-grooming capabilities must include:

- A full width tracked vehicle equipped with a renovator that is hydraulically operated;
- An Alpine twin track or equivalent single-track setter (Bachler type molded); and
- A snow renovator or packing pan for use with a snowmobile to improve course conditions when heavy snow arrives at temperatures which preclude the use of a tracked groomer

Grooming resources must be sufficient and flexible enough to allow grooming at any time which will ensure optimum trail preparation.

In recent years athletes have expressed a preference that courses are consistently firm, such that equal and fair conditions existed for all participating athletes. This means that it is

important that organizers of large events gain more knowledge of both grooming and salting. In late season racing, the OC will be expected to develop a low snow plan which might include the use of fertilizer (i.e. 40-0-0) on soft sections of the trail. Refer to [www.fis-ski.com](http://www.fis-ski.com) for FIS Guidelines on Salt application. Permissions and expertise are the responsibility of the OC.

## **4.6 Course Marking and Inspection**

The competition trails must be marked the day before competitions begin and groomed for inspection two full days prior to the first race. Course maps must be available on line for the full slate of races at least one week prior to the event. It is suggested that each team receive a laminated set of course maps that can be displayed in the wax cabins.

During official training (the day prior to a competition), the course must be prepared and marked as it will be during the competition (Competition Regulations section 311.4).

## **5.0 Technical Delegate and Jury**

### **5.1 Technical Delegate**

The TD and the Assistant TD (ATD) are appointed by the Events Committee of Nordiq Canada and are responsible to the appointing body. Nordiq Canada will confirm these appointments to the OC and will provide the TD with the name and address of the Chairperson of the Competition Committee. Communication will then occur directly between the Comp Committee Chair, TD, ATD and EC.

All reasonable travel, gas and accommodation expenses of the TD and the Assistant TD (ATD) are the responsibility of the OC. The TD's expenses must also be covered if a pre-event visit is required. Per diems for the TD and ATD should be paid when the officials arrive on site, based on the standard Nordiq Canada per diem rate less anticipated meals covered by the OC i.e. on-site lunches, , OC Hospitality. Per diems should also cover travel time to and from the host community. For reference the Nordiq Canada Travel Policy on-line at [www.nordiqcanada.ca](http://www.nordiqcanada.ca)

If possible, an Apprentice TD from the host region may be appointed (a new Level III) to learn and to assist the TD with the permission of Nordiq Canada Events Committee. The cost for this apprentice should be shared between the Apprentice TD and his/her Division or Club.

### **5.2 Events Coordinator**

This official is nominated by Nordiq Canada Events Committee for Tier I competitions of the highest category including the National Championships. Accommodation expenses of the Events Coordinator are the responsibility of the OC.

Duties of the EC are:

- To represent the interests of Nordiq Canada;

- To schedule and conduct inspections of new sites interested in hosting Tier I competition;
- To ensure that the Nordiq Canada Hosting Agreement is signed between Nordiq Canada and the OC;
- To oversee that all aspects of the organizer's contract are correctly fulfilled;
- To monitor the proper operation of the event according to the Nordiq Canada Technical Package in force, and report issues to the Nordiq Canada Events Committee as necessary;
- To provide coordination and support to all Jury members by providing information and advice;
- To ensure adherence to common race reporting protocols including filing of xml results to FIS;
- To oversee and manage the production and promotion of the Aggregate Results;
- To coordinate xml race results production and filings to FIS and CPL calculations;
- To manage and collaborate with the OC to ensure compliance with event marketing and sponsorship aspects;
- To liaise with the TD and OC to discuss best practices and issues arising over the course of the season; and
- To participate on the Jury.

### 5.3 Jury Composition and Function

The Jury at National Championships will include:

- Technical Delegate –Jury Chair;
- Chief of Competition;
- Nordiq Canada Race Director; and
- Assistant Technical Delegate.

At the discretion of the Jury, other experts may be invited to attend Jury meetings as observers. Apprentice TDs will have observer status on the Jury. Observers do not have a vote in Jury decisions.

The Jury will be identified and introduced at the first Team Captains' Meeting.

The Jury should meet one hour before the start of each competition, one hour after and at any other time deemed necessary.

A Jury Secretary must be assigned by the OC and be responsible for the coordination of the Jury room, meeting minutes, course maps and race results distribution for all Jury members and documents and forms specific to Jury duties (i.e. Protest, Appeal and Sanction forms).

## **6.0 Competition Sanctioning, Eligibility, Seeding etc.**

### **6.1 Sanctioning**

The Canadian Championships are sanctioned nationally by Nordiq Canada. The Nordiq Canada Canadian Championships sanctioning fee is \$1,500 invoiced directly and payable to the NC office.

Nordiq Canada applies for FIS sanction for the Open class individual competitions in the Canadian Championships, and the combined FIS/Nordiq Canada rules will apply to these competitions. The FIS sanction fee is covered by the Sanctioning Fee noted above.

Should Nordiq Canada apply for WPNS sanction for the Para-Nordic portion of the Canadian Championships the WPNS sanction fee will be paid by Nordiq Canada under the fee noted above.

### **6.2 Athlete Eligibility**

#### **6.2.1 Eligibility Requirements**

Eligibility to compete in the Canadian Championships is outlined in the options below.

1. Eligibility. All competitors at the Canadian Ski Championships must:
  - have a valid Nordiq Canada, Associate or FIS race license from the current season; and
  - have points on the most current CPL or FIS Points List.
2. Medal Eligibility. This category of eligibility allows the competitor to compete for Canadian Championships medals and awards put forward by Nordiq Canada and prizes provided by the OC or sponsors. As well, skiers in this category of eligibility may earn points towards overall Canadian Aggregate Awards (Club, Division or Individual). To achieve medal eligibility the skier must fulfil the following:
  - be a Canadian citizen or holds a Permanent Resident Card (PR Card); and
  - is eligible to be issued a current FIS License by Canada at the time of race registration.
3. Partial Eligibility. This category of eligibility allows a competitor to compete for OC or sponsor generated prizes, including cash prizes in the Open class. This category of eligibility does not allow the skier to earn points towards any of the overall Canadian Aggregate Championship Awards. Skiers in this eligibility category would include the following:
  - Those who have a Nordiq Canada race license but are not Canadian citizens or do not have a permanent resident card; or

- Skiers who have a FIS license issued by a foreign Ski Federation
- 4. CCUNC Eligibility: The eligible athlete meets the varsity requirements of their institution, (USport member, CEGEP or College), is enrolled in a minimum of 3 courses /semester for 2 semesters in the most recent 12-month period and signed authorization from the school registrar and/or Director of Athletics is received by Nordiq Canada's EC. Graduate students and cooperative education students are eligible if they provide signed documentation as outlined above. Completed eligibility forms, available in the document centre on the Nordiq Canada [website](#), must be in the hands of Nordiq Canada's EC by the entry deadline noted on the eligibility forms. CCUNC skiers must also hold a Nordiq Canada racing license and must be on the CPL

A skier who attends a foreign school, regardless of citizenship or Nordiq Canada License status, is ineligible to compete for CCUNC individual medals or Aggregate Awards at the Canadian Championships, however a skier, regardless of nationality may compete and earn CCUNC medals and score aggregate points for their school if they are officially registered by the Canadian institution on the CCUNC Eligibility Form available in the document centre on the Nordiq Canada [website](#).

#### **6.2.2 Other Eligibility Considerations**

In principle, all entries submitted to the OC should be endorsed or acknowledged by the athlete's parent Club or Division in order to facilitate management of Division Teams and facilitate the OC's registration process. However, individual entries are permitted when circumstances warrant.

The official Club and Division for an athlete will be those registered on his/her current Nordiq Canada racing license (Nordiq Canada Rule 103.4). As per the Nordiq Canada Race License Policy (see the Nordiq Canada website) a skier may compete for only one club per season.

The burden of proof of citizenship lies with the athlete and must be declared on the National Championship Entry Form at time of entry.

Athletes may choose to "race up" in an older age class, up to and including the Open class, but in so doing would forfeit the right to prizes in their own age class. They also forfeit the opportunity to contribute to aggregate points in their own category for that competition.

In situations where junior skiers decide, if conditions permit it, to race in both junior and senior sprint competitions on alternate days (for the purpose of enhancing their opportunity to earn higher points) aggregate points will only be counted for their natural age category.

Para Nordic Athletes may choose to "race out" in an able-bodied class, up to and including the Open category, but in so doing would forfeit the right to prizes in Para-Nordic category.

Members of the Senior National Ski Team will be entered by the NST Coach. However, points won by these skiers will be awarded to their respective Club/Division as declared on their current Nordiq Canada license.

A master list of Clubs in good standing for the current year of the Canadian Championships is available on the Nordiq Canada [website](#).

As soon as it is reasonable to do so, the OC will make available a confirmation list containing all registered competitors containing Club, Division, Team and School affiliation, Nordiq Canada and FIS license numbers, Year of Birth, race category, Para-Nordic category (if appropriate) and the list of competitions for which the competitor is registered. This list will be posted on the Canadian Championships web site and in an appropriate place at the event site and made available to other individuals upon request. It must be presented for review one month prior to the event and updated weekly for final verification at the first Team Captain's meeting.

### **6.3 Racing Licenses**

In order to participate in the Canadian Championships, a skier must have a valid racing license issued by Nordiq Canada or FIS in accordance with the eligibility guidelines in 6.2 above. If a skier is licensed by both Nordiq Canada and FIS, both license numbers must be listed on the entry form. In this regard, the event entry form must include a place for the FIS license number as well.

In order for FIS-licensed skiers to gain FIS points, a valid FIS license number must be in the race management database. FIS licenses may be purchased by Canadians through the Nordiq Canada office no later than two weeks prior to the registration deadline for the Canadian Championships. Either the skier or his/her coach should check with the OC that the correct FIS number is recorded in the OC competitor database. Skiers who include an inactive FIS license on their entry form will be charged with the cost of activating his/her FIS license at the time of registration.

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

Para-Nordic visually impaired competitors may purchase a transferable Guide license that can be used by multiple guides during the season. Multiple guides can be used by visually impaired competitors during a competition.

Skiers from other ski disciplines must hold a valid Nordiq Canada Racing License to compete in the Canadian Championship.

A skier must have an active FIS license to be eligible for prize money at FIS sanctioned races in Canada.

Further details regarding licenses can be found on the Nordiq Canada website.



## 6.4 Entry Fees

The entry fees for the Canadian Championships will be a maximum of \$45 per individual competition and \$45 per Team in the Team Sprint Relay. In the event the OC needs to increase the fee, approval must first be obtained from the Events Committee of Nordiq Canada. Registration fees must cover trail fees for all official race and training days. Skiers and team staff must be able to access the competition trails 2 days prior to the competitions. Trail fees will apply for those who use the trails on all unofficial training days. Access to the competition trails on official training days (day prior to each race) is included in the entry fee.

Appropriate sales taxes may be added to the race entry fees.

In some instances, the OC may also request a promotional fee to cover event costs associated with high profile park or promotional events. This plan, associated costs and a complete event budget must be approved by the Events Committee.

Entries and fees must be in the hands of the OC no later than 5 days prior to the first competition day. Entry fees will not be refunded if athletes do not turn up. A graduated entry fee program must be reviewed by the OC to encourage early registration and discourage late registrants.

It is customary not to charge PN Guides entry fees at the Canadian Championships.

The Events Committee may sanction a “snow enhancement fee” of \$5 per competition day/athlete at sites hosting Tier 1 events to cover the incremental costs of snow making/storage as part of their snow management program. The incremental fee collected must be separately identified in the event statement of revenues and expenses and must be expensed to the venue operator to off-set snow management fees directly related to preparation of the event tracks. The OC is responsible to present a plan to the Events Committee for approval prior to the publication of the event.

*Note: Any increase in fees must be accompanied by an updated budget. In the situation the OC generates an operating profit in excess of 15% of expenses after an increase in fees is granted a contribution to the next Canadian Championships OC is expected.*

### 6.4.1 Complimentary Entries

In situations where invitations have been specifically sent to guest skiers, teams or dignitaries with “complimentary” entitlements, the invitation should specify the number of athletes to be covered, specifics on travel compensation (including per diem if applicable), information on room and board arrangements, appearance incentives, time expectations, etc.

The above procedure will avoid any confusion or misinterpretations regarding expectations and responsibilities. A note to the athlete/team will ensure a smooth running event and can be referenced if necessary in subsequent discussions/negotiations.

Canadian Senior National Development Team (able bodied and Para Nordic) and World Cup Team (Para Nordic) will be provided complimentary entry to races. For the 2021 Competition season, the list of athletes can be found at on the Nordiq Canada [website](#).

The OC should liaise with the NST Head Coach, Para Nordic Head Coach and the

EC to develop a marketing plan which maximizes the promotional and advertising value of these athletes during the Championships.

## 6.5 Event Notice

The Event Notice (i.e. including entry forms) must be produced no later than December 14th of the year of the event. A copy of the Event Notice should be e-mailed to the Nordiq Canada office in Word, pdf or html format for listing on the Nordiq Canada website and must also be sent to the Division Offices and Division Coaches. The OC should highlight that eligibility requirements include the requirement to carry CPL or FIS points into the event

The Event Notice must be issued in both official languages.

An on-line registration procedure should be part of the OC's event management plan. The on-line registration process must include a field that permits the athlete to declare his/her eligibility status as per 6.2.1 above.

In order to facilitate management of Teams the OC must provide notice of all entries, sorted by Division and Club, on the event website on a regular basis commencing four weeks prior to the event.

Club names and spellings will be used as reported in the Club data base on the Nordiq Canada website. Club names should be abbreviated when necessary to eliminate non-unique identifiers such as "Nordic," "ski" and "club" in consideration of space requirements on the results and start lists. Skier names and spellings will be used as per the Nordiq Canada License list and CPL provided by Nordiq Canada to the OC. FIS registration data will be used as per the FIS website points lists. The validation protocol available in Zone4 must be used by the OC prior to publication of all lists.

Since the individual Open class or combined category competitions at the Canadian Championships are also sanctioned by the FIS, the application form must request both the FIS and Nordiq Canada license numbers. The OC is not obliged to fill in this field when the registrant has neglected to do so.

A Divisional mailing list is available on the Nordiq Canada website or from the National Office.

The OC is cautioned to respect privacy and must not permit entrants' e-mail addresses to be used for solicitation.

The OC should recognize that most coaches will not be familiar with the technical package so all relevant information regarding the races and athlete eligibility should be referenced to 6.2.1 and linked to this Technical Package on the Nordiq Canada and the Event Web site.

Once the Event Notice has been published, decisions and changes made regarding the event or its conduct should be published on both the Nordiq Canada web site and the event web site.

### **6.5.1 Event Web Site**

The OC is required to develop and maintain a section of the OC's website for Canadian Championships event-related information.

Information that should be posted on the site includes the following:

Pre-event information - Event Notice, list of sponsors, hotel (including wheelchair accessibility) and vehicle rental information, fax, phone and e-mail contacts, detailed schedule of competitions and activities, facilities available on site, etc.

Information during the event - athlete welcome, registration/confirmation lists of athletes, daily reports with photos, official results (pdf or html), aggregate standings for individuals, CCUNC, Clubs and Divisions, links to media reports of the event, photo gallery and any other information relevant to the current event including TCM minutes, changes and decisions made by Jury relating to the conduct of the event.

Post-event information - big thanks to volunteers and sponsors, lost and found, info on next year's championships, etc.

A Confirmation list containing all registered competitors containing Club and Division affiliation, Nordiq Canada and FIS license numbers, age category, Para-Nordic category and competitions entered.

A link to the Canadian Championships event page at [www.nordiqcanada.ca](http://www.nordiqcanada.ca).

As much as it is feasible, all communications on the event website should be published in both official languages.

The OC must appoint a webmaster who is responsible exclusively for the maintenance of the competition web site.

## **6.6 Registration System**

An online registration system is mandatory.

## **6.7 Seeding for the Competitions**

### **6.7.1 Interval Start Races**

The Distance CPL will be used when seeding all categories. Within each category skiers will be grouped based on the number of total skiers in the combined category. In the case of common distance days at the Canadian Championships, junior and Open categories may be combined depending on track and weather conditions as determined by the Jury. Start positions will then be randomly assigned within each group based on the CPL. Those without CPL ranking will be assigned to a separate group and randomized.

The Jury will also decide the order of start of each group considering snow and track conditions.

The OC will make copies of the latest CPL lists available at the first Team Captain's meeting for verification. Changes to the verified seeding lists will only be considered by the jury in exceptional circumstances.

Nordiq Canada's Director of Coach and Athlete Development may make recommendations on special seeding requests to the Jury based upon a written submission from the athlete's Division at least one week in advance of the start of the races. However, such requests must indicate an extraordinary reason for consideration for improved seeding. If a request is successful, a senior or junior will start with the assigned points as per the decision of the Jury.

For Para-Nordic, seeding will be done by the Division Coaches prior to each TCM. The number of groups in each category will be determined from the number of entrants in the category as per Rule 333.3.1. Division Coaches will divide their competitors equally amongst the groups and the start numbers will be drawn within each group.

#### **6.7.2 Mass Start Race**

For all categories, the mass start races on the final days will be seeded by the better of the skiers Distance CPL, or the points earned at the individual start race from earlier in the event.

#### **6.7.3 Team Sprints**

Challenge and Open teams will be listed in order of the sum of distance CPL. Team will be equally divided among the Semi-Finals as per CCR 326.4.2 (2 or 3 depending on field size). Seeding for the Team Sprint finals will be based on the results of the semi-final heats. The order of start of the semi-final heats will be drawn. See additional information in the Race Notice for Team Sprint Registration protocols.

#### **6.7.4 Individual Sprint Competitions**

Individual sprint competitions will consist of a qualification round of all skiers in each category with the top 30 skiers from the qualification round advancing to a series of elimination heats.

Elimination heats should be timed, advancement will follow FIS protocol as outlined in 325.4.2.7. The 1st and 2nd place skiers in each heat will advance in addition to the next two fastest competitors from the quarterfinal heats who are ranked 3rd or 4th. Advancement to the A final will follow the same protocol.

Senior and junior men/women categories will be combined for Sprint Qualification. They will then race heats in their own category. Should a junior wish to race in the senior category heats they will be required to declare their intention through their Team Captain at the TCM preceding the Sprints.

For all categories seeding for the qualification race will be done by Sprint CPL. The competitor with the highest Sprint points will start first in each class followed by the next highest etc. Those without sprint points will be drawn as one group and will start following the seeded competitors.

Timing will be reported to 1/100 second. In the case of a tie during qualification, the advantage will be given to the skier with the higher sprint points.

## 6.8 Team Captains' Meeting

At the first Team Captains Meeting, the TD and Jury will be introduced. The TD will make any points related to rules or rule changes that need to be emphasized for the Championships or for the first competition. At this first meeting competitor lists should be confirmed as to spelling, Para Nordic category, age categories, Canada and FIS Points, Nordiq Canada and FIS racing licenses, Club, Division, School and Team affiliation. Once the competitor list is approved at the TCM the draw will take place for the event.

Additional meetings will occur the day before each subsequent competition or at times decided jointly by the Jury and Team Captains. Alternatively, the times may be published in the Event Program (Nordiq Canada Rule 307.1.2)

Although all coaches/team leaders are invited to these meetings, each Division must be represented by only two persons sitting at a designated place, with one to speak on behalf of the Division. The designated Team Captain (speaker) should be at least a competition-development certified coach or Level 3. Consultation may occur between the two coach representatives. All others at the meeting have only observer status. Provisions should also be provided for captains of visiting foreign skiers as decided by the Jury.

A facility that will comfortably seat up to 50-60 people plus a head table for the OC Chair/ and Jury members should be used for the Team Captains' meeting. A projector and screen that accepts computer output must be available for all coach's meetings. An online meeting using one of the collaboration tools available on the market is also a viable option. Translation services must be available for all TCM's.

Seed lists for the next race should be made available to the Team Captains the night before each TCM; corrections should then be handed back to the race office no later than 4 hours before the start of the TCM, enabling start lists to be distributed at the start of each meeting for the next day's race. A printed version of the competition schedule for the next race day should be made available to all Team Captains.

## 6.9 Nordiq Canada Contact List

Events Coordinator (EC)	Jeff Ellis	<a href="mailto:jeffis@nordiqcanada.ca">jeffis@nordiqcanada.ca</a>
Nordiq Canada Manager Media Relations	Chris Dornan	<a href="mailto:hpprchris@comcast.net">hpprchris@comcast.net</a>

## 6.10 OC Contact List

The OC must provide Nordiq Canada with a list of key contacts for the Event Organizing Committee and the Competition Committee.

In addition, the OC Chairperson must include the Nordiq Canada EC, TD and ATD on the email distribution list for regular event preparation updates and meeting minutes during the months leading up to the event.

## **7.0 Athlete Services**

### **7.1 Event Programs & Activities**

Awards ceremonies must be short and punctual and should be located where athletes can stay sheltered until the ceremonies begin. If onsite facilities do not permit this, an alternative site convenient to the athletes should be chosen. On interval start days the awards should take place at a convenient location at appropriate times during the competition.

Post-competition refreshments should be offered to all competitors if conditions are appropriate. Support from local grocery chains and suppliers can often offset all associated costs. Juice, energy bars, light sandwiches or bagels, warm soup, fruit and water are among the items that could be made available to athletes. Additional BBQ items and soft drinks can be provided through an onsite canteen.

### **7.2 Registration Kits**

Registration kits should be provided to athletes, guides and coaches at registration. Contents of registration kits may include: program, travel brochures, city and institutional maps, local entertainment list, restaurant lists, competition passes and information, souvenirs, newspapers, participation certificates, name tags. Local merchants may provide discount coupons, free souvenirs such as pens, note pads, key chains, calendars and other promotional material.

### **7.3 Bilingual Services**

It is Nordiq Canada's policy to ensure that at Nordiq Canada sponsored events of national and international stature, essential services are provided to athletes, coaches and spectators in both official languages. Translation must be available for critical functions (e.g. Team Captains' Meetings, Race Notices, Stadium Announcements and web site notices).

### **7.4 Internet Access**

It is recommended that high speed wireless internet service be available to manage essential services of the races and event.

## **8.0 Warming, Waxing and Testing Facilities**

### **8.1 Warming and Waxing Facilities**

The expected entry for the Canadian Championships is significant (minimum 400-600). The site should have suitable on-site sheltered accommodation allowing a minimum of 1.5 m per athlete/coach/team manager. Accessibility considerations must be included for Para Nordic competitors.

The use of trailers per teams will be charged at a cost of \$50-day calculated at the moment the teams take possession of the space. Properly heated, lighted and ventilated tents are also a viable option.

A separate space should be available for women at the competition site to permit athletes to change from wet competition clothing to warm-ups and dry undergarments.

Separate sheltered waxing facilities appropriate in size must also be provided. Allow at least 3 m of usable space per athlete with suitable power access (for 500 athletes, recommended minimum is 200 amps). The provision of additional outside power outlets and outside waxing & parking space for customized club waxing facilities is also recommended. If such space is required, teams must notify the Venue Chair at least two months prior to the event.

Portable trailers and permanent wax cabins must include active ventilation systems to effectively remove dangerous vapours. Fans should be rated to move 180 – 200 cfm for 300 sq/ft and be capable of completely recycling the air in the wax facility each night.

Please note the Nordiq Canada No Fluoro Policy will be in effect for all categories at the Canadian Championships. Please refer to the Nordiq Canada No Fluoro Wax Policy for further details.

Team technicians must be encouraged to wear at a minimum half mask respirators rated for Chemical Clean-up, Grinding, Masonry or Painting Spray units that provide protection against organic vapors and a minimum 95% efficiency against non-oil particulate aerosols. N95 (95% Efficient Protection Against Non-Oil Particulates). Full face masks will protect eyes from dangerous vapours and dust. The use of disposable gloves is also recommended as the skin represents a secondary source of exposure to toxins.

For reference visit:

[http://www.uline.ca/BL\\_992/3M-6000-Reusable-Respirators](http://www.uline.ca/BL_992/3M-6000-Reusable-Respirators) and <https://www.scottsafety.com>

Designated wax areas should be coordinated along Province/Territorial Club jurisdictions with a minimum of 20 athletes including the following groups:

- National Ski Team
- National Development Centres (AWCA, TBay, CNEPH)
- Visiting National Team programs
- Foreign Guests

Outlets at the start for “hot boxing” skis for the sprints are not required. Wax pits may be permitted at the discretion of the Jury for Team Sprint and Sprint competitions.

Ski exchange boxes will not be permitted in the mass start competitions.

## 8.2 Wax Testing

A suitable hill for glide testing must be within 1 km of the stadium area and not on the race course.

A warm-up track with a small uphill must be provided near to the start. Both the glide testing area and the warm-up tracks should be groomed and prepared in the same manner and at the same time as the rest of the competition track in order to simulate race conditions.

*Note: Use of coaches bibs as allocated by Nordiq Canada will be in effect during the distance race days.*

## 9.0 Timekeeping and Data Processing

### 9.1 Timing Standards/Results Production

At the Canadian Championships, athletes, coaches and media expect quick, accurate and esthetically appealing official results packages. A Nordiq Canada approved race management software package such as Zone4 must be used. The trend is to use software that interfaces directly with race timing equipment and live-streaming capabilities are required.

The selected package must accommodate all common formats for competitions, including mass starts, interval starts, pursuit starts, sprints, team sprints and relays. The system must handle multiple competitions, categories, combined and sub categories. Para-Nordic results must include Percentages for classic and free technique, Real Time and Calculated Time for Results and Hunting Start Lists.

The package must provide start lists and result lists with basic competition information (i.e. weather conditions, sponsor tags, etc), together with split and finish times in the format approved by Nordiq Canada.

Start lists must clearly state the time of day that the competition starts and the time intervals after this start time at which individuals will have their starts.

The Start List should show the members of the Jury, Category, Bib number, Name, Club, Team, Division, total race distance, number of laps comprising the distance and Start time

The package should be able to output results in several formats (e.g. xls, pdf and xml), and live-streaming must be offered by the OC.

Timekeeping officials and technical assistants who will be using the race management software package must have used the software previously and be very familiar with it. (M)

The results of Para-Nordic competition are derived through the application of a time based handicap system. A mathematical formula applies a percentage (factor) associated with an athlete's classification to create an equitable competition amongst athletes competing with different levels of impairment. The athlete's "real time" is multiplied by percentage to determine their final "calculated" time. Athletes with the highest level of impairment have a



lower percentage and therefore receive a larger relative time adjustment. For a list of applicable percentages visit the document on the Nordiq Canada website

## 9.2 Timing Equipment

Nordiq Canada requires that start/finish times be electronically generated with a completely independent back-up system.

There must be an enclosed and heated timing building with an electronic timing unit (i.e., Summit Systems etc.).

An electronic start gate must be used at the start of interval start races in conjunction with a large format display/count-down clock. The start gate must have a post on either side to ensure a skier cannot leave in either technique without opening the gate. (M) If the gate is too narrow for sit skiers to start using the standard gate, they may be started outside the gate in the late start lane.

At the finish, an electronic beam signal is required to capture the time of the athlete as he/she crosses the finish line.

At the Canadian Championships, all competitions using mass start or sprint formats must include approved digital photo finish line equipment. Event personnel must be trained in the use of this system.

Course controllers should be provided with training on high definition video camera equipment to verify technique or other violations at key locations during the competition.

The FIS Data Timing Report must be completed by the Timing Service Provider on a timely basis after each competition day in order to allow the FIS results to be validated for points.

## 9.3 Results

Official Results must show the members of the Jury and the following: # of Laps and Total Distance for each category, Technique and Category followed by Rank, Bib #, Name, YOB & sub-category, sub- rank, Club, Division, Team, Nordiq Canada & FIS License number, Total Time, Time behind.

01/09/2017

Print Results – Ski Nationals 2017 Day 4: Medium Interval Classic | Zone4.ca



## Ski Nationals 2017 Day 4: Medium Interval Classic – Results

2017-03-21 – Canmore Nordic Centre

### Jury

Technical Delegate	Pierre Millette
Assistant Technical Deleg...	Dirk Rohde
Chief of Competition	Mike Norton
CCC Race Director	Dave Dyer

### Weather

Conditions	Partly Cloudy
Air Temperature	1.6
Snow Conditions	Transformed
Snow Temperature	-2

## Open Men – Official

15km (4 x 3.75km)

Name	Nation	Province	Time	Diffs
1 <b>Devon Kershaw</b> Bib: 589 1982 6521 3100006 Ontario Onaping Falls Nordic CNST	CAN	ON	0:45:05.3	
2 <b>Dag Frode Trolleboe</b> Bib: 607 1993 25050 3421788 University of Denver	NOR		0:45:49.9	+44.6
3 <b>Moritz Madlener</b> Bib: 609 1993 23184 3200426 University of Denver	GER		0:45:52.1	+46.8
4 <b>Graeme Killick</b> Bib: 596 1989 14133 3100175 Alberta Ptarmigan Nordic AWCA	CAN	AB	0:46:14.5	+1:09.2
5 <b>David Palmer</b> Bib: 592 1993 18506 3100292 British Columbia Black Jack Ski Club	CAN	BC	0:46:27.8	+1:22.5
6 <b>Eivind Romberg Kvaale</b> Bib: 586 1994 27236 3422243 University of Denver	NOR		0:46:30.3	+1:25.0
7 <b>Graham Nishikawa</b> Bib: 591 1983 12673 3100034 Yukon Whitehorse Ski Club CPNST	CAN	YT	0:46:31.8	+1:26.5
8 <b>Michael Somppi</b> Bib: 612 1988 13526 3100160 Ontario Lappe Nordic NTDC TBay	CAN	ON	0:46:44.8	+1:39.5
9 <b>Thomas Hardy</b> Bib: 554 1995 23611 3100244 British Columbia Telemark Nordic	CAN	BC	0:47:10.5	+2:05.2
10 <b>Evan Palmer-Charrette</b> Bib: 590 1994 22598 3100283 Ontario Lappe Nordic NTDC TBay	CAN	ON	0:47:10.8	+2:05.5
11 <b>Russell Kennedy</b> Bib: 611 1991 25625 3100268 Alberta Canmore Nordic Team R.A.D.	CAN	AB	0:47:13.0	+2:07.7
12 <b>Julien Lamoureux</b> Bib: 602 1994 21454 3100301 Quebec Montériski CNEPH	CAN	QC	0:47:39.8	+2:34.5
13 <b>Jack Carlyle</b> Bib: 593 1993 19782 3100266 Ontario Soo Finnish AWCA	CAN	ON	0:47:52.6	+2:47.3
14 <b>Rogan Brown</b> Bib: 606 1991 22919 3530550 Sun Valley SEF	USA		0:47:58.7	+2:53.4
15 <b>Gareth Williams</b> Bib: 613 1997 25705 3100351 British Columbia Telemark Nordic BCST Junior: 1/48	CAN	BC	0:48:01.6	+2:56.3
16 <b>Kevin Sandau</b> Bib: 600 1988 13504 3100128 Alberta Foothills Nordic	CAN	AB	0:48:08.5	+3:03.2
17 <b>Ryan Jackson</b> Bib: 575 1997 28149 3100380 Ontario Team Hardwood Junior: 2/48	CAN	ON	0:48:12.2	+3:06.9

[https://zone4.ca/race/1431e7dc-0a94-11e7-adaf-0a30a7b0db55/print\\_results/78a5f15c-0de3-11e7-aad6-003018c04ae6](https://zone4.ca/race/1431e7dc-0a94-11e7-adaf-0a30a7b0db55/print_results/78a5f15c-0de3-11e7-aad6-003018c04ae6)

1/5

Results files for Para Nordic should include Rank, Bib#, Name, Club, Division, Team, Classification, Final Time and Calculated Time. Final Rank should be based on calculated time.

The OC should produce a separate result files for: able bodied and Para Nordic competitions using the naming conventions for the race files as provided by the EC.

For FIS sanctioned Open competitions, trail homologation data and the FIS Homologation # must be shown in the comments bar between the header and the results matrix.

For CCUNC events, separate result files must be produced titled: CCUNC Canadian Championships. CCUNC results should show Rank, Bib, Name, University Team, Total time and Time behind.

Publications by the OC should include the following:

- Complete results (unofficial, followed by official) published online in accordance to timing as specified in the Nordiq Canada Rules.
- On the event web site using pdf or html format that can be viewed and downloaded from the Championship web site. The layouts used must be “printer friendly”.
- Official results must be posted at [www.zone4.ca](http://www.zone4.ca)

As many people from across the country will be following the races and looking for results on line, the OC should have internet access on site and should post results to the internet as soon as possible for each race. This must include live streaming of interim and/or unofficial results; these must be updated with official results as soon as they are approved by the Jury.

## 9.4 Competition Points

### 9.4.1 Canada Points List

Canada Points List (CPL) points will be calculated for all individual Canadian Championships competitions and after the Canadian Championships are over will be entered into the CPL ranking system for the appropriate points period as per the rules of the CPL. Points policy is the responsibility of the Nordiq Canada Points Committee; FIS points reporting and management are the responsibility of the EC

Only racers that have been seeded together in common distance competitions will be combined for point calculation purposes.

### 9.4.2 FIS Points

For FIS-sanctioned competitions – i.e. individual competitions in the Open categories - the TD, in cooperation with the EC, is responsible for completing the online FIS TD Report and confirming the Race Penalty calculations.

FIS points will be calculated for all individual competitions in the Open categories (for FIS license holders only).

The FIS points calculations in appropriate format (xml) will be submitted electronically by the EC to the FIS online system.

## 10.0 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. To avoid an inadvertent positive test and the consequences of an anti-doping rule violation, athletes are encouraged to take the following steps:

- Check the Global DRO ([www.globaldro.com](http://www.globaldro.com)) to determine if any prescription or over-the-counter medications or treatments that are banned by the WADA Prohibited List.
- Review medical exemptions requirements ([www.cces.ca/medical](http://www.cces.ca/medical)) if you require the use of a banned medication for a legitimate medical reason.
- Do not use supplements or take precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Read more: [www.cces.ca/supplements](http://www.cces.ca/supplements)
- Review the steps of the doping control sample collection procedures: [cces.ca/sample-collection-procedures](http://cces.ca/sample-collection-procedures)

For additional resources and general information about anti-doping, please contact the CCES:

Email: [info@cces.ca](mailto:info@cces.ca)

Call toll-free: 1-800-672-7775

Online: [www.cces.ca/athletezone](http://www.cces.ca/athletezone)

The Chief of Competition should contact the Nordiq Canada EC one month prior to the event to determine the likelihood of a doping control test taking place and the need to make necessary arrangements. The knowledge given to the Chief of Competition on this subject must remain completely confidential. The OC must conform to the following guidelines if doping control is conducted during the event.

Doping control facilities and proper equipment must be provided in an area within walking distance from the stadium (permanent structure or trailers).

The doping control area should be divided into three separate areas:

- Waiting area should be large enough to accommodate athletes, representatives accompanying athletes, representatives of the CCES and doping control personnel.
- Working room with table for three people.
- Toilet area with lavatory (at least 1 must be wheelchair accessible with safe catheter and sharp disposal) and room for two people.

Equipment – lockable refrigerator (if possible), assorted other minor equipment (desks, chairs, etc.).

Provision of six – eight volunteers to assist with the control, preferably three male and three female to "shadow" the athletes (including warm-downs) prior to their tests. Some of these volunteers must be prepared and able to ski with the athlete if he/she chooses to do a warm-down.

More specific details will be provided to the OC by CCES if controls are planned for their event.

## 11.0 Awards

Awards should be presented on-site in consultation with the EC. Ideally awards are presented at pre-announced intervals during the competition schedule and the availability of the unofficial category results (see Rule 355.1.1). If awards do not take place immediately after the finish of a category, racers should be allowed to cool down and change into dry clothes.

Formats for the presentation of awards are at the discretion of the OC as there are many different options, considering differences in facilities, venues and programming logistics. However, the following suggestions should be considered:

The normal order of awards presentation is as follows: 3rd place, 2nd place and 1st place. Categories should be presented as groups in turn, allowing for the greatest amount of camaraderie between skiers who have competed against each other. Senior NST members may be asked to assist in the medal presentation ceremonies of the younger age categories.

Category awards that include top five skiers will follow the same protocol, announcing the 5th placed skiers followed by the 4th placed skier, etc.

In situations where foreign skiers place within the top three of a category, presentation of the category prizes is first made to the "International Podium" to reflect the top athletes in the competition, regardless of national affiliation. This is followed by the Canadian Championship Medal presentation reflecting the top 3 Canadians in the competition.

Presentations should be brief, the announcement to include the name of the category, athletes name, club, team and position.

Once the athletes have been announced and have taken their position on the podium, the name and affiliation of the presenter should be introduced followed by the awarding of the medals and prizes.

Later, all winners can be assembled if the media choose to have a photo of the winners of all categories.

The Awards coordinator should prepare a blank ceremony list where the names of presenter, athletes and prize description can be written in immediately after each competition.

Athletes are eligible for the medals and awards (including cash) within the category in which they choose to compete, regardless of their age.

When junior aged athletes enter into combined categories, their results must be identified within the combined result list and sub-ranks provided for their category. U20 men and women are permitted to compete for and accept the medals, awards and aggregate points in their official entry category. In addition they are also eligible to receive the medals and awards including cash prizes provided for the combined category.

Not all competitors are eligible for all awards and points; refer to the Eligibility Section – 6.2 of this document for details.

For categories with a single entrant, recognition with a medal is normal but prize money (if offered) may be withheld.

The coordinator CCUNC should liaise through the EC with the OC to ensure adequate provisions have been put in place to calculate and publish CCUNC results and Aggregate Awards.

Nordiq Canada will liaise with the CCUNC sub-committee to work with the OC to confirm awards and affiliation

If a Para Nordic male/female declares on his/her official entry form that he/she is “racing out” in their appropriate age category, he/she will be eligible for medals, prizes and aggregate points attributable to that age category.

## 11.1 Race Awards

### 11.1.1 Medals

Nordiq Canada Canadian Championships medals will be given to the top three individuals in each category for each competition. The top three teams in the Team Sprint categories will also get Nordiq Canada medals, one for each team member. For CCUNC, the sprint qualifier will be used for awards.

Nordiq Canada medals will also be provided for Para Nordic racers, regardless of the level of competition entry.

Category	Team Sprint	Interval Start	Individual Sprint	Mass Start (PN Interval Start)	Total
U16 G	-	1	1	1	3
U16 B	-	1	1	1	3
U18 G	-	1	1	1	3
U18 B	-	1	1	1	3
U20 W	-	1	1	1	3
U20 M	-	1	1	1	3
Senior W	-	1	1	1	3
Senior M	-	1	1	1	3
CCUNC W	2	1	1	1	5
CCUNC M	2	1	1	1	5
Challenge G	2	-	-	-	2
Challenge B	2	-	-	-	2
Open W	2	-	-	-	2
Open M	2	-	-	-	2
PN Standing W	-	1	1	1	3
PN Standing M	-	1	1	1	3
PN Sitting W	-	1	1	1	3
PN Sitting M	-	1	1	1	3
<b>Total*</b>	<b>12</b>	<b>14</b>	<b>14</b>	<b>14</b>	<b>54</b>

*\*Set of gold, silver and bronze*

### 11.1.2 Cash Awards

The following Open (for the Sprint Heats and the Mass Start cash awards are awarded to the senior category unless U20 skiers decide to race up) cash award schedule is to be provided by the OC per race per gender:

Place	Interval Start	Sprint Heats	Mass Start	Total
1	500	500	500	1600
2	300	300	300	900
3	200	200	200	600
4	150	150	150	450
5	100	100	100	300
<b>Total per gender</b>	<b>1250</b>	<b>1250</b>	<b>1250</b>	<b>3750</b>
<b>Total</b>	<b>2500</b>	<b>2500</b>	<b>2500</b>	<b>7500</b>

*The fastest sprint qualifier (M/W) in the Open category will receive a \$100 sprint bonus from AltaGas.*

### 11.1.3 Merchandise Awards

In addition to medals and cash awards, it is recommended that additional prizes be given to as low as the top five places in individual races and the top three places in the Team Sprint and in CCUNC competitions as per follow:

Category	Team Sprint	Interval Start	Individual Sprint	Mass Start (PN Interval Start)	Total
U16 G	-	1-5	1-5	1-5	15
U16 B	-	1-5	1-5	1-5	15
U18 G	-	1-5	1-5	1-5	15
U18 B	-	1-5	1-5	1-5	15
U20 W	-	1-5	1-5	1-5	15
U20 M	-	1-5	1-5	1-5	15
Senior M	-	1-5	1-5	1-5	15
Senior W	-	1-5	1-5	1-5	15
CCUNC W	1-3 (2)	1-3	1-3	1-3	15
CCUNC M	1-3 (2)	1-3	1-3	1-3	15
Challenge G	1-3 (2)	-	-	-	6
Challenge B	1-3 (2)	-	-	-	6
Open W	1-3 (2)	-	-	-	6
Open M	1-3 (2)	-	-	-	6
PN Standing W	-	1-3	1-3	1-3	9
PN Standing M	-	1-3	1-3	1-3	9
PN Sitting W	-	1-3	1-3	1-3	9
PN Sitting M	-	1-3	1-3	1-3	9
<b>Total</b>	<b>36</b>	<b>58</b>	<b>58</b>	<b>58</b>	<b>210</b>

*Nordiq Canada medals will also be provided for Para Nordic racers, regardless of the level of competition entry.*

#### **11.1.4 Annual Awards**

When feasible, these may be on site. Contact the EC for details.

It is customary to present the trophy to the top skier in the competition. In the case of foreign skiers, his/her name will be engraved on the trophy followed by an asterisk \* in addition to the name of the top Canadian.

The Rolf Pettersen Memorial Trophy is to be awarded to the winner of the senior men's long-distance competition.

The Hickory Wing Award is to be awarded to the winner of the Open women's short distance competition.

The R.J. Devlin Award is to be awarded to the winner of the Open men's short distance.

The Mary Anderson Award is to be awarded to the winner of the senior women's long-distance competition.

The Muskoka Award for the Challenge girls' club Team Sprint winners.

The Pepsi Cola Award for Challenge boys' club Team Sprint winners.

### **11.2 Aggregate Awards**

#### **11.2.1 Individual Awards**

Scoring will be assigned to the top 30 places in all age categories as per section 11.3.1 below. A skier accumulates points per each competition entered and finished within the Scoring Pool. A competition not entered generates no points.

Total points will be reassigned for the purpose of determining YOB, U23, Senior and CCUNC sub-categories winners as per section 11.3.1 below. Athletes within a sub-category will be scored against one another.

All individual competitions will be used to calculate scores to determine the individual aggregate winners within each YOB, U23, Senior and CCUNC sub-category. The top three athletes in each YOB, U23 and Senior sub-category will receive Individual Aggregate merchandise awards from the OC and a plaque from Nordic Canada. Year of Birth should be shown in the reports supporting the Aggregate awards. These awards will be coordinated by Nordiq Canada.

Recognition Plaques and merchandise awards will be provided to the top-6 CCUNC All Canadians. In the case of a tie for 6th, both athletes will be provided an award.

For sprint competitions, final sprint results count in the calculations for the overall individual winners. There is an exception for CCUNC which the sprint qualifier will be used for calculation.



For competitions in which an athlete “races up” outside of his/her age category, aggregate points will be awarded for the category in which he/she competes. This does not apply to a combined class situation where competitors remain in their pre-defined age categories and separate results by category are produced for awards purposes.

It is the responsibility of Nordiq Canada in cooperation with the OC to calculate the points for the various aggregate champions (YOB, U23, Senior and CCUNC sub-categories, and Club and Division) who will be named at the end of each Canadian Championships. It is strongly recommended that one person on the Organizing Committee or Nordiq Canada be tasked with coordinating the calculations and ensuring that they are kept up to date. The running calculations are to be posted on the event web site after each race in order to promote interest in the aggregate championships and in order that final calculations can be done quickly to allow a timely announcement of the overall individual, CCUNC, Club and Division champions.

In summary, the individual aggregates awards will be as follow:

Sub-category	OC Merchandise	NC Plaque
U16 G1	1-3	1-3
U16 G2	1-3	1-3
U16 B1	1-3	1-3
U16 B2	1-3	1-3
U18 G1	1-3	1-3
U18 G2	1-3	1-3
U18 B1	1-3	1-3
U18 B2	1-3	1-3
U20 W1	1-3	1-3
U20 W2	1-3	1-3
U20 M1	1-3	1-3
U20 M2	1-3	1-3
U23 W	1-3	1-3
U23 M	1-3	1-3
Senior W	1-3	1-3
Senior M	1-3	1-3
CCUNC W	1-6	1-6
CCUNC M	1-6	1-6
PN Standing W	1-3	1-3
PN Standing M	1-3	1-3
PN Sitting W	1-3	1-3
PN Sitting M	1-3	1-3
<b>Total</b>	<b>72</b>	<b>72</b>

Cash awards for the first three aggregate Senior and the first three U23 will be awarded as follow:

Category	1st place	2nd place	3rd place	Total
U23 W	150	100	75	325
U23 M	150	100	75	325
Senior W	250	200	150	600
Senior M	250	200	150	600
<b>Total</b>	<b>800</b>	<b>600</b>	<b>450</b>	<b>1850</b>

If “leader bibs” are awarded after each day of competition by age category then the aggregate leader in each race category after the final day of competition should be presented with a leader bib in recognition of his/her overall performance as follow:

Category	Interval Start	Individual Sprint	Mass Start (PN Interval Start)	Total
U16 G	1	1	1	3
U16 B	1	1	1	3
U18 G	1	1	1	3
U18 B	1	1	1	3
U20 W	1	1	1	3
U20 M	1	1	1	3
Senior W	1	1	1	3
Senior M	1	1	1	3
PN Standing W	1	1	1	3
PN Standing M	1	1	1	3
PN Sitting W	1	1	1	3
PN Sitting M	1	1	1	3
<b>Total</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>24</b>

The overall Sprint Series Aggregate Cash Bonus will be awarded for 2021 based on an athlete’s best 4 of 6 FIS sanctioned sprint race results for the season.

The Sofie Manarin Memorial Award is to be presented to the Aggregate winners of the U16 category. A cash bursary from the Sofie Manarin Foundation will be presented to both recipients.

### 11.2.2 Team Awards

The Division Aggregate Champion will receive a special recognition banner from Nordiq Canada to acknowledge its performance.

The top three Club’s at the Canadian Championships will receive a special recognition banner from Nordiq Canada to acknowledge their performance. The club champion will receive also the AltaGas Club Challenge Award. The AltaGas Club Aggregate Award was introduced in 2018 and is

presented annually to the Club that earns the most aggregate points at the Canadian Championships.

Banners for overall Men & Women University Aggregate Championships will be awarded by Nordiq Canada to the top team in each gender

## 12.0 Scoring System

### 12.1 Individual Aggregate

Only the results of skiers with Full Eligibility Status as per 6.2.1 will be used to calculate aggregate points. All three individual races will be scored.

In general, scores will be based on the following scoring system for aggregate awards:

1 <sup>st</sup> place	100 points	16 <sup>th</sup> place	15 points
2 <sup>nd</sup> place	80 points	17 <sup>th</sup> place	14 points
3 <sup>rd</sup> place	60 points	18 <sup>th</sup> place	13 points
4 <sup>th</sup> place	50 points	19 <sup>th</sup> place	12 points
5 <sup>th</sup> place	45 points	20 <sup>th</sup> place	11 points
6 <sup>th</sup> place	40 points	21 <sup>st</sup> place	10 points
7 <sup>th</sup> place	36 points	22 <sup>nd</sup> place	9 points
8 <sup>th</sup> place	32 points	23 <sup>rd</sup> place	8 points
9 <sup>th</sup> place	29 points	24 <sup>th</sup> place	7 points
10 <sup>th</sup> place	26 points	25 <sup>th</sup> place	6 points
11 <sup>th</sup> place	24 points	26 <sup>th</sup> place	5 points
12 <sup>th</sup> place	22 points	27 <sup>th</sup> place	4 points
13 <sup>th</sup> place	20 points	28 <sup>th</sup> place	3 points
14 <sup>th</sup> place	18 points	29 <sup>th</sup> place	2 points
15 <sup>th</sup> place	16 points	30 <sup>th</sup> place	1 point

In the event of a tie, the overall winner(s) will be determined by the following protocol:

1. The skier with the greater number of 1st place finishes;
2. The skier with the greater number of 2nd place finishes if 1) does not produce a winner; and if 1) and 2) above do not produce a winner then a tie is declared and each skier has the right to call him/herself the overall champion\*.
3. The Sofie Manarin Award bursary is presented to the top U16 boy and girl at the Canadian Championships. If the conditions of 1 and 2 do not result in a clear winner an alternate scoring mechanism will be used for the purposes of naming the award recipient. To determine the recipient of the Manarin bursary, the sum of the finish times of the individual starts (time for the day) plus the qualification time for the sprints of the tied skiers will be used to break the tie.

## 12.2 Divisional Aggregate

A Canadian Champion Division will be named based on the following scoring system:

Each Division to score best three placing in each age category to top 30 of each individual race.

Scoring will use the points system in 12.1 above.

The push down concept will be employed, i.e. if a fourth skier or more from the same division ranks in the top 30, those points will not be awarded to anyone.

Team sprints will not be counted for the Division Aggregate award.

All calculations of points are to be done by Nordiq Canada and updated after each competition. A running total should be produced each day and the results posted on the event website. The final champion will be announced at the closing award ceremony.

## 12.3 Club Aggregate

A Club Aggregate Champion will be named based on the following scoring system:

Points will be awarded for all individual competitions and team sprints.

For individual competitions, each Club will receive points for all club athletes in the top 30 of each category.

For Team Sprints, each Club may score up to four male and up to four female teams per official class. Points will be awarded per team, not per individual.

The points scored for team sprint results will be consistent with 12.1

All calculations of points are to be done by Nordiq Canada, updated and posted after each race. A running total should be produced each day with the champion announced at the closing award ceremony.

## 12.4 Para Nordic Aggregate

For the Para Nordic categories points will be awarded in each category of each race based on a maximum score of 30 points as per the following calculations:

PN Points will be carried over from the competition designated as the PN Championships for overall Club and Division Aggregate totals.

1 <sup>st</sup> place	30 points
2 <sup>nd</sup> place	29 points
3 <sup>rd</sup> place	28 points
4 <sup>th</sup> place	27 points
5 <sup>th</sup> place	26 points
6 <sup>th</sup> place	25 points

16 <sup>th</sup> place	15 points
17 <sup>th</sup> place	14 points
18 <sup>th</sup> place	13 points
19 <sup>th</sup> place	12 points
20 <sup>th</sup> place	11 points
21 <sup>st</sup> place	10 points

7 <sup>th</sup> place	24 points
8 <sup>th</sup> place	23 points
9 <sup>th</sup> place	22 points
10 <sup>th</sup> place	21 points
11 <sup>th</sup> place	20 points
12 <sup>th</sup> place	19 points
13 <sup>th</sup> place	18 points
14 <sup>th</sup> place	17 points
15 <sup>th</sup> place	16 points

22 <sup>nd</sup> place	9 points
23 <sup>rd</sup> place	8 points
24 <sup>th</sup> place	7 points
25 <sup>th</sup> place	6 points
26 <sup>th</sup> place	5 points
27 <sup>th</sup> place	4 points
28 <sup>th</sup> place	3 points
29 <sup>th</sup> place	2 points
30 <sup>th</sup> place	1 point

## 12.5 CCUNC Aggregate

Points are awarded to every CCUNC eligible athlete according to the table in 12.1 above for their position relative to CCUNC athletes in the three individual races. I. For the long distance, less points will be awarded as follow as competitors might elect to race the junior or the senior race.

1 <sup>st</sup> place	50 points
2 <sup>nd</sup> place	46 points
3 <sup>rd</sup> place	43 points
4 <sup>th</sup> place	40 points
5 <sup>th</sup> place	37 points
6 <sup>th</sup> place	34 points
7 <sup>th</sup> place	32 points
8 <sup>th</sup> place	30 points
9 <sup>th</sup> place	28 points
10 <sup>th</sup> place	26 points
11 <sup>th</sup> place	24 points
12 <sup>th</sup> place	22 points
13 <sup>th</sup> place	20 points
14 <sup>th</sup> place	18 points
15 <sup>th</sup> place	16 points

16 <sup>th</sup> place	15 points
17 <sup>th</sup> place	14 points
18 <sup>th</sup> place	13 points
19 <sup>th</sup> place	12 points
20 <sup>th</sup> place	11 points
21 <sup>st</sup> place	10 points
22 <sup>nd</sup> place	9 points
23 <sup>rd</sup> place	8 points
24 <sup>th</sup> place	7 points
25 <sup>th</sup> place	6 points
26 <sup>th</sup> place	5 point
27 <sup>th</sup> place	4 points
28 <sup>th</sup> place	3 points
29 <sup>th</sup> place	2 points
30 <sup>th</sup> place	1 point

In the event of a tie both skiers receive the same score for that place and the next score is dropped.

For team scoring, each institution will receive points for all athletes in the top 30 of each category in the individual races.

Only one team from each school will score in the CCUNC Team Sprint A team must enter an official team in the team sprint to be eligible for team standing in the overall results.

Men's and women's teams are scored separately.

CCUNC skiers can race either Senior Men/Women, or U20 Men/Women, (or U18 Boys/Girls where distances are the same).