NATIONAUX DE SKI NATIONALS

SOVEREIGN LAKE - VERNON BC

2020 Canadian Ski Championships

Championnats canadiens de ski 2020

and

L.L. Bean US Ski and Snowboard Super Tour Finals

Including

Para-Nordic National Championships
The Canadian College and University Championships (CCUNC)

March 25 – April 2, 2020

Sovereign Lake Nordic Centre
Vernon, BC

HOST CLUB	SOVEREIGN LAKE NORDIC CLUB (SLNC) 250-558-3036 info@skinationals2020.ca
WEBSITE	https://www.skinationals2020.ca/
SANCTIONED BY	Fédération Internationale de Ski (FIS) and Nordiq Canada
RULES	FIS ICR - CCR (Canadian Competition Rules) Precisions 2019

EVENT COMMITTEE	Chair	Pat Pearce info@skinationals2020.ca
	Athlete Services	Heather Trueman
	Venue	Pat Pearce
	Protocol & Communications	Marcus Boyle
	Finance	Hugh Hamilton
	Fundraising & Sponsorship	Brent Ree/Jeff Bassett
	Volunteer Coordinator	Marylin Breneman
	Medical Services	Cyndy Flores
	Competition Chair	Sharon Clarke
RACE COMMITTEE	Chief of Competition	Sharon Clarke
	Chief of Stadium	Don Wylie
	Assistant Chief of Stadium	Glen Stiven
	Chief of Course	Troy Hudson
	Assistant Chief of Course	Cathrine Beck
	Chief of Controllers	Pat van Mullem
	Chief of Timing	Jen Hyde
	Competition Secretary	Verena von Bremen (250-540-0869) race@sovereignlake.com
RACE JURY	Technical Delegate	John Aalberg
	Chief of Competition	Sharon Clarke
	Nordiq Canada Race Director	Jeff Ellis
	Assistant TD	Jen Tomlinson

Schedule - Races and Distances

				Day 1	Day 2	Day 3
		Unofficial Training Day	Official Training Day	JAKROO Free Interval	Classic Interval	Training
Men / Boys		Mar 24 (Tues)	Mar 25 (Wed)	Mar 26 (Thurs)	Mar 27 (Fri)	Mar 28 (Sat)
Category	**YOB**	**Course**				
U16	2004-05	Un- Official Training Day	Official Training Day	**10km** 2 x 5k	**7.5km** 2 x 3.75k	Official Training Day
U18	2002-03					
U20	2000-01			**10km** 2 x 5k	**15km** 4 x 3.75k	
U23	1997-99					
Senior	1996 & earlier					
CCUNC	Open					
Para Nordic Standing	Open				—	
Para Nordic Sit Ski	Open			—		
Women / Girls		Mar 24 (Tues)	Mar 25 (Wed)	Mar 26 (Thurs)	Mar 27 (Fri)	Mar 28 (Sat)
Category	**YOB**	**Course**				
U16	2004-05	Un- Official Training Day	Official Training Day	**5km** 1 x 5k	**7.5km** 2 x 3.75k	Official Training Day
U18	2002-03					
U20	2000-01			**5km** 1 x 5k	**10km** 2 x 5k	
U23	1997-99					
Senior	1996 & earlier					
CCUNC	Open					
Para Nordic Standing	Open				—	
Para Nordic Sit Ski	Open			—		

		Day 4	Day 5	Day 6	Day 7 BANQUET	Day 8
		Classic Long Sprint / PN Sprint	Classic Short Sprint / PN Distance	Free Team Sprint	Free Mass Start (U16 - U18)	Free Mass Start (U20 - Open)
Men / Boys		Mar 29 (Sun)	Mar 30 (Mon)	Mar 31 (Tues)	Apr 1 (Wed)	Apr 2 (Thurs)
Category	**YOB**	**Course**				
U16	2004-05	—	**1.0km** Classic Sprint	**2 x 1.0km** Free Sprint	**7.5km** 1 x 7.5k	—
U18	2002-03				**15km** 3 x 5k	
U20	2000-01	**1.4km** Classic Sprint	—	**3 x 1.3km** Free Sprint	—	**30km** 4 x 7.5k
U23	1997-99					**50km** 1 x 5k + 6 x 7.5k
Senior	1996 & earlier					
CCUNC	Open					
Para Nordic Standing	Open	**1.0km** Classic Sprint	**10km**	—	—	—
Para Nordic Sit Ski	Open	**0.8km** Classic Sprint	**5km**			
Women / Girls		Mar 29 (Sun)	Mar 30 (Mon)	Mar 31 (Tues)	Apr 1 (Wed)	Apr 2 (Thurs)
Category	**YOB**	**Course**				
U16	2004-05	—	**1.0km** Classic Sprint	**2 x 1.0km** Free Sprint	**10km** 2 x 5k	—
U18	2002-03					
U20	2000-01	**1.4km** Classic Sprint	—	**3 x 1.3km** Free Sprint	—	**20km** 4 x 5k
U23	1997-99					**30km** 4 x 7.5k
Senior	1996 & earlier					
CCUNC	Open					
Para Nordic Standing	Open	**1.0km** Classic Sprint	**5km**	—	—	—
Para Nordic Sit Ski	Open	**0.8km** Classic Sprint	**2.5km**			

Racing Up

Racing up should only be considered when the race distances for the "older" category remain within the capabilities of the athlete's physical and mental maturity as reviewed by his/her coach and parent. In these cases, coaches should consider if course profiles, distances and event schedule are appropriate for the athlete racing up.

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 on that competition day.

Eligibility

All competitors at the Canadian Ski Championships must:

- have a valid Nordiq Canada or FIS race license from the current season; and
- have points on the most current CPL or FIS Points List.
- indicate their category of eligibility (defined below) on zone 4 when registering

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 hold a Permanent Resident Card (PR Card); and
- be eligible to be issued a current FIS License by Canada at the time of race registration.

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

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 DEM. Graduate students and cooperative education students are eligible if they provide signed documentation as outlined above. Completed eligibility forms, available in Appendix B (2020 Ski Nationals Technical Package), must be in the hands of Nordiq Canada's DEM 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 in Appendix B (link above).

LICENSES

All racers must have one of the following licenses to be eligible to ski in this event:

- 2019/2020 Nordiq Canada Racing License
- Current FIS License
- 2019/2020 Nordiq Canada Associate License (for foreign skiers without FIS license)

Racers holding both Nordiq Canada and FIS licenses must provide both numbers when registering on Zone 4. **Athletes cannot purchase Day Licenses for any event at the Canadian Ski Nationals.**

RACE REGISTRATION

Registration and fee payment is ONLINE ONLY at https://zone4.ca/. Coaches must register on Zone 4 (no fee). **Registered coaches will receive email updates regarding any changes to published information.**

If you experience any difficulties registering online please contact the Competition Secretary immediately (race@sovereignlake.com).

Racers and coaches **must** check the confirmation list on Zone4 (https://zone4.ca/) as soon as possible after completing registration to ensure skiers are registered in the correct categories. Please contact the competition secretary (race@sovereignlake.com) before 9 a.m. on Monday, March 23rd if corrections are required.

TEAM SPRINT

The Club Team Sprint includes Open Men, Open Women, Challenge Boys, Challenge Girls, Division Challenge Mixed Gender, CCUNC Men, and CCUNC Women. Skiers on a team in the Club Team sprint must be formally registered with the same club. The Mixed Gender Division Team Sprint is for skiers NOT competing in the Club Team Sprint and will include skiers from the same Division as per the Nordiq Canada License registration. Skiers may not participate in both the Club and Division Team Sprint.

Athletes wishing to compete in the team sprint will register in a separate Zone 4 registration in which they will pay their race fees. Each athlete MUST indicate in the registration who his/her partner will be and which leg of the relay each teammate will ski. Teams will be seeded based upon the combined current CPL distance points.

Any late registrations (after March 20th) will be subject to a late fee and will lose the right to seeding. The deadline for all substitutions or changes in skier order is 12:00 noon on Sunday, March 29th and will also be subject to loss of seeding.

RACE FEES

Early Bird Registration (closes February 17, 2019 at 23:59 PST)	
All Categories, except Team Sprints	$40 per race*
Team Sprints	$40 per team*
Regular Registration (February 18 – March 20, 2019 at 23:59 PST)	
All Categories, except Team Sprints	$45 per race*
Team Sprints	$45 per team*

* prices do not include GST or online processing fees

Credit card payment must be made online at zone4.ca. Entry fees include trail passes for all official training days.

RACE ENTRY DEADLINE

The entry deadline for all races including Team Sprints is:

Friday, March 20, 2019 at 23:59 PST

Late entries will only be accepted at the discretion of the jury and will incur an additional $100 late fee per race to a maximum of $200. Late entrants will not be seeded.

TRAIL FEES

Trail fees will be waived for all competitors, registered coaches and registered assistant coaches on each race day and on the official training days. All race participants wanting to train at Sovereign Lake Nordic Centre between March 11th and 24th may purchase trail passes at a discounted rate of $10 per day. Parents of athletes wanting to ski recreationally during the event may also purchase discounted trail passes. In order to receive this reduced rate, tickets must be paid for with athlete/coach registration on Zone 4. Reduced rate trail passes will be available for pick up at the front desk in the daylodge. Please note that we are only able to refund trail pass payment if the event is cancelled.

SEEDING

Seeding will be in accordance with section 6.7 of the technical package at:
2020 Ski Nationals Technical Package; Section 6.7 Seeding

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. Athletes are encouraged to refer to section 10.0 of the technical package for further information and resources.

TEAM CAPTAINS MEETING

Team Captains Meetings will take place at the High Performance Centre Auditorium at SilverStar on the following dates:

March 25 at 5 p.m. – Interval Start Races
March 28 at 5 p.m. – Individual Sprint Races
March 30 at 6 p.m. – Team Sprint
March 31 at 6 p.m. – Mass Start Races

COACH BIBS Information about coach bibs and the opportunity to reserve bibs for those who do not yet have one can be found at: https://zone4.ca/register.asp?id=22283&lan=1&cartlevel=1. Bibs will be available at the first TCM on March 25th. All coach bibs must be returned to the race office at the end of the Championships as these are the last races of the season. Only coaches who return bibs will receive reimbursement.

RACE OFFICE The Race Office is the brown log cabin located behind the green Technical Building

OFFICE HOURS Race Days: 7:30 a.m. – 3:00 p.m.
Training Days: 10:00 a.m. – 3:00 p.m.

BIB PICKUP Bibs will be available for pick up from the Race Office 90 minutes before the first race start of the day. Sprint bibs will be available for pick-up from the Race Office as soon as results from the qualifier are official.

Please note that athletes will be charged a $50 replacement fee for each missing bib or timing chip. This fee must be paid before another race start will be granted.

PROTEST PROCEDURE The Protest Procedure is outlined in the FIS ICR – CCR Precisions (Canadian Competition Rules - 2019 Precisions). Protest forms will be available in the Race Office. Note: a $100 cash fee must accompany the protest form.

AWARDS Awards ceremonies will take place at the High Performance Centre Auditorium at SilverStar Mountain Resort each race day evening promptly at 5 p.m. Awards for competitions on April 1st will be presented at the banquet and April 2nd at Sovereign Lake immediately following the races.

If there is a foreign skier placing in the top 5 of a category, presentations of cash and merchandise will be made first to an international podium, followed by a Canadian Championship medal presentation. The top 5 Canadian skiers for each category of racing will be recognized.

AGGREGATE AWARDS Aggregate awards will be presented as per the 2020 Ski Nationals Technical Package. Aggregate awards for CCUNC, U18 and U16 skiers will be presented at the banquet. Aggregate awards for Open, U23 and U20 athletes will be presented on April 2nd at Sovereign Lake.

FACILITIES SLNC offers a heated day lodge with indoor washrooms. In addition, porta-potties (2 wheelchair accessible) will be located adjacent to the lodge. Daylodge opening hours will be 7 a.m. – 5 p.m. during the event.

PARKING Parking will be VERY limited throughout the competition days. We are asking coaches, athletes and their supporters to limit the number of vehicles by carpooling in team vehicles.

LOST & FOUND Enquiries should be directed to the Guest Services counter in the daylodge.

FIRST AID Medical services will be available in the Stadium throughout the competitions.

FOOD & DRINKS Drinks and snacks will be available to racers at the finish line. Several food trucks and a coffee cart will be on site selling lunch and snack options for all the hungry folks. Menu options will be advertised on the Nationals 2020 website. Full service restaurants, cafes, pubs and a small grocery store are available at Silver Star Mountain Resort (3km away).

FEED ZONE The designated feed zone area on Day 8 will be located in the lap area of the stadium.

WAXING Waxing facilities will be available in the form of walled tents and will include electricity and some lighting. Wax space will be allotted based on 5 sq ft per athlete. Tent space will be assigned, by province, and by club/team after March 20th. The waxing tents will be set up at the entrance of Wylie's Loop near the stadium and the ski testing area. THERE WILL BE NO WAXING TENTS SET UP IN THE PARKING AREA OR ALONG THE FLAGS. After hours security will be in place so teams will not be required to pack up equipment at night.

The SLNC Wax Cabin is not for use by ski teams and is reserved for the general skiing public throughout the event.

WAX POLICY Ski Nationals 2020 is a Tier 1 event; therefore, there will be no wax restrictions.

WEATHER/SNOW CONDITIONS Please visit the links posted on the Ski Nationals 2020 website for trail conditions and weather information.

WARM UP/WAX TESTING Warm up/cool down and glide testing areas are located on Wylie's Loop and Montezuma trails in addition to public ski trails. Please be courteous of recreational skiers and travel only in designated directions.

THE COURSE WILL BE CLOSED FIVE (5) MINUTES BEFORE THE START OF COMPETITION.

COURSE MAPS https://www.skinationals2020.ca/race-info/course-maps/

BANQUET The banquet will be held on April 1st at the Vernon Lodge and Conference Centre, 3914 - 32nd Street, Vernon, BC. Doors will open at 17:00 with awards taking place at 17:30. Taco bar buffet and dance to follow. Tickets can be purchased through the Zone4 race registration for $40. Space is limited so only 690 tickets will be sold. Information on the banquet can be found at https://www.skinationals2020.ca/event-info/banquet/.

SPECIAL EVENT 2020 Ski Nationals Design Contest: Win a Jakroo Heimdall Pro Race Suit
You can win 1 of 2 Heimdall Pro race suits in the winning design and size of your choice. The winner of the design contest will be announced before the 2020 Ski Nationals. For information please click the Jakroo Design Competition button on the home page of the Ski Nationals website.

EVENT CLOTHING Nationals 2020 merchandise is available through an online store. Athletes and Coaches alike can click on the following live URL and go shopping: https://brandalliance.formstack.com/forms/sovereignlake_apparel2020. The online store will be open for business on January 15th. All purchased items from the store will be available, on site at the Nationals venue, starting March 25th. There will also be a limited number of the Nationals 2020 merchandise for sale on site during the event.

CANCELLATION Any change in event timing will be posted as early as it is known on the Ski Nationals website and www.cccski.com. If possible the organizing committee will make a decision on event cancellation one week prior to the event in consultation with the Technical Delegate. .

REFUNDS In the event of cancellation, a refund of registration fees less administration and event expenses already incurred will be provided. A refund of individual registration fees will only be provided for medical reasons and if the competition secretary receives notification WITH medical documentation prior to the registration deadline on March 20th.

AIRPORT The Kelowna International Airport is the closest airport to Sovereign Lake (approx 1 hr drive – see https://ylw.kelowna.ca/. Airlines include Air Canada, Westjet, Horizon Air, Air North and Central Mountain Air.

ACCOMMODATION Silver Star Mountain (3km from Sovereign Lake)

- SilverStar Stays
  Phone 1-250-241-7827
  Web https://silverstarstays.com/

- Silver Star Accommodation
  Phone 1-800-489-0599
  Web https://www.staraccom.com/

Vernon (21 km from Sovereign Lake)

- See https://www.tourismvernon.com/en/index.aspx

EVENT TIMETABLE:

DATE	TIME (PST)	EVENT	LOCATION
Friday March 20	23:59	**Final deadline for registration** *Coaches please check Confirmation List*	If you have any problems with registration please email race@sovereignlake.com
Monday March 23	12:00	Seed list for first two days of racing published *Coaches please verify your athletes' seeding*	2020 Ski Nationals event page on Zone 4
Wednesday March 25 Training Day	10:00 – 15:00 9:00 – 15:00 17:00	Race Office open Official Training Team Captains Meeting	brown log cabin behind green technical building Sovereign Lake Nordic Centre High Performance Centre SilverStar Mtn Resort
Thursday March 26 Jakroo Interval Start Free Technique	7:30 – 10:30 9:00 Times and order of start to be determined once registration closes 17:00	Bib pickup Interval Start FT Open & U20Men Interval Start FT Open & U20Women Interval Start FT U18 & U16Boys Interval Start FT U18 & U16Girls Awards	Race Office Stadium High Performance Centre SilverStar Mtn Resort
Friday March 27 Interval Start Classic Technique	7:30 – 10:30 9:00 Times and order of start to be determined once registration closes 17:00	Bib pickup Interval Start CL Open & U20Men Interval Start CL Open & U20Women Interval Start CL U18 & U16Boys Interval Start CL U18 & U16Girls Awards	Race Office Stadium High Performance Centre SilverStar Mtn Resort
Saturday March 28 Training Day	10:00 – 15:00 9:00 – 15:00 17:00	Race Office open Official Training Team Captains Meeting	brown log cabin behind green technical building Sovereign Lake Nordic Centre High Performance Centre SilverStar Mtn Resort

DATE	TIME (PST)	EVENT	LOCATION
Sunday March 29 Classic Long Sprint/PN Sprint	7:30 – 8:30 12:00 9:00 17:00	Bib Pick Up Deadline for Team Sprint substitutions or changes in skier order Open/U20 Women Qualifier Open/U20 Men Qualifier PN Qualifier Open/U20 Women Heats Open/U20 Men Heats PN Heats Awards	Race Office Race Office race@sovereignlake.com Stadium High Performance Centre SilverStar Mtn Resort
Monday March 30 Classic Short Sprint/PN Distance	7:30 – 8:30 9:00 17:00 18:00	Bib Pick Up U16/U18 Girls Qualifier U16/U18 Boys Qualifier U16/U18 Girls Heats U16/U18 Boys Heats PN Distance Awards Team Captains Meeting	Race Office Stadium High Performance Centre SilverStar Mtn Resort “ “

Tuesday March 31 Team Sprint	7:30 – 10:30 9:00 17:00 18:00	Bib Pick Up CCUNC Challenge Boy Challenge Girl Challenge Mixed Open Men Open Women Open Mixed Gender Awards Team Captains Meeting	Race Office Stadium High Performance Centre SilverStar Mtn Resort “ “
Wednesday April 1 Mass Start Free Technique	7:30 – 9:30 9:00 17:00	Bib Pick Up U16 Boys U18 Boys U18 Girls U16 Girls Awards/Banquet/Dance	Race Office Stadium Vernon Lodge 3914 32nd Street Vernon, BC
Thursday April 2 Mass Start Free Technique	7:30 – 9:30 9:00 After Races	Bib Pick Up Open/U20 Men Open/U20 Women Awards	Race Office Stadium In Stadium on completion of racing

PLEASE NOTE THAT SCHEDULED TIMES AND START ORDER ARE SUBJECT TO CHANGE DUE TO WEATHER OR OTHER JURY DECISIONS. UPDATES WILL BE POSTED ON 2020 SKI NATIONALS EVENT WEBSITE AND WILL BE EMAILED TO REGISTERED COACHES.