



2017 Ski Nationals

Saturday March 18 – Saturday March 25

Canmore, Alberta

HOSTED BY

Canmore Nordic Ski Club

LOCATION

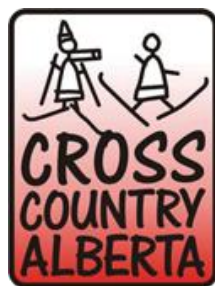
Canmore Nordic Center Provincial Park, Canmore, Alberta



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A. GENERAL INFORMATION

Race Schedule:

Friday, March 17 – Official training
Saturday, March 18 – Relay Cross – Free
Sunday, March 19 - Short Distance Interval Start – Free
Monday, March 20 – Official Training
Tuesday, March 21 – Medium Distance Interval start (long distance for Jr. Girl) – Classic
Wednesday, March 22 – Long Distance Sprints – Classic
Thursday, March 23 – Short Distance Sprints – Classic
Friday, March 24 – Official training
Saturday, March 25 – Long Distance mass start (medium

Course and Stadium Maps:

distance for Jr. Girl) – Free
See website for schedule details: www.skinationals2017.com

Available on website: www.skinationals2017.com

Rules:

FIS, Cross Country Canada

FIS International Competition Rules

Jury:

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

Race Committee:

Chief of Competition: Mike Norton
Assistant Chief of Comp: Rob Hogg
OC Chair: Bob Ellard
Chief of Volunteers: Jen Carlson/Patricia de Boer
Competition Secretary: Jeannie Godfrey
Chief of Course: Eric Trouillot
Chief of Stadium: Greg Manktelow
Chief of Timing & Results: Cindy Low

Technical Package:

Available at [Cross Country Canada](http://CrossCountryCanada.com)

B. COMPETITION & REGISTRATION INFORMATION

Race Categories:	Category	Sub-category	YOB	Category	Sub-category
	Juvenile Girls	JV G1	born 2002 or after	Juvenile Boys	JV B1
		JV G2	2001		JV B2
	Jr Girls	J G1	2000	Junior Boys	J B1
		J G2	1999		J B2
	Jr Women	J W1	1998	Junior Men	J M1
		J W2	1997		J M2
	Open Women	Senior U23 Women	1996, 1995, 1994	Open Men	Senior U23
		Senior Women	Born 1996 and before		Senior Men
	Para Nordic	Standing Men/Women		Para Nordic	Sit Ski Men/Women

CCUNC Men/Women will be run as a separate category for the Relay Cross Competition; for other races they will be seeded and combined with the Open categories.

Eligibility:

Skiers must have a valid CCC or National Ski Association Race License. SMDLs or regional/state licenses are not permitted at this event.

CCUNC eligibility is limited to Canadian College and University students enrolled in a minimum of 3 courses per semester. CCUNC eligibility forms are available on our website.

Completed eligibility forms must be in the hands of the CCC DEM by March 14. Refer to

Technical Package, Section 6.2 for all eligibility rules –www.cccski.com

Relay Cross:

Seeding for the Relay Cross will be based on the combined distance points of each team member.

Relay Cross will use a format in which teams of 2 skiers from the same club as per team sprint protocol, ski 1 lap each, there will be a tag zone.

All teams must be registered on Zone4 by Friday, March 17 at 2:00 pm.

B. COMPETITION & REGISTRATION INFORMATION (cont'd)

Registration: **Athletes** – ALL registration must be done online at www.zone4.ca

Coaches – ALL coaches must register online at www.zone4.ca

Registration Closes on Tuesday March 14th at 12 midnight

Race Fees:	Individual Competitions		Relay Cross	Banquet Fee
	Up to February 25	\$40 per race	\$40 team	\$40 person
Up to March 14 th	\$50 per race	\$50 team	\$45 person	

All fees payable at time of registration

Post-Race Food: On race days, a light hot lunch will be served in the Haig room at the Bill Warren Training Center. Post-race food fee (covers all race days) is \$50.00 and is payable at the time of registration on Zone4. There will be a vegetarian and gluten free option available.

Late Entries: After March 14th, skiers may register for \$50/race plus \$100 race penalty (max race penalty is \$200).

Contact race secretary for clarification on late registration fees – nationalssecretary@canmorenordic.com

Entry Confirmation: **Confirmation lists will be updated daily leading up to the event and will be available on www.zone4.ca**

Athletes and coaches are expected to carefully check entries and send all corrections to the competition secretary nationalssecretary@canmorenordic.com.

Deadline for corrections is March 17th at 2:00 pm

Race Committee will prepare racer entry/seeding lists for review by the coaches.

It is highly recommended that all athletes be represented by a coach/manager at all Team Captains' meetings.

Chip Replacement Fee: Clubs will be charged a chip replacement fee of \$60 for each competitor who does not return his/her chip at the end of each race.

C. FACILITY & CONTACT INFORMATION

Contact Us:

Competition Secretary (Jeanie Godfrey)

Email: nationalssecretary@canmorenordic.com

Also see the Nationals Website for more contacts in the various areas

Race Office:

The race office will be located in Meeting Room A at the Nordic Center Day Lodge

Race Office Hours:

March 16/17/20/24 (training days) 9:00 am – 4:00pm

March 18/19/21/22/23/25 (race days) 7:30 am – 4:00 pm

Waxing Information:

Team wax room requirements must be submitted to the competition secretary no later than Tuesday March 14th at 2:00pm

Waxing facilities – Waxing facilities will be available beginning Thursday March 16th. Keys will be available from the race office. Teams wanting access to waxing facilities prior to March 16 must book their wax rooms through the Canmore Nordic Center at the front desk between 9am and 5pm, they will do their best to put you in the room that you will be in for Nationals, so you don't have to move.

Trail Passes:

During the registration process athletes and support staff that hold valid Canmore Nordic Center seasons passes will be required to input their pass numbers on Zone4,

All athletes without a Canmore Nordic Center seasons pass will be identified during the registration and will be required to pick up a special 10 day trail pass at the race office upon arrival.

All Coaches and support staff without CNC passes will be able to purchase the special 10 day pass during registration on Zone4. Cost is \$50

You are in a Provincial Park, the fine for skiing without a pass is \$172.00

Visitors: Non-racing trails will be open to recreational skiers throughout the event.

D. SCHEDULES, RESULTS, AWARDS, BANQUET

Event Schedule: (Subject to change)

The Overall Schedule and the Race Schedule are available on the 2017 Ski Nationals website at www.skinationals2017.com

Team Captains' Meetings:

Please refer to Team Captains page at www.skinationals2017.com
All meetings will be held in the **Bill Warren training Center at 6:00pm**

Results:

Results will be available online at www.zone4.ca.

Aggregate results will be [available online at www.skinationals2017.com](http://www.skinationals2017.com)
Results will be updated daily.

Awards:

Please refer to Overall Schedule at www.skinationals2017.com listing all awards times and locations. There will be three sets of awards that cover all race days, Tuesday, March 21st and Thursday March 23rd will be off site in the evening, location TBD. The Awards for the Long distance Mass start on the Saturday will take place on site at the Canmore Nordic center.

Cash:

Will be awarded to the top 6 Open Men and top 6 Open Women for each of the 4 individual competition days as follows:

- 1st place: \$500
- 2nd place: \$300
- 3rd place: \$200
- 4th place: \$150
- 5th place: \$100
- 6th place: \$50

Medals:

Medals will be presented to the top three individuals who are Canadian citizens or landed immigrants, in all classes offered.

Awards:

The top three final aggregate winners in each YOB category will receive specially designed local awards at the awards banquet.

D. SCHEDULES, RESULTS, AWARDS, BANQUET (cont'd)**Banquet
Information and
Registration:**

A final banquet and post competition celebration will be held on the evening of Saturday March 26th at Mt. Norquay Ski Resort in Banff. The awards presentations for the final day's races will also be held here. There will be a buffet meal followed by a DJ and dancing, there will also be optional tubing at the Norquay Tube Park. Tickets are available at the time of registration on a first come first serve basis, athletes & coaches will only be able to purchase one Ticket at the time of registration, additional tickets may become available after registration closes on March 14th.

Please check out the Overall Schedule page at www.skinationals2017.com for Banquet updates and more details.

E. ACCOMMODATION AND TRAVEL INFORMATION

There is a wide range of accommodation available in Canmore and in Banff which is only a short drive away. Book early to avoid disappointment as March is a popular time for visitors

www.tourismcanmore.com

www.banfflakelouise.com/accommadation