



## EVENT NOTICE

### 2023 NORDIQ CANADA SELECTION TRIALS & NORDIQ CUP (COC)

**for Nordiq Canada Selection of:**

2023 FIS World Junior and U23 Nordic Ski Championship Team  
COC leader P4

2023 FIS Nordic World Ski Championships Team

**January 18-21, 2023**

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RACE EVENTS	Wednesday, January 18th	Individual Sprints, Classic Technique
	Thursday, January 19th	Mass Start, Classic Technique
	Saturday, January 21st	Interval Start, Free Technique
RACE LOCATION	Caledonia Nordic Centre 8141 Otway Rd. Prince George, BC	
HOST CLUB	Caledonia Nordic Ski Club <a href="https://www.caledonianordic.com">https://www.caledonianordic.com</a>	
<u><a href="https://www.caledonianordic.com/events/cross-country/Nordiq_Canada_Trials">EVENT WEBPAGE</a></u>	<a href="https://www.caledonianordic.com/events/cross-country/Nordiq_Canada_Trials">https://www.caledonianordic.com/events/cross-country/Nordiq_Canada_Trials</a>	
SANCTIONED BY	Nordiq Canada and FIS (International Ski and Snowboard Federation)	
RACE JURY	Technical Delegate	Mike Norton
	Nordiq Canada Race Director	Ilona Gyapay
	Chief of Competition	Sally Connon



Assistant Technical Delegate

Scott Puskas

## THANK YOU FOR YOUR SUPPORT



*Linda & Laurie Cook*



Caring for our community



## THANK YOU TO OUR FUNDING PARTNERS





<p><b>SCHEDULE:</b></p>	<p>A detailed Event Schedule will be available on the <a href="#">Event Webpage</a></p> <p><b>Tuesday, January 17 9:00 am - 3:00 pm</b> Official Training</p> <p><b>Wednesday, January 18 Start Time 9:00 am</b> Individual Sprint Start, Classic Technique</p> <p><b>Thursday, January 19 Start Time 10:00 am</b> Mass Start, Classic Technique</p> <p><b>Friday, January 20 Start Time 10:00 am - 2:00 pm</b> Official Training</p> <p><b>Saturday January 21 Start Time 10:00 am</b> Interval Start, Free technique</p>	
<p><b>RACE ORGANIZING COMMITTEE:</b></p>	<p>Chief of Competition</p> <p>Race Secretary</p> <p>Chief of Course</p> <p>Chief of Stadium</p> <p>Chief of Timing</p> <p>Chief of Results</p> <p>Chief of Start</p> <p>Chief of Finish</p> <p>Chief of Venue</p> <p>Chief of Controllers</p>	<p>Sally Connon - <a href="mailto:chief_competition@caledonianordic.com">chief_competition@caledonianordic.com</a></p> <p>Madeleine Ghosh-Logan - <a href="mailto:raceoffice@caledonianordic.com">raceoffice@caledonianordic.com</a></p> <p>Jocelyn Poirer-Hardy</p> <p>Andrew Watkinson</p> <p>Rob Vogt</p> <p>Kim Menounos</p> <p>Annie Hayes</p> <p>Cheryl Moors</p> <p>John Huybers</p> <p>Carolyn Thorp</p>
<p><b>COVID-19 POLICY:</b></p>	<p>This policy will be posted on the Event Webpage and will align with recommendations made by any level of government or the Northern Health Authority. All athletes, coaches, technicians, and support staff shall follow the posted policy and any updates detailed on the Event Webpage.</p>	
<p><b>RULES:</b></p>	<p><b>Rules and Regulations:</b></p> <p><a href="#">International Ski Competition Rules (ICR)</a> - October 2022</p> <p><b>Sprint Structure And Ranking List Clarification:</b></p> <ul style="list-style-type: none"> <li>● There will be one category for this event: Open (U20 + U23 + Senior)</li> <li>● All athletes must register in their date of birth age categories</li> <li>● There will be two rounds of heats and finals             <ul style="list-style-type: none"> <li>● OPEN (1-30) - The Top 30 athletes from the qualifier irrespective of age category</li> <li>● U20 ONLY (31-60) comprised of the next best U20s who did not qualify for the Top 30</li> </ul> </li> <li>● If a U20 makes Top 30 in the qualifier they will be placed in the OPEN category for heats and finals</li> </ul>	



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	<ul style="list-style-type: none"> <li>If a Senior or U23 does not qualify in the top 30 Open, they do not carry on to the heats.</li> </ul>
SELECTION CRITERIA:	<a href="#">Competition Trip Criteria - Selection Criteria 2022-23</a> <a href="#">Continental Cup - Selection Criteria 2022-23</a>
COMPETITION POINTS:	<a href="#">FIS Points</a> <a href="#">Canadian Points (CPL)</a>
INFORMATION & COMMUNICATION:	<p>Communications will be via email, WhatsApp, and the <a href="#">Event Webpage</a>. Only those who register on Zone4 to receive communications will receive it. Athletes, Coaches and Support people are encouraged to register early.</p>
REGISTRATION:	<p>All athletes must register in their date of birth age category.</p> <p>Registration is online at Zone4 and payable by credit card only. Follow through to confirmation to verify accuracy of your registration. If you have difficulty registering or find errors on the confirmation list, please contact the Secretary <a href="mailto:raceoffice@caledonianordic.com">raceoffice@caledonianordic.com</a> before registration closes to make corrections.</p> <p>Coaches/Team Managers, please register (no fee) in order to receive communications.</p>
RACE FEES:	<p>Fees of \$50 per race plus a snow enhancement fee of \$5 per race are due by 23:59 hrs PST January 11, 2023.</p> <p>GST and Zone4 Processing Fees will apply at checkout.</p>
RACE ENTRY DEADLINE:	<p>The entry deadline for all races is <b>Wednesday, January 11<sup>th</sup>, 2023, at 23:59 hrs PST</b></p> <p>Late entries will only be accepted at the discretion of the Jury, requested through the Competition Secretary, and if allowed, will incur an additional \$50 late fee per race. Late registrants will not be seeded.</p>
RACE OFFICE:	<p>See the Venue Map on the <a href="#">Event Webpage</a> for the location of the Race Office</p> <p>Race Office Hours are as follows:</p> <ul style="list-style-type: none"> <li>Tuesday, January 17<sup>th</sup> 12:00 pm - 4:00 pm</li> <li>Wednesday, January 18<sup>th</sup> 7:30 am - 4:00 pm</li> <li>Thursday, January 19<sup>th</sup> 7:30 am - 4:00 pm</li> <li>Friday, January 20<sup>th</sup> 12:00 pm - 4:00 pm</li> <li>Saturday, January 21<sup>st</sup> 8:00 am - 4:00 pm</li> </ul>
LICENSES & ELIGIBILITY:	<p>All Canadian skiers must possess a current <b>Nordiq Canada and FIS license</b> and both license numbers must be listed on the registration. Non-Canadian skiers must possess a current FIS license. All skiers must have reached their 16th birthday by December 31, 2023</p>



<b>WAIVER FORMS:</b>	Waivers must be completed on Zone4 registration.
<b>CANCELLATION:</b>	Any change in the event location or timing will be communicated on the <a href="#">Nordiq Canada website</a> and as indicated in the Information and Communication section of this document, as soon as it is known. A decision on event cancellation will be made by Nordiq Canada in consultation with the Organizing Committee no later than two weeks prior to the event.
<b>REFUND POLICY:</b>	Competitors who withdraw for medical reasons will be given a refund less administrative fees provided notice and medical documentation are submitted to the Competition Secretary before the entry deadline. After the entry deadline, no refunds will be given unless the event is cancelled. If the event is cancelled due to severe cold weather up to three days before the event, refund of registration fees, less costs incurred, will be provided. If the event is cancelled on the competition weekend due to severe cold weather or force majeure, no refund of registration fees will be made.
<b>SEEDING:</b>	<p>Preliminary Seeding Lists will be sent the night before each Team Captain Meeting (TCM) via email to coaches who are registered. All changes to the preliminary seed list must be provided to the Race Secretary at <a href="mailto:raceoffice@caledonianordic.com">raceoffice@caledonianordic.com</a> before 3:00 pm on the day of the TCM. No changes will be made after 3:00 pm.</p> <p>The Individual Sprint competition will consist of a qualification round of all skiers, with the Top 30 skiers advancing to the A series of elimination heats. The next best 30 U20 skiers will advance to the B series of elimination heats. Seeding for the qualification race will be done by Sprint CPL, with the top CPL skier starting first.</p> <p>The Mass Start race skiers will be seeded by Distance CPL, with the top CPL skier starting in position one (1) in the chevron start grid.</p> <p>The Interval Start race skiers will be seeded by Distance CPL, with the top CPL skier starting first.</p>
<b>TEAM CAPTAINS' MEETINGS:</b>	<p>Team Captains' Meetings (TCM) will be conducted virtually via Zoom. A meeting link will be provided to all registered coaches as per the Information and Communications section of this document. Meetings will be held at 7:00 pm on:</p> <ul style="list-style-type: none"> <li>● Tuesday, January 17<sup>th</sup></li> <li>● Wednesday, January 18<sup>th</sup></li> <li>● Friday, January 20<sup>th</sup></li> </ul>
<b>START LISTS:</b>	Start lists will be distributed as per the Information and Communication section of this document after the 3:00 pm cutoff for seeding changes and prior to the start of the TCM. Start Lists will also be available on Zone4.



<p><b>BIB PICKUP:</b></p>	<p>Bib pickup is at the Race Office on the morning of the race. See the Venue Map on the Event Webpage. Pick up times are:</p> <ul style="list-style-type: none"> <li>• Wednesday, January 18<sup>th</sup> – 8:00 – 9:00 am</li> <li>• Thursday, January 19<sup>th</sup> – 8:00 – 9:30 am</li> <li>• Saturday, January 21<sup>st</sup> – 8:30 – 10:00 am</li> </ul> <p>Coach Bibs will also be available at these same times. Two bibs will be provided to each team with their athlete bibs. It is the responsibility of the team to return them by the end of the event. Any bibs not returned shall result in a fine from Nordiq Canada.</p>																											
<p><b>AWARDS:</b></p>	<p>The following cash, medal and merchandise awards are provided for male and female categories in each of the event’s 3 races. U20 and U23 men and women will all race in the combined open category and can receive the awards as follows in their official age category and the Open category:</p> <table border="1" data-bbox="358 751 1421 1249"> <thead> <tr> <th rowspan="2">Placing</th> <th>Overall</th> <th colspan="2">Categories by Age</th> </tr> <tr> <th>Open</th> <th>U23</th> <th>U20</th> </tr> </thead> <tbody> <tr> <td>1st</td> <td>\$500/Medal/Merch</td> <td>\$75/Medal/Merch</td> <td>Medal/Merch</td> </tr> <tr> <td>2nd</td> <td>\$300/Medal/Merch</td> <td>Medal/Merch</td> <td>Medal/Merch</td> </tr> <tr> <td>3rd</td> <td>\$200/Medal/Merch</td> <td>Medal/Merch</td> <td>Medal/Merch</td> </tr> <tr> <td>4th</td> <td>\$150/Merch</td> <td>Merch</td> <td>Merch</td> </tr> <tr> <td>5th</td> <td>\$100/Merch</td> <td>Merch</td> <td>Merch</td> </tr> </tbody> </table> <p>Top Sprint Qualifier will be awarded \$100 each.</p> <p>All awards will be distributed immediately following the race.</p>	Placing	Overall	Categories by Age		Open	U23	U20	1st	\$500/Medal/Merch	\$75/Medal/Merch	Medal/Merch	2nd	\$300/Medal/Merch	Medal/Merch	Medal/Merch	3rd	\$200/Medal/Merch	Medal/Merch	Medal/Merch	4th	\$150/Merch	Merch	Merch	5th	\$100/Merch	Merch	Merch
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5th	\$100/Merch	Merch	Merch																									
<p><b>PROTEST PROCEDURES:</b></p>	<p>Protests and appeals will follow Section 361 of the <a href="#">International Ski Competition Rules (ICR)</a> - October 2022. Protest forms will be available in the Race Office and a \$100 cash fee must accompany the protest form.</p>																											
<p><b>FACILITIES:</b></p>	<p>A heated day lodge with indoor washrooms will be open, but not for congregating. A heated tent with tables and seating will be available, alongside the stadium, for athletes and support persons. Portable toilets will be located close to the tents, parking, the stadium and waxing areas.</p>																											



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<b>FIRST AID:</b>	First Aid attendants will be available at the Finish area, which is adjacent to the First Aid Room beside the rental shop. There will also be First Aid attendants on course with snowmobile access to race courses.
<b>FOOD &amp; DRINKS:</b>	Racers will have access to drinks and snacks at the finish line. Grocery stores and restaurants are available within 11 km of the venue in Prince George.
<b>COURSE MAPS:</b>	Course maps will be available on the Event Webpage, the Notice Board outside the Race Office, and posted on the Wax Room walls. In an effort to reduce paper usage, paper maps will not be supplied.
<b>WAX PROTOCOL:</b>	Nordiq Canada, CCBC and Caledonia Nordic Ski Club continue to believe in a fluoro-free wax future and strongly recommend participants use fluoro-free waxes, but with current challenges around enforcement there will be no fluoro wax ban for this event. The Fluoro Wax Rule for all <a href="#">2022-2023 Nordiq Canada Sanctioned Races</a> provides further guidance.
<b>WAX FACILITIES:</b>	<p>Approximately 2500 sq. feet of secure, heated and ventilated waxing space (trailers), adjacent to the stadium, will be provided at a fee of \$400 per 11'x12' of space. Clubs are encouraged to make arrangements with each other to share the space and cost. There will also be an area available adjacent to the trailers for team tents to be set up as supplemental ski preparation space. Additional tent space will be located along the biathlon fence behind the wax trailers. All tent space will be free of charge but hookups to electrical outlets will be \$50/outlet and teams provide the extension cords. Limited space in the lower parking may be available for team trailers/wax trucks, etc.</p> <p>Due to the demand local industry has placed on trailers, rental fees have skyrocketed and the Club is unable to absorb these costs. The fees quoted are for the entire event and will cover less than 40% of our cost.</p> <p>Reservation of wax facilities and payment will be handled through Zone4. Additional information on wax facilities will be available on the Event Webpage.</p> <p>A key deposit of \$100 cash or cheque will be collected on training days during Race Office hours.</p>
<b>WARM UP/WAX TESTING:</b>	Warm up/cool down and glide testing areas are located near the stadium and NOT on the racecourse. Testing for grip wax is permitted on course, in the direction of travel, for distance races only, by 2 coaches per team (with coach bibs). Testing on-course after the start of the race is permitted for the Interval Start race only. See the Wax Test Map for location of the testing areas.
<b>TRAIL PASSES:</b>	Official training - trail fees are included in registration.





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	Unofficial training - for non-Caledonia Nordic members, trail passes must be purchased at the Rental Office. Cash, credit and debit cards are accepted.
<b>TRAIL/SNOW CONDITIONS:</b>	See the <a href="#">Caledonia Nordic Ski Club</a> website for snow and trail conditions and webcam information.
<b>WEATHER:</b>	<a href="#">Current on-site weather</a> conditions and temperatures can be found on the Club website. For local area conditions visit the Environment Canada <a href="#">weather page for Prince George</a> .
<b>PARKING:</b>	Parking is available in 3 parking lots, but not in the lower parking lot beside the lodge. Please see the Venue Map for locations.
<b>AIRPORT:</b>	Prince George Airport ( <a href="http://www.pgairport.ca">www.pgairport.ca</a> ) is serviced by Air Canada, WestJet, Central Mountain Air, and Pacific Coastal Airlines. There are direct flights into Prince George from Calgary, Edmonton, Kamloops, Kelowna and Vancouver.
<b>TOURISM PRINCE GEORGE:</b>	Visit Tourism Prince George for more information on services and amenities Phone: 250-562-3700 toll free: 1-800-668-7646 email: <a href="mailto:tourism@initiativespg.com">tourism@initiativespg.com</a> website: <a href="http://www.tourismpg.com">www.tourismpg.com</a>

RACE DETAILS:		Wednesday, January 18		Thursday, January 19		Saturday, January 21	
		Individual Sprint Start Classic Technique		Mass Start Classic Technique		Interval Start Free Technique	
		9:00 am start		10:00 am start		10:00 am start	
Category	Sub Category - YOB	Males	Females	Males	Females	Males	Females
Open	Senior - 2002 or before U23 - 2000, 2001, 2002 U20 - 2003 to 2007	1.1 km 1 x 1.1 km course		20 km 4 x 5 km red course		10 km 2 x 5 km blue course	

